

Meditation and Prayer

First Unitarian Church of Baltimore

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Spirit of love, Spirit of life, Spirit of grace and compassion, we offer our thanks and gratitude for our lives and the opportunities that life gives us. Each day we wake to a new version of life, a new vision to create as our own gift to ourselves, our families, and the world. Each day our actions make a difference and each day we make our marks for good or evil on the world. Each day we have the opportunity to transform a frown into a smile, and to give a bit of ourselves to others. We are glad to understand how much our own generosity brings back to us in joy and satisfaction.

We are sometimes challenged to choose between right and wrong, between good or evil. We are imperfect, struggling to become better persons. In times of challenge, let us remember our blessings, and not yield to the temptation of greed or avarice. Let us not yield to cynicism and sarcasm with our families, our colleagues, but to bring forth and share kindness. Let us not be reluctant to apologize for the times we hurt others, whether on purpose or not. And let us correct our mistakes with generosity and grace.

Let us remember in our hearts all those who are ensnared by difficult economic times, struggling to keep their homes and to care for their families. Let us remember in our hearts all those who still suffer from storms, and bless all those who take them aid. Let us honor our troops, and pray for wisdom for those who lead them. We pray for wisdom to grow in all our leaders, especially our elected officials to whom we entrust so much. We are reminded of the gifts of teachers to our children, and to show them respect and gratitude for their

parts in helping our children grow in mind, in body, and in spirit. Let us remember those who are sick and home-bound, and visit them when we can. And let us always remember to welcome the stranger, the down-trodden, and the lonely. Help us to help others move from alienation to comfort and joy in being with others.

And when we get depressed and feel sorry for ourselves, often with good reason, let us have patience with ourselves, give ourselves a break, and just be in the moment. For this moment will pass, and tomorrow will be another glorious day to begin anew with hope and gladness. There are times when even we grown-ups can sing out loud that tune from our childhood of the “Little Engine That Could” – “I think I can, I think I can, I think I can.”

We gather from near and far to lift our spirits in song and gratitude and confidence and hope. Yes, I think we can, I think we can, I think we can.

Let us remain together in silent meditation, and then join together in singing #123, Spirit of Life.