

**Embodying Divine Wholeness** Mother's day 5-10-26 Rev Brigid Beckman

### **Great Mother Meditation**

As we come into our time of stillness feel free to close your eyes if that's comfortable, or simply let your gaze soften.

Sense the places where the back of your body rests wherever you are sitting and let your body surrender into that support...

As you feel your body supported, and notice the rhythm of your own breath, I invite you to notice too...with compassion... any areas of your body where tension is held, and invite those areas to surrender and soften...

Breathing in....and out...I invite you to bring to mind a time you felt held and comforted...

Is there a person or four legged friend who brings you into the *embodied presence* of love and compassion?

Is there a time you felt the need for comfort, and yet felt alone? I invite you to gently hold in your heart-mind those moments too

And breathe in the comfort, the peace that surpasses understanding, the love that births you into being and trust that *you are held* in the heart of the Great Mother, the Blissful Mother, the Spirit of nurturing love and creative energy alive in the world, she who is known by many names.

The Great Mother who holds all beings in her gentle, powerful embrace...

As I breathe in...I let go... and rest in the heart of the Great Mother

As I breathe out...I let go... and rest in the heart of the Great Mother

### **Message:**

Julia Ward Howe ***Appeal to womanhood throughout the world***, Boston, Sept, 1870:

Again, in the sight of the Christian world, have the skill and power of two great nations exhausted themselves in mutual murder. Again have the sacred questions of international justice been committed to the fatal

mediation of military weapons. In this day of progress, in this century of light, the ambition of rulers has been allowed to barter the dear interests of domestic life for the bloody exchanges of the battle field.

Arise, then, Christian women of this day! Arise, all women who have hearts whether your baptism be that of water or of tears! Say firmly: We will not have great questions decided by irrelevant agencies....We, women of one country, will be too tender of those of another country, to allow our sons to be trained to injure theirs. From the bosom of the devastated earth a voice goes up with our own. It says: Disarm, disarm! The sword of murder is not the balance of justice...

...let women now leave all that may be left of home for a great and earnest day of council. Let them meet first, as women, to bewail and commemorate the dead. Let them then solemnly take council... without limit of nationality... to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace.

**Heather Cox Richardson:**

“Howe had her document translated into French, Spanish, Italian, German, and Swedish and distributed it as widely as her extensive contacts made possible. She believed that her Women’s Peace Movement would be the next great development in human history, ending war just as the antislavery movement had ended human bondage. She called for a “festival which should be observed as mothers’ day, and which should be devoted to the advocacy of peace doctrines” to be held around the world on June 2 of every year.”

**Where is the greeting card that says, “ Disarm, disarm! The sword of murder is not the balance of justice...”**

In my privilege, joy, and abundance as a mother and daughter, it would be easy for me to look at Mother’s day as the Hallmark holiday this day has become.

Culturally, we are facing a moment where motherhood is held up as a pinnacle of womanhood, yet with rising costs of groceries, gas, healthcare, housing, childcare— nearly every aspect of daily life for many families continues to be a struggle. And the sentimentalized images, the narrow definitions, and the mixed messages-- about “woman” and “mother” that pervade popular culture are damaging to women, to men, and to folks whose identities don’t fall neatly into a checkbox on a form.

Beyond those cultural images and messages, who in your life has embodied love and compassion? How are you called to embody the Divine Wholeness of being created in the image and likeness of God? In what ways are you tending life in your own sacred, intimate circles of relationship? Maybe you are also blessed with a mother who offers-- or offered- that deep, unconditional love, and maybe that mother gave birth to you, or chose you through adoption. Maybe it was your father who mothered you, or a beloved teacher or mentor, a family friend who became family. Perhaps you have mothered your own inner child when no one else did.

Today is a lovely day for many of us, but it is also a day that evokes grief-- for mothers who have buried a child; for children of all ages missing their mother’s physical presence; for those who had a complex, tough relationship with their mother; for those who long to be a parent but are not. And many of us carry a

cloud of grief at the state of our country, and the world, when we see the results of the destruction caused by unfathomable trillions of dollars to spend on war; of policies that are designed not for maximum care, but for maximum cruelty; where “power over” reeks in every institution we once thought sacrosanct.

In the chaos of this moment in history, we face the same unthinkable scourges of war, violence, of systemic injustices, of silencing some voices and lives while elevating the few and the powerful. Love is not a sentimental feeling. Are we empowered by love to speak out when we see injustice? Do we face our own warlike tendencies that create fear and destruction in our relationships? How are we called to use our gifts generously and wisely in service to our communities-- and in stewardship of the earth? Do we see each moment of our everyday lives as a prayer of thanks?

***Disarm! Disarm! ...whether your baptism be that of water or of tears! Say firmly: We will not have great questions decided by irrelevant agencies...we will be too tender with those of another country to let [our children] be trained to injure theirs...***

In our Divine Wholeness, we are called to love that is both fierce and tender, love that is both gentle and exacting. Love that calls us to give birth to a world transformed by Love. Love that recognizes we are here, in this moment and time, to ask **“what wants to be born in me, through me, and AS me in service to Peace, to Love, to Mercy and Justice and Compassion?”**

To close, I'll share my prayer, written a year ago today, 5-10-25, inspired by reimagining the familiar words of the Lord's Prayer.

Great Mother whose hallowed womb  
gave birth to all creation, life out of chaos--  
we are because *You* are.  
Your name is written in stardust.  
Your breath sounds in the roar and whisper  
of wind and waves.  
Your heartbeat calls to life the 10,000 creatures  
of sky and sea and earth,  
every one of us kin to all.  
Source of our wholeness,  
Forgive our fragmented beliefs  
that keep us from entering  
each day with grateful reverence.  
Open us to live in communion with our siblings  
the trees, the rivers, the rocks, and all beings.  
Now is the time.  
Now is the awakening.  
Now is the power  
that births love beyond love.  
And so it is from the joined ages of the past  
and the now  
and the age to come. Amen.

Recognizing all this day holds for us, I invite you to sit with the questions: "What wants to be born in me, through me, AS me? How am I called to embody my Divine Wholeness? What is the chaos of this moment giving birth to, and how am I an embodied part of that birthing?"

And so it is. Amen.