

**Meditation and Prayer**  
**First Unitarian Church of Baltimore**  
**December 7, 2008**  
**Rev. Lyn Oglesby, Ph.D.**

Let us quiet our thoughts, open our minds, rest our bodies as we prepare to join together in meditation and prayer.

Spirit of Life, God whom we know by many names, let the gentle power of all that is with us today. On this special day, we welcome those who have chosen to be with us in religious and social commitment. Let us model religious faith for them. Let us demonstrate the true meaning of love and trust and compassion for them. Let us reach out to them to include them in our activities and our governance. Let us learn to know them, and to understand what is in their hearts and minds. Let them feel secure in our fellowship and kindness and friendship. Let our new members not feel shy to ask questions, or for help, or to share their burdens or their gifts. Let us help them to grow into ever more meaningful membership by our compassion and our examples.

Let us help those who are cold find warmth. Let us remember to feed the hungry. Let us remember the forgotten. Let us share our skills and talents with the young. Let us understand them when they become confused or anxious. Let us remember our responsibilities as citizens of our city, our state, our country and our world. Let us not waste food or fuel. Let frugality guide us to greater resources.

We thank all those who have given their lives and parts of their bodies to the service of our country, in the past, in the present, and in the future. Let those in public service be honored for that service which benefits us all. And let our leaders be guided by reflection and wisdom, as they ponder our

safety and health.

Let us remember to read, to study, to continuously develop our faith and our knowledge of religion – our religion and the religions of others. Let us respect the many paths to the sacred and the holy and the eternal, and those who travel on paths different from our own.

Let us remain together in reverent meditation, here together, searching our own hearts for meaning.

In the name of all that is holy, Amen