

Welcome to Unity, Welcome Home

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Meditation and message 9-18-22

Meditation

One breath at a time, that's where Grace comes in... One breath at a time, that's where Peace comes in...

I breathe in and I am home... I breathe out, and I am home...

So let's take a breath in, and out, and begin to notice your breath as you inhale and exhale, letting each breath settle you gently into wherever you're sitting-- moving or shifting or wiggling as you need.

Notice all the places where the back of your body is supported by what is solid beneath you. Sense the solid home of your body-- inviting shoulders to soften, feet resting grounded on the floor, facial expression to relax...

As you settle into this present moment, come home to your breath in and your breath out. Feel yourself welcomed, invited in, safe and secure... one breath at a time, that's where Grace comes in... one breath at a time, that's where peace comes in

I breathe in grace, and I am home...

I breathe out peace... and I am home...

Message

Welcome to Unity. Welcome Home...

That phrase from back in the days of weekly paper bulletins still resonates! At the risk of inciting a bit of chaos after the calm of our shared silence, I'd like you to turn to someone you're sitting near or type in the chat (or email me if you're watching the recording later!) and take a few minutes to share the story of your first time here-- or an early, or any significant moment-- when you felt that sense of coming home.

- How many of you were greeted by someone who recognized that you were new?
- How many of you were stirred by music that lifted your heart?
- How many of you felt a sense of openness and connection that drew you in?
- How many of you read the message, “Peace, Be Still” and something shifted inside?

A few weeks ago, I shared the poem “For A New Home” by John O’Donohue three times, as an experiment in hearing the words as a prayer for the home of our solid bodies, the place we call home, and here, this Unity Church of Albany home. I’m not going to read it three times again, but from this centered feeling in the home of your body after our time of meditation, I invite you to especially hold *this* home in your heart-mind as you hear these words, which I’ve very slightly adapted for this morning:

For A New Home by John O’Donohue

May this *community* shelter your life.

When you come home here,

May all the weight of the world

Fall from your shoulders.

May your heart be tranquil here,

Blessed by peace the world cannot give.

May this home be a place *of prosperity*,

Where the graces your life desires

Always find the pathway to your door.

May nothing destructive

Ever cross your threshold.

May this be a safe place

Full of understanding and acceptance,

Where you can be as you are,

Without the need of any mask

Of pretense or image.

May this home be a place of discovery,
Where the possibilities that sleep
In the clay of your soul can emerge
To deepen and refine your vision
For all that is yet to come to birth
In a world transformed by the spiritual awakening of all.

May this be a *sacred space* of courage,
Where healing and growth are loved,
Where dignity and forgiveness prevail;
A home where patience of spirit is prized,
And the sight of the destination is never lost
Though the journey be difficult and slow.
May there be great delight around this *sanctuary*
May it be a house of welcome
For the broken and diminished.

May you have the eyes to see
And embrace the Divine essence of All Beings, to see
That no visitor arrives without a gift
And no guest leaves without a blessing.

Welcome to Unity, Welcome Home.

Today's One Spirit thought for the day:

The greatest thing that we can do is to help somebody know that they're loved
and capable of loving. ~Fred Rogers

That's what happens here in this sacred space-- we help each other to know, deeply, that
we are loved and capable of loving. We pray together, holding a vision of Oneness, of
Grace, of Peace, of Compassion. We work together in sacred service here in this beloved

community and in fellowship with other church communities and organizations in our city. We trust-- and live in such a way that our trust is visible-- that Divine love flows through us! That Spirit is our source and our home of every blessing.

And we are the hands, hearts, eyes, voices that make the All-Loving Goodness of God Manifest in the world. As I've said many times before, the gift of living in communion with each other is when I might forget that *I AM Love*, love embodied and active in the world, you are here to remind me! Just as I am here to remind you. As we live out our individual paths as expressions of the One Divine Source, we are continually invited to *experience* the Oneness we profess as we gather together.

We are not here in this church building because it is sacred space. This sanctuary is a sacred space because WE are here.

Welcome to Unity. Welcome Home. And so it is. Amen.

Special Membership Meeting

Opening prayer:

Divine Love flowing through me blesses and multiplies all that I have, all that I give and all that I receive. Divine love flowing through *us* blesses and multiplies all that *we* have, all that *we* give, and all that *we* receive. In this sacred space, we are blessed and blessing. May we have eyes and hearts open enough to see the Divine Essence in each other. Together may we nurture and grow the gifts of compassion, courage, laughter, dignity and forgiveness. May we be a Beloved Community in word and action. May we trust the depth of our riches in each other, and trust that we are one with Divine Mind and Divine Heart and in partnership with Divine guidance. And all is well. And so it is. Amen.

- Thoughtful: this meeting is a celebration of the thoughtful work, insight and discernment of the Board of Trustees, the Building and Grounds Team and the newly renamed Finance team, now more accurately known as the Abundance and Prosperity team.
- That renaming is not just a catchy new title-- it is meant to reflect our shared practice and belief that our starting point as a community is our

partnership with God in the flow of divine love and abundance that includes our finances, but is not limited to finances.

- Personally, the universe has conspired to offer me a “fascinating” two months of growth opportunities as I live, pray, grapple, and trust what it means to be in a flow of love and abundance regarding my two physical homes!
- Prosperity and abundance lives in the hearts and hands of every person here, those in leadership through service, those who step in to help wherever, whenever and however help is needed, those whose quiet presence lifts us in prayer.
- Part of what sets this community apart and makes the phrase “Welcome to Unity, Welcome home” come alive is the way we live into the words we say each week. Today is a celebration of the myriad ways we support each other in living the capital T- Truth: we are a praying community, we hold a vision of transforming the world through our loving service, we trust that Spirit is the Source of all goodness and abundance.
- What this meeting *isn't*: we're not here to ask you for more money! We're here to learn about what our building needs from us as we're called to be stewards and we're here to discern how to use the prosperity we already have to address those needs.