

First Reading: Thich Nhat Hanh illustrates interconnectedness in his book, *Peace is Every Step*.

“If you are a poet, you will see clearly that there is a cloud floating in this sheet of paper. Without a cloud, there will be no rain; without rain, the trees cannot grow; and without trees, we cannot make paper. The cloud is essential for the paper to exist. If the cloud is not here, the sheet of paper cannot be here either. If we look into this sheet of paper even more deeply, we can see the sunshine in it. Without sunshine, the forest cannot grow. In fact, nothing can grow without sunshine. And so, we know that the sunshine is also in this sheet of paper. And if we continue to look, we can see the logger who cut the tree and brought it to the mill to be transformed into paper. And we see wheat. We know the logger cannot exist without his daily bread, and therefore the wheat that became his bread is also in this sheet of paper. The logger’s father and mother are in it too. When we look in this way, we see that without all of these things, this sheet of paper cannot exist. Looking even more deeply, we can see ourselves in this sheet of paper too. We cannot just be by ourselves alone. We have to inter-be with every other thing. This sheet of paper is, because everything else is.”

Second Reading Annie Dillard *Pilgrim at Tinker Creek*

It is sheer coincidence that my hunk of the creek is strewn with boulders. I never merited this grace, that when I face upstream, I scent the virgin breath of mountains, I feel a spray of mist on my cheeks and lips, I hear a ceaseless splash and susurrus, a sound of water not merely poured smoothly down air to fill a steady pool, but tumbling live about, over, under, around, between, through an intricate speckling of rock. It is sheer coincidence that upstream from me, the creeks bed is ridged in horizontal croppings of sandstone. I never merited this grace, that when I face upstream I see the light on the water careening towards me inevitably, freely, down a graded series of terraces like the balanced winged platforms on an infinite inexhaustible font.

"Ho, if you are thirsty, come down to the water; Ho if you are hungry, come sit and eat."

Cultivating the Attitude of Gratitude



Wiesbaden Unitarian Universalists
16 November 2014

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

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

Centering Thought:

"Inhale love, exhale gratitude." Thich Nhat Hanh

Welcome and Announcements

Prelude

Opening #515 Singing the Living Tradition (read responsively)

"We Lift Up Our Hearts In Thanks" by Richard M Fewkes

For the sun and the dawn, which we did not create;

For the moon and the evening which we did not make;

For food which we plant but cannot grow;

*For friends and loved ones,
we have not earned and cannot buy;*

For this gathered company, which welcomes
us as we are, from wherever we have come;

*For all our free churches, that keep us human and
encourage us in our quest for beauty, truth, and life;*

For all things which come to us,
as gifts of being from sources beyond ourselves;

*Gifts of life and love and friendship,
We lift up our hearts in thanks this day.*

Hymn #128 For All That Is Our Life in Singing the Living Tradition

Chalice Lighting #447 Singing the Living Tradition (read in unison)

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. *Albert Schweitzer*

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.

First Reading (see back of bulletin)

Story for All Ages

The Mountains of Tibet by Mordecai Gerstein

Second Reading & Meditation (See back of bulletin)

Homily & Discussion

Cultivating an Attitude of Gratitude Carolyn Burmedi

Hymn #1064 Blue Boat Home in Singing the Journey

Closing Words "Gratitude" by the Rev. Max Kapp

Often I have felt that I must praise my world
For what my eyes have seen these many years,
And what my heart has loved.
And often I have tried to start my lines:
"Dear earth," I say,
And then I pause to look once more.
Soon I am bemused and far away in wonder.
So I never get beyond
"Dear Earth."

Extinguishing the Chalice In unison:

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

Schedule

7 December 14:00

Discussion Group, Hainerberg Chapel

"The Oversoul" by Ralph Waldo Emerson

(<http://www.emersoncentral.com/oversoul.htm>.)

led by Darrel Moellendorf & Eva Heisler

21 December 13:00 (notice time change for this service only)

Sunday Service, Hainerberg Chapel

Guest Minister, Mark Morrison-Reed

followed by Winter Solstice Celebration

for more information contact John Keating & Elizabeth Malone

keatmalo@gmail.com