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A Guided Meditation on The Interdependent Web

- The Web is a theological statement as well as an ecological one. In it we find a theology of relationship - of humans with one another; with the natural world; and with the Power of Healing and Transformation in the Universe, the Divine, what some call God.
- We find God, spirit of life, power of healing and transformation in the "nodes" of the web - the places where the strands of the web intersect and we enter into relationship - with other humans, with the natural world.

Exercise on the Web

- Let us close our eyes - and imagine that we can see the strands that link us together as we gather here today in this group.
- And that we can see the strands that link us with this congregation, with the people who care for us, with the natural world around us.
- And lift up our gaze once again to include the region we are in - the hills to the east, Monterey Bay to the West, all the communities in this region, human ones, and networks of plants and animals, soil and water. And see how all these webs are joined together in many greater webs of existence.
- Lift our gaze once again, to see the entirety of our District of the UUA - -- from _____ in the East to _____ in the West; from _____ in the north to _____ in the South, and notice how each of these UU communities itself constitutes a web of relationships, and how these webs are joined together in turn.
- Then lift our gaze to the entire west coast, the vast Pacific Ocean, the island chains, the Pacific Rim. The web is no respecter of human boundaries. We are all linked in vast networks. And we remember the words of John Seed about our being "tiny ephemeral beings on the tree of life." From this perspective, we can no longer see this place where we are located. At most, we have a general sense of where we are located on the Western rim of the North American continent.

- And yet, we can also imagine all the thousands, millions, of strands linking us together. And we can begin to see that although we are tiny and ephemeral, that there is power in these arrangements of webs. When we join together in webs, in relationship with others, we tap into the power to transform, to change, the webs of relationships around us. We can begin to influence the shape and structure of the many webs of which we are a part.
- And then, let's lift our perspective again, so that we are looking at the entire solar system, against a background of stars and galaxies. And we can see the earth as a blue-green ball, spinning through space, covered in patches by white clouds. And we can see that Earth itself is no bigger than a tiny ephemeral blossom on the tree of life. Yet, the Earth itself is part of far larger networks of planets, stars and galaxies.
- And left us lift our gaze one more time and see that our solar system is but a tiny part of this vast, unimaginable cosmos. The Earth is so tiny it is lost from our view, as is the sun and the other planets of our system. And we know that it exists, that we exist, as part of this vast network of networks. And we can see that even from this perspective we can empower ourselves, by coming together into networks of relationship, into interdependent webs, to transform the many universes that we inhabit
- And we as we return from this cosmic journey through millions of webs of existence, let us give thanks for the gift of life - and for the gift of relationship that empowers us to work together to shape, and to reshape our world.

Blessed Be! And Amen.