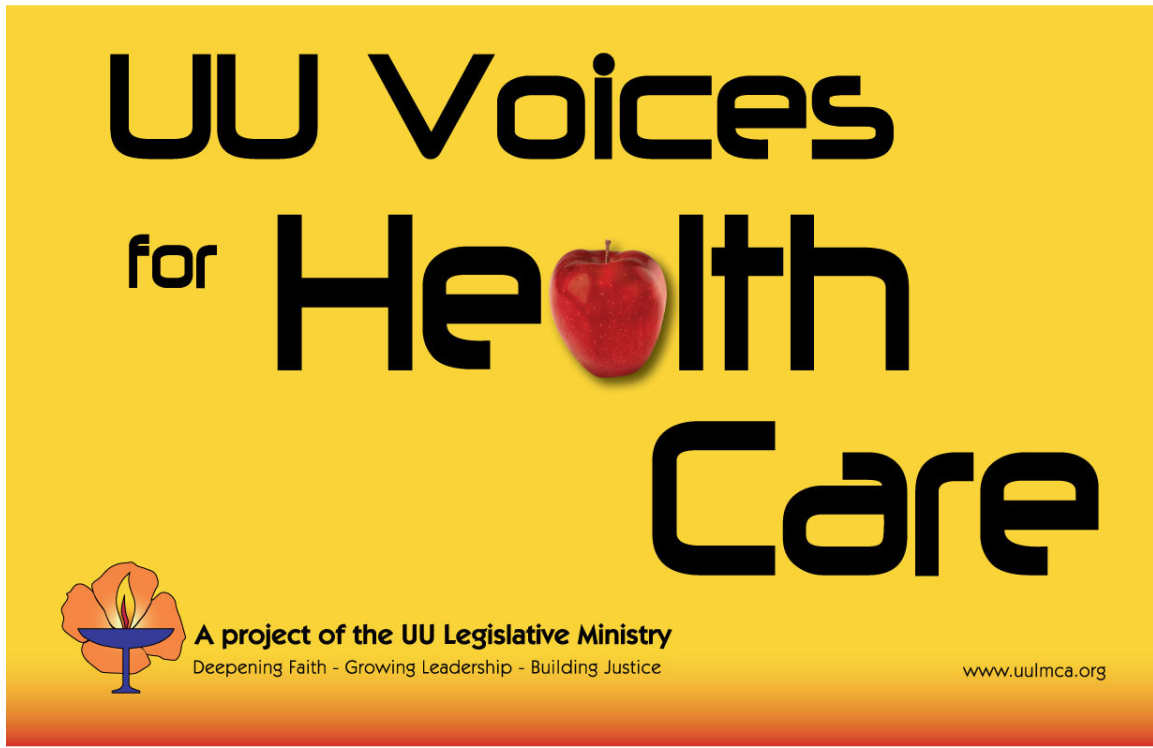



Resources for Worship
Themes of Health and Healing

A graphic with a yellow-to-orange gradient background. The text "UU Voices for Health Care" is written in a large, bold, black sans-serif font. The word "Health" is split, with a red apple replacing the letter "o". In the bottom left corner, there is a logo of a blue chalice with a flame, topped with a pink flower. To the right of the logo, the text "A project of the UU Legislative Ministry" is written in a smaller black font, with the tagline "Deepening Faith - Growing Leadership - Building Justice" underneath. In the bottom right corner, the website address "www.uulmca.org" is displayed.

UU Voices
for Health
Care

 **A project of the UU Legislative Ministry**
Deepening Faith - Growing Leadership - Building Justice

www.uulmca.org

Unitarian Universalist Legislative Ministry
November 2007

717K St # 514
Sacramento, CA 95814
(916) 441-0018

Quotes

“When I dare to be powerful - to use my strength in the service of my vision then it becomes less and less important whether I am afraid.” - *Audre Lourde*

“To live is to suffer. To survive is to find meaning in the suffering”
-*Viktor Frankl*

“Of all forms of inequality, injustice in health care is the most shocking and inhumane.”
-*Rev. Dr. Martin Luther King Jr.*

Things do not change; we change. - *Henry David Thoreau*

Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything. -*Thich Nhat Hanh*

Health is worth more than learning. - *Thomas Jefferson*

Dwell not upon thy weariness, thy strength shall be according to the measure of thy desire. - *Arab Proverb*

In the part of this universe that we know there is great injustice, and often the good suffer, and often the wicked prosper, and one hardly knows which of those is the more annoying. -*Bertrand Russell*

Although the world is full of suffering, it is full also of the overcoming of it.
-*Helen Keller*

We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations - *Anais Nin*

In the depth of winter, I finally learned that there was within me an invincible summer.- *Albert Camus*
The miracles of the church seem to me to rest not so much upon faces or voices or healing power coming suddenly near to us from afar off, but upon our perceptions being made finer, so that for a moment our eyes can see and our ears can hear what is there about us always. -*Willa Cather*

Take care of your body. It's the only place you have to live. ~*Jim Rohn*

Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense. ~*Henry Miller*

God is closest to those with broken hearts. ~*Jewish Saying*

Readings

“Place of Peace” - Singing the Living Tradition #429
“People of Faith” - Singing the Living Tradition #448
“We need One Another” - Singing the Living Tradition #468
“Spirit of Life and Renewal- Singing the Living Tradition #510
“Comfort My People” - Singing the Living Tradition #533
“My Help is on The Mountain” - Singing the Living Tradition #552
“Sorrow” - Singing the Living Tradition #689
“Take Courage” - Singing the Living Tradition #698

