

**Meditation and prayer**  
**First Unitarian Church of Baltimore**  
**January 11, 2009**  
**Rev. Lyn Oglesby, Ph.D.**

Let us pause, still our hearts and minds and come together in meditation and prayer.

Wonder of wonders, mystery of mysteries, God whom we call by many names, we know not whence we came, we know not where we go. We are simply here, wandering around in the wilderness, struggling with our daily lives, raising our children, doing our work, balancing our checkbooks, paying our mortgages, paying our phone bills, running errands, preparing meals, cleaning up, and going to sleep, preparing for a new day.

And a new day is here, a new day to wonder at the light, the wind, the spring in our steps, the laughter of children, the warmth and fellowship of friends and loved ones. A new day to make a difference somewhere, somehow, in somebody's life. Maybe a child, perhaps a neighbor, perhaps a beloved family member or friend. Every day, every time we have a conversation or pay for groceries or work out a problem at work, we have an opportunity to make a difference, to be a minister, to be a friend, to make someone smile, to make someone feel better, to instill a little confidence in an uncertain heart.

Here we are, in the fresh cusp of winter, eleven days into the new year, nine days before we inaugurate a new president, and not yet noon today. Here we are, gathered in this lovely sanctuary built and decorated by people who cared enough to ensure a place for liberal religion in Baltimore.

Here we are, sitting side by side, regenerating our spirits, reaffirming our faith, questioning authority, questioning dogma, struggling to make meaning out of our lives.

Here we are, together, knowing that we can reach out to our neighbors in this community of faith. Each Sunday we come here to renew, to strengthen, to be together.

We give thanks for one another and for this privilege we have to live each day, to create meaning, bring a smile to the face of a child, to mentor a friend or younger colleague, to ask a question we've never asked before, to take a risk, to do something scary.

We give thanks for our families, for the opportunities to learn and improve our minds, for books and poetry to read, for songs to sing.

We need help, and often we don't know who to ask. We need help making difficult decisions. We need help to learn to become better persons. We need help to learn to show our love more often. We need help to become more patient with those who irritate us. We need help to become more fully human.

Let us give each other the help we all need. Let us give each other the help we all need. Let us give each other the help we all need.

Let us remain together in silent meditation.

Amen