

That's a Spiritual Practice?



The Ways We Become More Human

Wiesbaden Unitarian Universalists

17 November 2013

The Seven Principles

- The inherent worth and dignity of every person
- Justice, equity and compassion in human relations
- Acceptance of one another and encouragement to spiritual growth in our congregations
- A free and responsible search for truth and meaning
- The right of conscience and the use of the democratic process within our congregations and in society at large
- The goal of world community with peace, liberty, and justice for all
- Respect for the interdependent web of all existence of which we are a part

Wiesbaden Unitarian Universalists

17 November 2013

Love is the doctrine of this church, the quest of truth its sacrament, service its prayer.

Welcome

Hymn 16 *Tis a Gift to Be Simple*

Chalice Lighting

The element of fire represents passion, veracity, authenticity, and vitality. If the chalice is the supporting structure of Unitarian Universalism, then we are the flame. We are the flame, fanned strong by our passion for freedom, our yearning for truth-telling, our daring to be authentic with one another, and the vitality we sustain in our meeting together. In all of this there is love.

Sarah Lammert

Opening Reading (*Responsive*)

437, "Let Us Worship"

Sharing of Joys and Concerns

We invite you to light a candle at this time as an expression of your joy or concern that you'd like to share.

"I light this last candle for all joys and concerns left unspoken this day."

Story for All Ages

The Man Who Kept His Heart in a Bucket by Sonia Levitin

Hymn 391 *Voice Still and Small*

Meditation Reading

In the quietness of this place, surrounded by all pervading Presence, my heart whispers: Keep fresh before me the moments of my High Resolve, that in fair weather or in foul, in good times or in tempests, in the days when the darkness and the foe are nameless or familiar, I may not forget that to which my life is committed.

Keep fresh before me the moments of my high resolve.

Howard Thurman

Theologian 1899-1981
from Bless All Who Serve

Meditation

Discussion *That's a Spiritual Practice?*
The Ways We Become More Human

Hymn 123 *Spirit of Life*

Benediction

Wisdom, be thou more precious than possessions without end.
Truth, be thou more sacred than the pleasing of a friend.
Courage, be thou our strength to gain the distant goal.
Beauty, send thou a cleansing wonder to our souls.
Kindness, be thou our guide upon life's way.
Peace, be thou the benediction of our day. Amen.

~Reverend Don Harrington

Extinguishing the Chalice In unison:

"We extinguish this flame, but not the light of truth, the warmth of community, or the fire of commitment which it here symbolizes. These, we carry in our hearts until we are together again."

Please join us for refreshments and conversation after the service. Afterwards, there will be an open organizational meeting for all friends and potential members of Wiesbaden UU. Our next service will be 15 December 2013 at Hainerberg Chapel, beginning at 14:00.

Website: <http://wiesbadenuu.weebly.com>

Facebook: Wiesbaden Unitarian Universalists
(<https://www.facebook.com/groups/568029759900243/>)

Calendar

15 December 14:00

Service, Hainerberg Chapel

22 December Winter Solstice Celebration

Contact WiesbadenUU@gmail.com for details.

EIGHT SPHERES OF SPIRITUAL GROWTH

Eric Wikstrom

Personal Spiritual Practices: These are practices done alone and, perhaps, daily—such as meditation, journaling, prayer.

Communal Worship Practices: Although Unitarian Universalists affirm the uniqueness and individual nature of a person's spiritual path, our movement is also founded on a belief that community is essential to that journey.

Spiritual Partnerships: A spiritual partnership can take the form of participation in a small group, a one-on-one relationship with another congregant, spiritual guidance with a minister, or one's own personal therapy. What matters most is the intentional relationship with another person and a mutual commitment to the journey.

Mind Practices: Could a program of spiritual development be UU without an intellectual component? This is the role of book studies, film discussions, lectures, and adult forums.

Body Practices: We know that mind, body, and soul are interconnected. Doesn't it make sense, then, that a well-rounded spiritual practice includes some kind of physical practice? It might be running, sitting, gardening, tai chi, massage, or virtually anything else that keeps us in touch with the miracle of our physical selves.

Soul Practices: These are the practices that exercise our creative selves—drawing, painting, sculpting, music, poetry, and other creative endeavors. It has been said that the Biblical expression that humans are “made in the image of God” means that we are made to be creative.

Life Practices: Religious traditions from around the world agree that we eventually need to take what we do in private and in our congregations and bring it out into the rest of our lives—in our relationships with our family members, in our workplaces, in our interactions with strangers.

Justice Practices: A fully mature spirituality does not stop at the goal of transforming oneself, but must extend beyond oneself—to others—and include a vision of transforming the world.