

~VESPERS~

March 25, 2020



“How Does Our Ordinary Love Cast Out Extraordinary Fear?”

Rev. Leslie Takahashi/Jo Gelinias

Welcome to Vespers...

Glad you took this time for your spirit and your heart...

Gathering Music

Sarah Dan Jones

During this time, please allow yourself to enter into this space. Feel free to light a candle at your table to reflect a joy or sorrow you bring into the circle, or someone you wish to offer healing. Please also feel free to bring an object to hold such as a stone or a special talisman. The parts in bold we will say together when we begin....though you will be muted, we will all say them together.

Welcome

Rev. Leslie Takahashi

Gathering Words

Do you question the power of love in these times, think it too weak or lacking in resistance? And yet what do we have except our ability to love one another, to love ourselves and pledge to do our best in love. Our best small, supportive acts to counter the anxiety, our best efforts to be kind to counter the meanness, our best loving presence to counter the fearfulness also epidemic among us. Love is not weak: love is our strength and our shelter. Tonight may we resolve to once again make love our everyday commitment.

Song: Gathered Here – Words & Music by Philip Porter

Gathered here in the mystery of the hour. Gathered here in one strong body.
Gathered here in the struggle and the power. Spirit, draw near.

Words of Affirmation and Offering

Perfection is not required to get through any day in ordinary times. (These are not ordinary times.) Acceptance is the place for your heart to stretch and hear itself into being. Know that your heart is strong enough. Know that your heart is big enough. Know that the love you have, so ordinary, is the gift you can offer others in these extraordinary times.

Song: Be in the Silence – Words & Music by Jo Gelinias

Be in the silence, be here now.

Breathe in the silence, rest yourself, and receive in the silence.

Love comes to you in the silence. Love is all around you, love here in the silence.

Reflection and Meditation

Rev. Leslie Takahashi

Shared Silence

We will take about 5 minutes in silence. During this time, you can contemplate the question or just allow your heart to unburden itself, your mind to relax. Listen to the noises we hear when we sit without words in the sacred presence of others. What a gift it is to sit in intentional silence with others. Our silence will be broken when we invite the bowl to chime.

Sharing Into the Circle

In this time, the mic will be passed and you can share a response to our night's question or something on your heart. Please say your name and use the microphone so everyone is included. Our response tonight will be:

The song of my heart sings to you.

Moment of Gratitude

Song Surrendering – Words & Music by Jo Gelinias

Rest here, breathe here, let go and be at peace.

Light fills, love stills, surrendering.

Words for Going Forth/Take Home Practice

Take good care. Take care of yourself, of your hands, of your health, of your heart, of your loved ones. Take care to remember you are part of the great family of all beloveds. Take care of your joys, your sorrows, your laughter, your need for connection, your need for quiet contemplation, your need to create the possibility of more joy for all the precious people (and they are all precious). Take care of your hopes for the world because they inoculate you against despair. Take care of your good self, of all you love and of your neighbors and the people who live near you who you don't know and whose lives are intertwined with yours. Remember your investment in our common future will be repaid in millions tomorrow if only we can only take good care.

Music for Going Forth "If I Could"

Laura Zucker

Take Home Practice: Take the time to check in with your heart every day.

Join Us Next Week at This Same Time!~Take Good Care of Yourself and Others!!