

## At the Table -----

Let us be quiet together, to let things be exactly as they are.  
Let us say a silent 'yes' to the world around us – to the flowers, to the trees, to the people around us, to the wind and rain, to the pain and the joy – let us say 'yes', I am here, I am with you, I am a part of all of this.  
Let us share the gifts of the earth – this food, and gratitude for all who helped bring this food to us today.  
Let us say thank-you and yes to this day.

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We are together today, as we shall not always be.  
We are blessed with food, and the love of family (friends)-  
It may not always be so.  
Let us set aside our worries, and all the small things that keep us busy,  
To look at one another, with love and gratitude.  
Let us give thanks for these greatest gifts of life.

## A Daily Meditation-----

*Eleanor Roosevelt's nightly prayer:*

Spirit of life, who has set a restlessness in our hearts  
and made us all seekers after that which we can never fully find;  
Forbid us to be satisfied with what we make of life.  
Draw us from base content and set our eyes on far-off goals.  
Keep us at tasks too hard for us  
that we may be driven to thee for strength.  
Deliver us from fretfulness and self-pitying;  
make us sure of the good we cannot see  
and of the hidden good in the world.  
Open our eyes to the simple beauty around us  
and our hearts to the loveliness others hide from us  
because we do not try to understand them.  
Save us from ourselves and show us a vision of a world made new.

## Readings-----

We live, we are elected now by time  
Few out of many not yet come to birth,  
And many dead, to use the sunlight now.  
To stand up under the sun upon the earth  
Then break the silence with a voice of praise;  
Open the door that opens toward the sky;  
Press mind and body hard against the world,  
Before we fall asleep, before we die.

*W.H Auden*

### Passover

What sacrifices would we make for freedom today?  
What would we leave?  
How far would we go?  
The Hebrew people had no time to await the rising of the bread.  
Yet we, who have that time, what do we do to be worthy of their example?  
Can we remember a time in our own lives when we were captives – to fear or to grief or to anger - and how we came to be free?  
How easy it is for us to tell the stories of days of bondage as we sit in warmth and comfort.  
How much harder to relieve the pain of those who live in the bitterness of captivity even today, including ourselves.

*Adapted, from Beth El Congregation Sudbury, Mass*

### Earth Day (Every Day)

Earth teach me stillness, as the grasses are stilled with light.  
Earth teach me suffering, as old stones suffer with memory.  
Earth teach me caring, as parents who secure their young.  
Earth teach me courage, as the tree which stands all alone.  
Earth teach me limitation, as the ant which crawls on the ground.  
Earth teach me freedom, as the eagle which soars in the sky.  
Earth teach me resignation, as the leaves which die in the fall  
Earth teach me regeneration, as the seed which rises in the spring.  
Earth teach me to forget myself, as melted snow forgets its life.  
Earth teach me to remember kindness, as dry fields weep with rain.

*From the Ute People*

**Wisdom from the World's Traditions: *from the teachings of the Dalai Lama, who turns 70 this year.***

- Happiness is not something ready made. It comes from your own actions.
- If you want others to be happy, practice compassion. If you want to be happy, practice compassion.
- In the practice of tolerance, one's enemy is the best teacher.
- Love and compassion are necessities, not luxuries. Without them humanity cannot survive.
- My religion is very simple. My religion is kindness.
- Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend - or a meaningful day.
- Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.
- Sleep is the best meditation.
- Spend some time alone every day.
- The purpose of our lives is to be happy.
- The roots of all goodness lie in the soil of appreciation for goodness.
- There is no need for temples, no need for complicated philosophies. My brain and my heart are my temples; my philosophy is kindness.
- We can live without religion and meditation, but we cannot survive without human affection.
- Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion.

# *READINGS AND MEDITATIONS*

*To Share with Family and Friends*

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**APRIL 2006**

**People's Church**

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We need a celebration that speaks  
the Spring-inspired word about life and death,

about us as we live and die,  
though all the cycling seasons, days and years.

We need the sense of deity to crack our own  
hard, brown December husks  
and push life out of inner tombs and outer pain.

Unless we move the seasons of the self,  
and Spring can come for us  
the winter will go on and on.

And Easter will remain a myth,  
and life will never come again,  
despite the fact of spring.

*Max A Coots.*