

OCTOBER 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.

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

## October: COURAGE

EMBODIMENT

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# UNITARIAN UNIVERSALIST MINISTRY FOR EARTH

*Respect Life. Restore Earth. Renew Spirit.*



# 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 veins, 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

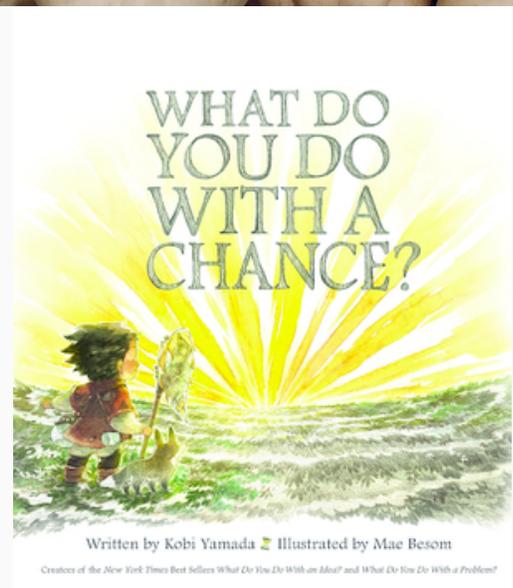
COMMUNION BY UNIVERSAL LIBERATION ORCHESTRA

## 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!



## READING

“On the Fifth Day” by Jane Hirshfield in [All We Can Save](#), ed. Ayana Elizabeth Johnson and Katharine K. Wilkinson

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,

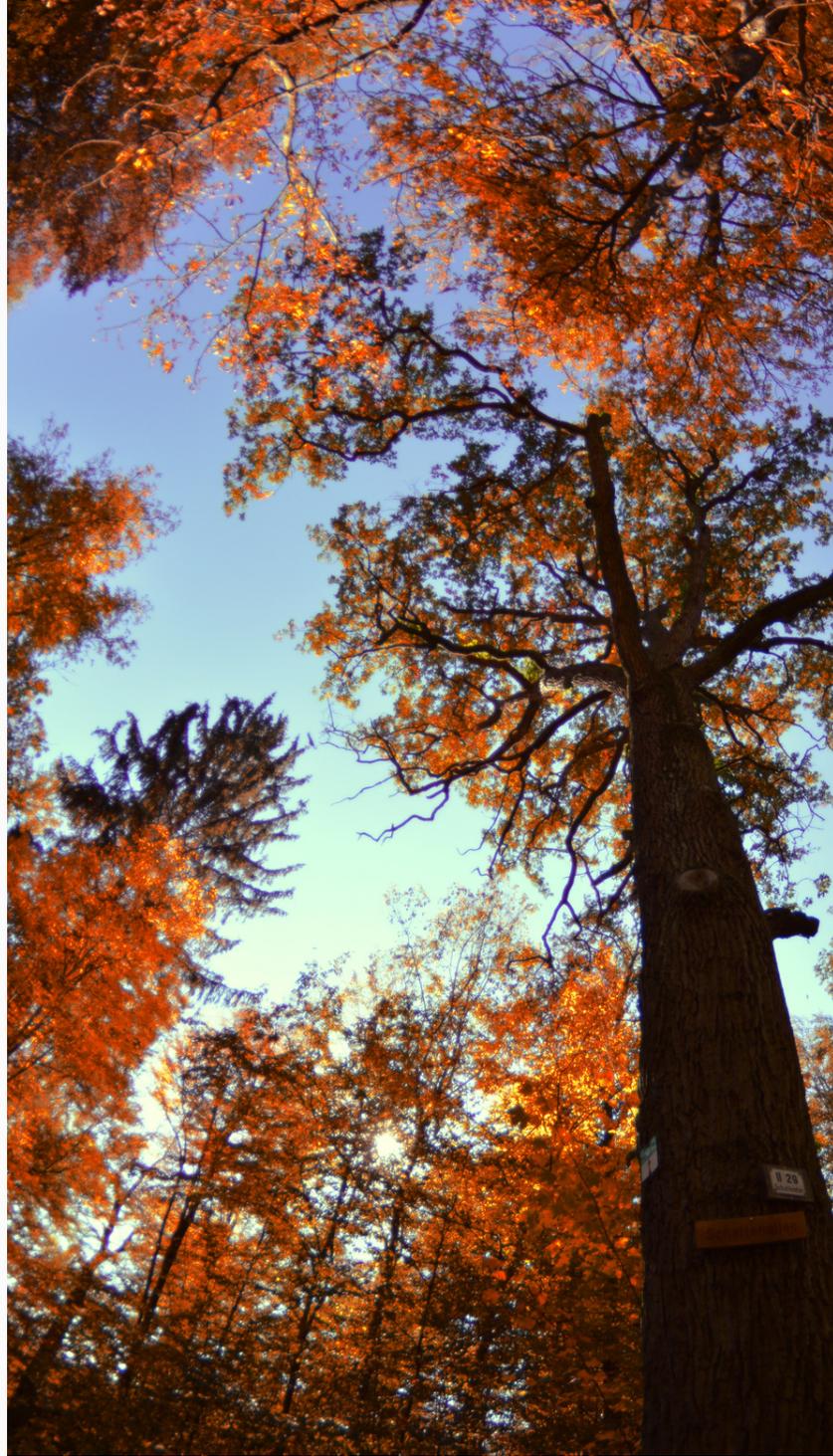
While the unpausing factual buds of the fruit trees  
Continued to move toward their fruit.

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.



# EMPOWERMENT - LEARNING & TRANSFORMATION

## 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:

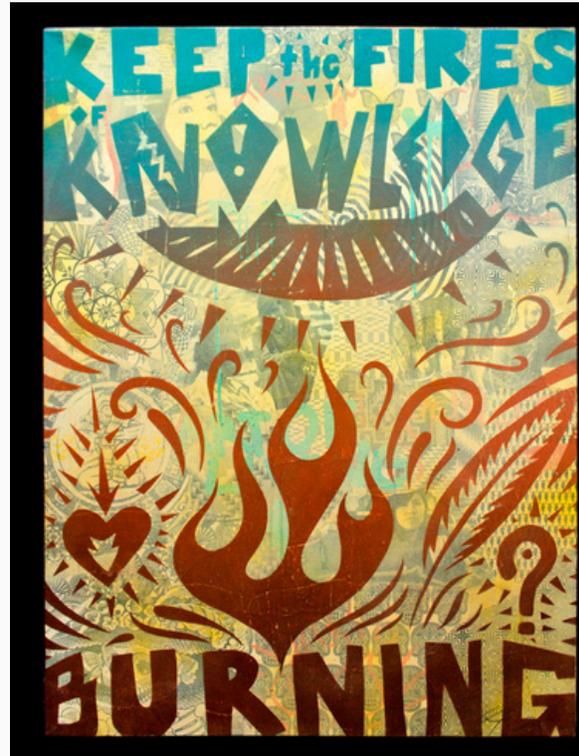
[Black Families in Memphis Are Fighting to Save Their Land From a Pipeline](#)

<https://www.youtube.com/watch?v=4pNGKFAh5Mo>

## ARTICLE OF INTEREST:

[Yes Magazine's Ecological Civilization Issue](#)

<https://www.yesmagazine.org/issues/ecological-civilization>





## ENGAGEMENT - ADAPTATION & INNOVATION

### 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](http://UUMFE.ORG)

QUESTIONS ABOUT MONTHLY MUSINGS? PLEASE EMAIL REV DR  
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**—CREATE—**  
**CLIMATE JUSTICE**