

The Unitarian Universalist Congregation of the Palisades

“A Fall Meditation – Let There be Peace”

Sunday, October 29, 2023

Jonathan King

Prelude - Sunrise: Calming Piano Music by Peder B. Helland | Soothing Sessions

Welcome and Land Acknowledgement - Jonathan King

Call to Mindfulness - Jonathan King

Chalice Lighting - written by Sara Eileen LaWall – Sydelle Postman

Hymn - *“Find a Stillness”* #352

Reading – *“When Life is Messy” 100 Meditations – a selection from UU meditation Manuals.*- Cassandra Jennings-Hall

Introduction - Jonathan King

Meditation - Jonathan King

Offering Plate <https://uucpalisades.org/product/make-a-donation-to-uucp/-YSVM0Y5KhPZ>

Announcements - Arlene Holpp Scala and Deborah Pires

Postlude – *“Let There be Peace on Earth”* Sang by Vince Gill Written by Jill Jackson Miller

Extinguishing the Chalice – Jonathan King

Lyrics

#352 Find a Stillness

1 Find a stillness, hold a stillness, let the stillness carry me. Find the silence, hold the silence, let the silence carry me. In the spirit, by the spirit, with the spirit giving power, I will find true harmony.

2 Seek the essence, hold the essence, let the essence carry me. Let me flower, help me flower, watch me flower, carry me. In the spirit, by the spirit, with the spirit giving power, I will find true harmony.

WHEN LIFE IS MESSY

It is easy to pray when the sun shines And we are grateful for another glorious day of being.

It is hard to pray when wind and rain and thunder Plague our every step and spoil our every plan.

It is easy to be virtuous when life goes well And our existence is a journey from bliss to beauty and back.

It is hard to be virtuous when life assaults us And our very being is a pilgrimage from bad to worse to worst.

It is easy to be cheerful when health bursts in us So that we can feel the very pulse of life.

It is hard to be happy when pain and fatigue beset us And we wonder if we can go on.

It is easy to do good when our goodness is rewarded And we feel the power of pride in accomplishment.

It is hard to do good when we suffer for our efforts and are troubled because we have been misunderstood.

It is easy to feel religious impulses well up inside when inspiration lives at our elbow and walks on our path.

It is hard to feel religious when we are tired with work to be done
And discouragement seems to mark our every move.

O God of order and neatness, we give thanks for all that is good.

We are grateful for manifold blessings bestowed upon us.

O God of chaos and disorder, be with us also when life is messy.

Bless our coming in and our going out from this day forth. Richard S. Gilbert - *In The Holy Quite of this Hour* 1995