

Prayer and Reflection

June 19, 2016

UU Society of Sacramento

Let me share with you some of what is on my heart today.

The theologian Howard Thurman encourages us to reflect on and engage with the “spirit of our times”. For me the “spirit of our times” is one of divergent forces of contraction and expansion. We experience the contraction in the expression of the fear of limited resources, fear of the other, fear of change. We observe this contraction in the violent acts of troubled souls that murder 49 people and wound many others in Orlando. Our hearts ache with the pain and loss as we remember the people killed one year ago in Charleston. We observe this contraction in the rigid stance of some of our leaders on gun control, their vision limited and restricted to maintain the power of the status quo. We ache with frustration. We observe this contraction in the hateful anti-gay speech of men who call themselves Christian. We cry out in rage.

And yet the spirit of our times is one of expansion. We experience the expansion in the sense of possibility, of change for the better, of hope for renewed commitment. We hear the voices united in purpose to create a world that honors and includes all people. Our hearts soar with possibility. We hear the voices of the disenfranchised who cry out for justice. Our hearts feel called to respond. We experience the love of our friends and family and our hearts are restored. We see the beauty of nature and our spirits are renewed. We see glimmers of hope for a different way, a renewed commitment to love and justice.

Let us open our hearts and minds in the spirit of prayer.

Spirit of life and of love, hold us in this time of contraction and expansion, this time of pain and possibility. Help our hearts to be strong and resilient as we engage in the pain of the world.

Help us to hold onto what is good with a firm grip. Let us not lose sight of the essential goodness of all humans, keep us from despair over deeds and damage. Help us to keep our eyes open to the spirit of change. Give us the courage to step into the possibility of love and justice. Give us strength to be a force for healing in our hurting world.

Let us draw strength from those around us, from the spirit of life that supports and sustains us. Let us know the truth that we are not alone, but are united in the interdependent web of all beings. A web that we support and sustain by our love and commitment, a web that holds us

Spirit of life, we call on you to fill our hearts with healing love, to sustain us and help us keep the flame of hope alive for our lives and our world. So may it be. Blessed be.