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness, that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?
Actually, who are you NOT to be?
You are a child of God.
Your playing small doesn't serve the world.
There's nothing enlightened about shrinking so that other people won't feel
insecure around you.
We were born to make manifest the glory of God that is within us.
It's not just in some of us; it's in everyone.
And as we let our own light shine, we unconsciously give other people
permission to do the same.
As we are liberated from our own fear,
Our presence automatically liberates others.
-Marianne Williamson

Spirit of Life, We come today in prayer
We come with our hearts full of hopes and fears, both those that are spoken and those that cannot be put
into words.
We pray for those around us who are hurting and pray that we may have the wisdom to notice that they are
in need and the strength to be the hands and hearts that can hold them through their difficulties.
We hold in our hearts all of those who suffer and are in need of hope and healing. Sometimes the pain in
our world is so great it is difficult for us to bear, we grieve for all of the suffering we see. Bless all of these
people and grant them love, healing and peace.
Help us to see that -- as different as we are -- we all have something to offer one another, and that our very
presence here with each other in this beloved community is a gift. Help us to see that, as individual and
unique as we are, there is a common heart beating in our breast; and we are not really separate at all -- we
are simply fragments of one common, beautiful vessel
Holy Spirit, hear our prayers
- Suzanne Marsh

Benediction

Walt Whitman said: “The earth remains jagged and broken only to him or her who remains jagged and
broken.”
As we go forth today let us resolve to seek out and reaffirm our place in nature and reconnect with the
divine in all things that inhabit this planet with us, that we may again be a part of the cycles of the earth as
our ancestors taught us
In doing so may we begin to heal all that is jagged and broken in us, in others, and in our beloved earth.
Go in harmony and be makers of harmony
Amen
-Suzanne Marsh

Chalice Lighting

For those who are today uncertain and afraid,
Let this be a light of hope
For those who carry sorrow and regret,
Let this be a light of forgiveness

For those who are lonely and feeling the coldness of our world,
Let this be a light of warmth

For those who come here today feeling that their inner light is flickering and in danger of going out,
Let this be the light of community that burns strong and true and rekindles those faltering flames

For all of our separate lights that join together to create one steadfast and enduring flame,
Let this be a light of gratitude

Grace strikes us when we are in great pain and restlessness. It strikes us when we walk through the dark valley of a meaningless and empty life. It strikes us when we feel that our separation is deeper than usual, because we have violated another life, a life, which we loved, or from which we are estranged. It strikes us when our disgust for our own being, our indifference, our weakness, our hostility, and our lack of direction and composure have become intolerable to us. It strikes us when, year after year, the longed for perfection of life does not appear, when the old compulsions reign within us as they have for decades, when despair destroys all joy and courage. Sometimes at that moment a wave of light breaks into our darkness, and it is as though a voice were saying: 'You, are accepted. You are accepted, accepted by that which is greater than you, and the name of which you do not know. Do not ask for the name now; perhaps you will find it later. Do not try to do anything now; perhaps later you will do much. Do not seek for anything; do not perform anything; do not intend anything simply accept the fact that you are accepted – *Paul Tillich in the sermon "You are accepted"*

Grandfather
Look at our brokenness
We know that in all creation
Only the human family
Has strayed from the Sacred Way

We know that we are the ones
Who are divided
And we are the ones
Who must come back together
To walk in the Sacred Way

Grandfather
Sacred One
Teach us love, compassion, honor
That we may heal the earth
And heal each other
-Ojibway People of Canada

May the suffering ones be suffering free
And the fear struck fearless be.
May the grieving shed all grief-
And the sick find health relief
- Zen Chant

Drop thy still dews of quietness,
Till all our strivings cease;
Take from our soul the strain and stress
And let our ordered lives confess
 The beauty of thy peace
- *John Greenleaf Whittier*

In thee, O Lord, do I take refuge.....rescue me
Be thou to me a rock of refuge
Forsake me not when my strength is spent
- *Psalm 71:1-3*

Meditation for a Beautiful Day

Ah, how beautiful is this day. How crisp and clean the air. How clear the sky. How full of life the teeming earth. And we are alive! Yes, we feel the beat of our own hearts, the pulsing of life in our veins, the rhythm of our breathing. We come into the silence of this time with gratitude for this day.

We come also with our needs. Our gratitude stirs us to praise and sing our Thanksgiving. Our loneliness draws us into the company of others. Our restlessness draws us into these moments of quiet. Our longing for the spirit brings us before the mystery of the holy. Our desire to heal our own wounds and the wounds of our world brings us here to renew our strength and hope.

And we come into this space because we have gifts to share: words of healing and encouragement for those who are burdened; songs of praise and hope; smiles of comfort and affection; deeds of love and words of kindness.

Each of us comes to dip into the well that nourishes our hungry spirits. Each of us comes with our own cup of goodness to pour into the well. We drink together. May we be strengthened in our bonds of love and peace.

- *Sara Campbell*

Hymns

Singing the Living Tradition #16, *Tis a Gift to Be Simple*
Singing the Living Tradition #23, *Bring Many Names*
Singing the Living Tradition #34, *Though I May Speak with Bravest Fire*
Singing the Living Tradition #90, *From All the Fret and Fever of the Day*
Singing the Living Tradition #95, *There is More Love Somewhere*
Singing the Living Tradition #100, *I've Got Peace Like a River*
Singing the Living Tradition #116, *I'm on My Way*
Singing the Living Tradition #123, *Spirit of Life*
Singing the Living Tradition #188, *Come, Come Whoever You Are*
Singing the Living Tradition #318 – *We Would be One*
Singing the Living Tradition #347 – *Gather the Spirit*
Singing the Living Tradition #352– *Find a Stillness*
Singing the Living Tradition #391 – *Voice Still and Small*
Singing the Living Tradition #318 – *We Would be One*
Singing the Living Tradition #396 – *I know this Rose Will Open*