

NOVEMBER 2022

# MONTHLY MUSINGS FROM UUMFE

[uumfe.org](http://uumfe.org)

## 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.

As we enter November, change seems to be all around us. We invite you to explore this theme through an environmental lens.

## November: CHANGE

EMBODIMENT

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# UNITARIAN UNIVERSALIST MINISTRY FOR EARTH

*Respect Life. Restore Earth. Renew Spirit.*



# EMBODIMENT - SPIRITUAL GROUNDING

## CHALICE LIGHTING

by Katie Gelfand

We light this chalice as a symbol of reunion.

We reunite in this sanctuary to share the flow of our hearts with one another.

We gather together in ritual  
to celebrate our fountains of joy  
to hold each other through storms of grief  
to guide one another through rapids of transformation  
to rest together on ponds of stillness.

Together, we honor the spirit of water, its many forms, and its life-giving essence.

## OPENING WORDS

by Octavia Butler in Parable of the Sower

As wind,

As water,

As fire,

As life,

God

Is both creative and destructive,

Demanding and yielding,

Sculptor and clay.

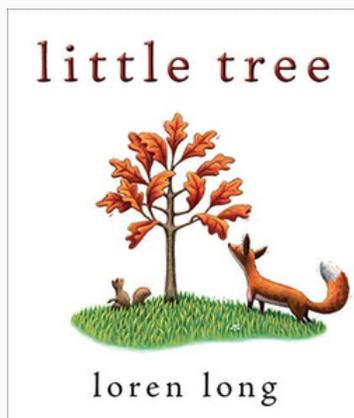
God is Infinite Potential:

God is Change.

## TIME FOR ALL AGES

Little Tree by Loren Long

When a young tree fearfully holds onto its leaves, it must learn to embrace change when it notices it can't grow without transition through the seasons.



# SERMON PROMPT:

“all organizing is science fiction. we are bending the future, together, into something we have never experienced. a world where everyone experiences abundance, access, pleasure, human rights, dignity, freedom, transformative justice, peace. we long for this, we believe it is possible.”

-- adrienne maree brown



## MEDITATION

by Lyn Cox

Creative spirit, source of life and love:

We give thanks for the beauty of this day and for the company of those assembled here.

Thank you for the breezes of change, clearing our heads and bringing fresh ideas. May they cleanse our minds of the oppressions and isms that divide us.

Thank you for the flame of hope, the heat of righteous anger, the warmth of compassion, and the fire of commitment. May they bubble the cauldrons of transformation.

Thank you for oceans of love, rivers of connection, tears of relief, and pools of serenity. May healing waters flow over us and through us and among us, wearing down the sharp rocks of despair to bring joy in the morning.

Thank you for the good earth beneath us, around us, and within us. May we take this clay and co-create a new realm of justice and beauty.

Thank you for all these and more. We accept our gifts and commit to building, sculpting, painting, singing, and dancing them to life; to abundant life.

## MUSICAL MEDITATION

EARTH ECHO BY FILLIPO VIGNATO

## READING

by Walidah Imarisha in Octavia's Brood

Nature has taught me about fluid adaptability. About not only weathering storms, but using howling winds to spread seeds wide, torrential rains to nurture roots so they can grow deeper and stronger. Nature has taught me that a storm can be used to clear out branches that are dying, to let go of that which was keeping us from growing in new directions. These are lessons we need for organizing. As Octavia [Butler] taught us, the only lasting truth is change. We will face social and political storms we could not even imagine. The question becomes not just how do we survive them, but how do we prepare so when we do suddenly find ourselves in the midst of an unexpected onslaught, we can capture the potential, the possibilities inherent in the chaos, and ride it like dawn skimming the horizon?



# EMPOWERMENT - LEARNING & TRANSFORMATION

## BOOK SUGGESTION

[Undrowned: Black Feminist Lessons from Marine Mammals by Alexis Pauline Gumb](#)

## AWE-FILLED LINK:

[Bioneers: Revolution from the Heart of Nature](#)

## ARTICLE OF INTEREST:

["Two Approaches to Fighting Climate Change" by Elaine McArdle](#) in the UU World - also check out the rest of the Fall/Winter 2022 issue [Facing the Climate Crisis](#)

## ADDITIONAL MUSIC CHOICES!

BEAUTIFUL CHORUS - [CHANGE IN THE WIND](#) (EMBODIMENT)

CHANGE ON THE RISE - [AVI KAPLAN](#) (EMPOWERMENT)

DENNIS FERRER FT. K. BROOKS SR. - [CHANGE THE WORLD](#) (ENGAGEMENT)





## ENGAGEMENT - ADAPTATION & INNOVATION

### NOTICING CHANGE ACTIVITY

Find a spot outdoors you can return to over multiple days. The first day, make note - on paper, in your mind, another way - of all that you notice around you, paying particular attention to how what you notice makes you feel. Over several days, return to this spot and make note of how it has changed since your last visit, paying particular attention to how those changes make you feel. Was there a piece of litter now, that wasn't there before? Were there many birds or squirrels one day and not another?

### NOVEMBER EVENTS WITH UUMFE

14th - NEW! Monthly Minister Gathering! (3:00-4:30pm EST)

16th - Monthly Spiritual Gathering: Reimagining the 7th Principle (7:00 pm EST)

COP27 United Nations Climate Change Conference Online Gatherings:

3rd - 7pm, 9th - 1pm, 12th - 1pm, 16th - 1pm, 18th - 1pm (EST)

DETAILS AT [UUMFE.ORG](https://uumfe.org)

QUESTIONS ABOUT MONTHLY MUSINGS? PLEASE EMAIL

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CONGREGATION'S SHARE THE PLATE OFFERING

**—CREATE—**  
**CLIMATE JUSTICE**