

Meditation and prayer

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Let us gentle ourselves, and come together in meditation and prayer.

Spirit of Life, God whom we call by many names, we gather in celebration of life and thanksgiving for the many gifts that we have been given. Our health, our families, our friends, our freedom to choose how to worship, our freedom to search for truth, our freedom to speak our thoughts and learnings without fear of punishment or retribution, and our responsibility to preserve those freedoms not only for ourselves but for others. We hope and pray for freedom for all from oppression, from discrimination, from want, and from violence.

We are thankful for the many talents we were born with and the opportunities to grow in knowledge and spirit and abilities. We are thankful for our capacities to encourage others, and to offer hope and help and kindness and gentleness. Let us feed not only our own souls but the souls of others with gentleness and compassion, making extra efforts to understand those who disagree with us.

Let us be especially gentle and generous with those who are less privileged, and let not our own privilege drive us, but rather let us be driven by an humble approach to life and to others.

We pray that our elected leaders be guided by compassion, fairness, and wisdom as they make decisions that affect not only our country but also the world. Let them remain humble in thought, word, and deed.

We pray for peace in the world, and for better ways of understanding one another. When we are faced with hostility and hatred, let us call upon love and restraint as we work to resolve issues and concerns.

Let us carry on the good work of the brave and courageous souls who

built us a country of liberty and freedom. And let us never abuse those liberties or our freedom to the detriment of others. Rather let us work to enrich and enhance freedom and liberty for all.

May the blessings of this thanksgiving week be with you all. In the name of all that is holy and sacred,

Amen.