

## ***Arise and Walk Forth in Love***

3rd Sunday of Advent    12-14-25    Rev Brigid Beckman

### **Meditation:**

*Centering in, breath, physical sensation of the body being held wherever you are sitting  
... .opening, softening, inviting*

In this moment... in this place... There is only the Love that heals and sets you free...  
remember who you are

In this moment, in this place, your remembering is the gift you return to Source...

Sense the radiant light of Christ-Love abiding in you, expanding and growing...with deep awareness that there is only Love... Sense your inner light of Love lifting and merging with the light of those you love... giving your light to friends, and neighbors... merging with the nearly 8 billion of us alive to this moment...

Love-light shining with no separation, with no division...shining onto all beings, onto all of creation, our light united as one blanket of love over all the earth...our collective light radiating out to the stars... and back to us as one light, one love

You are created in the image of love,  
created to give and receive the love you are...

### **Message notes and inspiration:**

*We envision a world transformed by the spiritual awakening of all. When we are awake spiritually we choose Love in ALL Actions. It's all about love.*

LOVE. That four letter word that means everything– it is a synonym for that other little word– God, and both are so overworked, they sometimes seem meaning-less. On this 3rd Sunday of Advent, when we circle again to exploring *love*, my own curiosity this week has been pointed to love not only as it expresses in the intimate closeness of relationship, but how it shows up (or does NOT show up) as Krista Tippett writes, as a “public good.”

The Love that grounds us as a community is more than an emotion- a soft warm feeling-- although it is that at times. Love is muscular and resilient. Love is a way of being-- a verb that calls us into being-- and into doing. We see it in our personal and communal lives: there is a dance between our needs and the needs of others-- and how we navigate the showing up, the mutual giving and receiving of care is a decision, a choice.

**Mark 12:28-34** *You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.'... 'You shall love your neighbor as yourself.' There is no other commandment greater than these."*

In conversation with that mandate to love is this quote by Maya Angelou, *"Hope and fear cannot occupy the same space at the same time. Invite one to stay."* Can love and fear, or peace and fear, or joy and fear occupy the same space at the same time? Fear, like love, is also more than emotion *and* occupies space in our own hearts, and in the public realm.

Rev Cameron Trimble explores this in ***An Anatomy of Fear***.

We tend to imagine fear as a feeling: a tremor in the chest, a tightening in the gut. But fear is more than an emotion. It's an architecture. It builds rooms inside us and then convinces us we are safer when we stay locked in.

Nations do this too. Fear gives order to the anxious heart of empire. It arranges hierarchies, labels danger, and builds policies around preservation, not of life, but of control. When leaders worship fear, they build walls instead of bridges and call it security. They criminalize difference and call it peace...

...Spiritually, fear is what happens when our imagination of God shrinks. When the Infinite becomes tribal, when love is rationed, when we forget that belonging is not a zero-sum game. **Fear is the failure to remember who we are: beings woven of dust and divinity, designed for connection, not domination.**

## ***When leaders worship fear***

How many examples of this do we face today, in our own country and around the world, where the daily news feed is a never-ending list of atrocities, of blind allegiance to greed and cruelty, and willful ignorance of our interconnectedness? There are moments each week when I think, what am I supposed to say on Sunday, in the face of people hungry and unhoused, in real danger of losing healthcare? In the face of our immigrant neighbors being “disappeared” by men in masks. In the face of “leaders” who are allied with aggressors and dictators and abusers?

*Hope and fear cannot occupy the same space at the same time...*

*Fear is the failure to remember who we are...*

## **Who are we?**

**1 John 3:18 and 4:7** *Let us love, not in word or speech, but in truth and action...for love comes from God; everyone who loves is born of God and knows God.*

Love as a foundation in our personal lives, and here in our Unity family, means nurturing our close *relationships*. Love in this way is a series of decisions based on a default set to kindness, to generosity of spirit, to trust. Love in truth and action means even our words are chosen with clarity and discernment and setting aside a need to be right. Love in this sense means choosing to listen with open ears and open heart, and involves enough self love that we set boundaries, and respect others’ boundaries. Easy to say, often challenging to live!

**Rev Trimble** again:

This transformation — from fear to freedom — doesn't happen by denial. It begins with **reverent attention**..notice where fear is whispering: *Don't speak. Don't risk. Don't love.* And then, gently but firmly...disobey.

The mystics across traditions teach that **courage is not the absence of fear but the refusal to give it authority**. Faith, in this light, is not belief in a doctrine; it's participation in the deeper current of reality that is love. And love... drives out fear not by force but by presence.

This is true in our personal lives, and here in our Unity family, and it is equally true in the public realm. Imagine that world! And then we bring it to fruition!

Arise and walk forth, get up! Do something!

BE the blessing.

Choose LOVE.

Gently disobey your own fears.

Dismantle empire's architecture of fear.

Mindful, compassionate, LOVE in action grows from reverent attention to our fears, and to our holy heartbreak. That "participation in the deeper current of... love" deepens our faith AND helps us each live these questions: ***What is mine to do? Is this the path of love?*** Bringing our presence, our voices, our hands to the suffering around us is part of OUR healing as we then bring healing love, peace, hope, and compassion to others.

**1 John 3:18 and 4:7** *Let us love, not in word or speech, but in truth and action...for love comes from God; everyone who loves is born of God and knows God.*

**And so it is. Amen.**