

Meditation and prayer
First Unitarian Church of Baltimore
January 4, 2009
Rev. Lyn Oglesby, Ph.D.

Let us gather together in reverence, in meditation, and in the spirit of prayer.

Spirit of Life, Wonder of wonders, God whom we call by many names, we welcome in the New Year with joy and optimism. Although we are all in some degree of pain, we know that here we are in community with the universe, with colleagues, with friends we can count on. It is this community of love and care that strengthens and sustains us when the pain and fear overwhelm us. It is this community of inclusiveness and respect that frees us to share the deepness of our souls and spirits. For this, we are profoundly thankful.

We wonder about the purpose of life, and whether there is any purpose other than that we give it through the way we live and breathe and love and forgive. For the wonder of our minds, we are thankful.

We wonder about the future, whether we will be safe, whether we will stay healthy, whether our retirement funds will sustain us in our golden years. For the miracle of friendship and community support, we are thankful.

We worry about our children, their health and safety and schooling. For the loving religious education they enjoy here, we are thankful.

For the wonder of the trees, and their delicate branches swaying in the winter winds, we are thankful.

For the birds, and squirrels, and our pets, dogs, cats, goldfish and gerbils, we are thankful.

For joyous music that emanates from instruments and voice, from symphonies and operas and choirs, and especially from the splendor of our

organ, masterfully played, we are thankful.

For the touch of the breezes, for the whiteness of snow, for gentle and harsh rains, and for the sunshine that follows, we are thankful.

For the touch of a hand, for hugs, for the tenderness of lovers, for the warmth of friendship, we are thankful.

We know not whence we came, or where we go. Yet we know the value of life, each life. For each and every life, we are thankful.

For those who protect and defend us, and pick up our trash and clean our streets, and bring back electricity after storms, we are thankful.

Let us pledge this day to love life and all who live more freely, more fully, more passionately. For all life, we are profoundly thankful.

Let us remain together in silent meditation.

Amen