

Meditation:

Deeper and deeper I surrender...

Centering in, eyes closed or softly gazing just in front of you, focus your attention on your breath... simply noticing the rhythm of your inhale and exhale, and knowing that within just a few breaths our individual breath rhythm in and out will entrain with each other, reminding us of our interconnectedness...

Sense your body supported, grounding in by noticing the physical sensation of where your body is touching where you sit, letting your hands fall open to receive sensing your palms and backs of your fingers

HANDS (sense the hands open, resting on your lap or at your side— sense back, palm, fingers, whole hand...

Whole left hand— visualize placing a fear, something that angers or worries you, a doubt, a sadness— feel it hovering just over your hand...grief sits here with me; fear sits here with me; anger sits here with me, feel that emotion sitting gently in the palm of your left hand

Whole right hand— visualize placing a moment you felt loved, felt trust, or peace, or a simple joy— feel it too hovering just over your hand... joy sits here with me; loving kindness sits here with me; trust sits here, peace sits here with me...feel that emotion sitting gently in the palm of your right hand

Bring your hands together, palms facing each other but not quite touching— **sense the energy there**, the paradox of being able to hold, to sense both... fear and love; joy and grief; anxiety and peace

Can you sense that energy as the LIGHT you ARE, the LIGHT you bear in every moment?

Now, breathing in... and out...connect your light to everyone in this room or watching from home who may in this very moment be experiencing whatever arose in you... and feel yourself connected by LIGHT in this space... now widen your awareness to include all those experiencing this same emotion in This city Our state
Our country Anywhere and everywhere

WE ARE LIGHT...

Message:

Two songs today were *instrumental* in shaping my spiritual practices this week, and in shaping my message today, one that Roger shared with me and one whose refrain has been on repeat in my car and in my mind all week. First, a note about that song! I hesitated for half a second to ask Raj if he would include it because of a line that I actually love: Out of the cold dark winter space We come together looking for Brigid's grace. We aren't looking for MY grace. 😊 But I have come to love the legacy of my namesake, and this song calls us to shine our light. "Don't be afraid of the light that shines within you!"

Matthew 5:14-16

"You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, **let your light shine before others, so that they may see your good works and give glory to Go**

From *The Rebirthing of God* by John Philip Newell, *chapter 3: Reconnecting with the Light*

"...the light of God is the essence of all things...everything...reveals the essence of the divine...Do we know that we are bearers of this unspeakably beautiful light? Do we know that this light at the heart of our being is for one another and for the world?"

To be bearers of light— which is pure gift and not of our own doing— means that we are made to shine. But when we truly shine, and when we work for the true shining of every child, woman, man, and creature, we find that sometimes we create discomfort in the people around us and in the holders of power in our communities and our world. Not only do they feel uncomfortable, sometimes they feel threatened. This is as true in our personal relationships and workplaces as it is in the great struggles of communities and nations...

We are never to forget that the light is untamable and unnamable. We are to remember that we are messengers of a Light that precedes us— from which we and all things have come— as well as a Light that will continue to flow long after us, infinitely unfolding into forms that we know nothing of yet...That Light is here and now..."

Matthew 5:14-16

"You are the light of the world...let your light shine before others, so that they may see your good works and give glory to God."

FROM "In the Garden, March 23, 2025, pg 29-30 "Jesus Honored His Calling,"
by Rev Ellen Debenport

One of the reasons people sometimes hesitate to ask for divine guidance is because they fear what they may be called to do. It could overturn their comfortable lives...

As we explore the story of Jesus praying the Garden of Gethsemane on the night of his arrest, we hear him asking for guidance:

"My Father, if it is possible, let this cup pass from me; yet not what I want, but what you want." Matthew 26:39

...In Matthew, Jesus repeated this prayer three times. In Luk's version, Jesus was so distraught that "his sweat became like great drops of blood falling on the ground." (Luke 22:44)...

Jesus knew that under the oppressive Roman regime occupying Judea, his teachings seemed radical and were easily misunderstood. While his primary teaching was to love one another, it was interpreted by the authorities as rabble-rousing or blasphemy.

Despite the danger, Jesus a few days earlier had ridden into Jerusalem on a donkey with his followers shouting *hosannas* and waving palm fronds. At the same time on the other side of town, the Judean governor, Pontius Pilate, was entering Jerusalem in a military procession with pageantry fit for an empire whose leader called himself the "Son of God."

Jesus didn't change his message. This was the week he overturned tables in the temple. In John, it was the week he raised Lazarus from the dead. He didn't hesitate to draw attention—teaching, attracting crowds, performing miracles, and letting the chips fall where they may.

Jesus was carrying out what can clearly see was his soul's purpose. But he didn't get to skip any of the human steps, and neither do we. Living a spiritual life does not exempt us from difficult experiences, including those that are unfair and painful...

We see in Jesus' experience that none of us get to avoid human hardships, even when we know our oneness with the Divine.

There was no God in the sky willing Jesus into crucifixion. His reference to "what you want" meant the soul plan worked out for his life, the dangerous mission he had accepted on Earth, his calling to live and teach in this place and time. His example for us is to accept our divine callings and play them out to the very end, trusting that our impact will be larger than ourselves."

Last week I asked us to not only remember "What would Jesus Do?" but to remember we are called to "Do what Jesus did." This was a tough week for me, and I imagine based on how many conversations I've had, tough for anyone aware of the power-over of Empire so alive in the US, and around the world. In the face of news that drops faster than I can absorb it, I found it hard at moments to have faith that ***There is only One Presence and One Power in my Life, as in the Universe: the all-loving Goodness of God!***

"Living a spiritual life does not exempt us from difficult experiences, including those that are unfair and painful... We see in Jesus' experience that none of us get to avoid human hardships, even when we know our oneness with the Divine."

What did Jesus do? He prayed. He surrendered to his soul's purpose, trusting in spite of distress, grief, anger— all the human emotions we face-- that he was living his divine calling to teach us to LOVE.

WE are called to pray without ceasing, to let *everything* reveal the divine-- the chaos *and* the peace beneath the chaos. We are called to let *everything* reveal the divine light that we are. Called to see the divine light that is revealed in our beloved Wayshower, and is revealed in this dawn of springtime and in the turning of the earth's rhythms. We are called too, not to bypass the suffering we see around us, but to bear light beyond our comfort, to surrender to our light so that ALL of our ACTIONS GIVE GLORY to GOD as Jesus taught us.

Here is a litany I am called to share this morning.
(see pdf of NYT and poem that inspired me)

Feed the hungry. Care for the sick, for widows and orphans, for those in most need of healing, for those imprisoned by greed and power-over. Argue with me that I've overstepped, or not said enough. Speak up or bear silent witness. But first, find YOUR light. FEEL your light. FEED your light. Let all you do, stem first from your BEING LIGHT!

Tip the scales not just toward outrage, but toward LIGHT. Tip the axis of the earth toward love.

SHINE ON Words and Music by Jan Garrett & JD Martin

When in the course of human kindness
It becomes clear the time has come
To willingly set aside our blindness
and see the world as one.

Nobody here has yet forgotten
All of the joys we've ever known
And following freely what we feel,
We're finding our way home.

We, the People, come together,
Bringing the best of who we are
All we remember, tough and tender
Leading with our hearts

The future is looking back with love,
Encouraging every step we take
Guiding us through the darkest times,
And blessing us on our way

Protecting what is gentle, Protecting what is wild
Connecting what is living in every woman, man, and child
A joyful revelation, the hope comes shining through
And in the silver singing river, in the rising of the moon

Shine On, Shine On; Steady On, Steady On