Welcome to Monthly Musings from UUMFE

The Unitarian Universalist Ministry for Earth is delighted to share our newest endeavor designed to help your congregants connect their spiritual practice to care for Earth and all her inhabitants. We invite you to commit to supporting the flourishing of all life!

Each month, your congregation will get a copy of MONTHLY MUSINGS FROM UUMFE focused on a different theme and filled with materials to help with your EMPOWERMENT, EMBODIMENT, & ENGAGEMENT in the face of climate chaos and environmental injustice. We hope you use these resources for worship, contemplation proactive, and religious exploration at your congregation.

We invite you to explore the theme of Courage and how we can all be voices for the flourishing of all life.
EMBODIMENT - SPIRITUAL GROUNDING

CHALICE LIGHTING
by Sara Eileen LaWall
Out of the flames of fear
We rise with courage of our deepest convictions
to stand for justice, inclusion and peace

Out of the flames of scrutiny
We rise to proclaim our faith
With hope to heal a fractured and hurting world

Out of the flames of doubt
We rise to embrace the mystery, wonder and awe
of all there is and all that is yet to be

Out of the flames of hate
We rise with the force of love
Love that celebrates our shared humanity

Out of the flames we rise

OPENING WORDS
by Pierre Teilhard de Chardin (language adapted)
Siblings and children of the earth, steep yourself in the sea of
matter, bathe in its fiery waters, for it is the source of your life and
your youthfulness.

You thought you could do without it because the power of thought
has been kindled in you? You hoped that the more thoroughly you
rejected the tangible, the closer you would be to spirit: that you
would be more divine if you lived in the world of pure thought, or
at least more angelic if you fled the corporeal? Well, you were like
to have perished of hunger.

You must have oil for your limbs, blood for your viens, water for
your soul, the world of reality for your intellect: do you not see
that the very law of your own nature makes these a necessity for
you?

SERMON PROMPT:
"Remember that when you leave this earth, you can take
with you nothing that you have received - only what you
have given: a full heart, enriched by honest service,
love, sacrifice and courage."
- St Francis of Assisi
MEDITATION
by Joyce Sutphen
Wake up early, before the lights come on in the houses on a street that was once a farmer’s field at the edge of a marsh.

Wander from room to room, hoping to find words that could be enough to keep the soul alive, words that might be useful or kind in a world that is more wasteful and cruel every day. Remind us that we are like grass that fades, fleeting clouds in the sky.

and then give us just one of those moments when we were paying attention, when we gave up everything to see the world in a grain of sand or to behold a rainbow in the sky, the heart leaping up.

MUSICAL MEDITATION

ODE TO AN AFRICAN VIOLET BY MORT GARSON
COMMUNION BY UNIVERSAL LIBERATION ORCHESTRA

TIME FOR ALL AGES
What Do You Do With A Chance?
Written by Kobi Yamada, Illustrated by Mae Besom

This story illustrates that when you meet an opportunity with courage, fascinating and exciting adventures can await!
On the Fifth Day
On the fifth day
The scientists who studied the rivers
Were forbidden to speak
Or to study the rivers.

The scientists who studied the air
were told not to speak of the air,
And the ones who worked for the farmers
Were silenced,
And the ones who worked for the bees.

Someone, from deep in the Badlands,
Began posting facts.

The facts were told not to speak
And were taken away.

Now it was only the rivers
That spoke of the rivers,
And only the wind that spoke of its bees,

While the unpausing factual buds of the fruit trees
Continued to move toward their fruit.

The silence spoke loudly of silence,
And the rivers kept speaking,
Of rivers, of boulders and air.

In gravity, earless and tongueless,
The untested rivers kept speaking.

Bus drivers, shelf stockers,
Code writers, machinists, accountants,
Lab techs, cellists kept speaking.

The spoke, the fifth day,
of silence.
BOOK SUGGESTION
Ayana Elizabeth Johnson, Katharine K. Wilkinson, ed. (2020)
All We Can Save: Truth, Courage, and Solutions for the Climate Crisis

AWE-FILLED LINK:
Black Families in Memphis Are Fighting to Save Their Land From a Pipeline
https://www.youtube.com/watch?v=4pNGKFAh5Mo

ARTICLE OF INTEREST:
Yes Magazine’s Ecological Civilization Issue
https://www.yesmagazine.org/issues/ecological-civilization
COURAGE AND TRUST ACTIVITY

Head to an open area outdoors with a trusted partner and a blindfold. Take turns blindfolding each other while the partner without a blindfold leads the other around nature. Notice the way your feet touch the ground, the ways the smell may change, where the wind hits. Notice how your body reacts to the blindfold, to taking trusting steps.

When both partners have finished, thank each other for trusting and for leading well.

OCTOBER EVENTS WITH UUMFE

5th - SLCC Meeting
17th - NEW! Monthly Minister Gathering! Let’s read and discuss “Braiding Sweetgrass” (3:00-4:30pm EST)
20th - Divestment Workshop: Align your money with your values! (7:00-8:30pm EST)
22nd - Special event for Young Adults! (5:00 pm EST)
27th - Monthly Spiritual Gathering: The Flourishing of All Life (7:00 pm EST)

DETAILS AT UUMFE.ORG

QUESTIONS ABOUT MONTHLY MUSINGS? PLEASE EMAIL REV DR LEONISA ARDIZZONE AT LEONISA.ARDIZZONE@UUMFE.ORG

CREATE CLIMATE JUSTICE