

Unitarian Universalist Association Principles

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- * The inherent worth and dignity of every person;
 - * Justice, equity and compassion in human relations;
 - * Acceptance of one another and encouragement to spiritual growth in our congregations;
 - * A free and responsible search for truth and meaning;
 - * The right of conscience and the use of the democratic process within our congregations and in society at large;
 - * The goal of world community with peace, liberty, and justice for all;
 - * Respect for the interdependent web of all existence of which we are a part.

The living tradition which we share draws from many sources:

- * Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
 - * Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
 - * Wisdom from the world's religions which inspires us in our ethical and spiritual life;
 - * Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
 - * Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
 - * Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

READINGS AND MEDITATIONS

To Share at Home With Family and Friends...

**October 2006
People's Church**

"I call that church free which enters into covenant with the ultimate source of existence, that sustaining and transforming power not made with human hands.

It binds together families and generations, protecting against the idolatry of any human claim to absolute truth or authority.

This covenant is the charter and responsibility and joy of worship in the face of death as well as life.

I call that church free which brings individuals into a caring, trusting fellowship, that protects and nourishes their integrity and spiritual freedom, that yearns to belong to the church universal.

It is open to insight and conscience from every source, it bursts through rigid tradition, giving rise to new and broader fellowship.

It is a pilgrim church, a servant church, on an adventure of the spirit.

The goal is the prophethood and the priesthood of all believers, the one for the liberty of prophesying, the other for the ministry of healing.

It aims to find unity in diversity under the promptings of the spirit, "that bloweth where it listeth... and maketh all things new."

James Luther Adams

Mealtimes Graces and Blessings-----

**For the sun and the moon, dark night and day;
We give thanks to be alive.
For earth and food, for work and rest, for pain and hope:
We give thanks to be alive.
For people everywhere, for love and promise;
We give thanks to be alive.
For struggle and courage, challenges and creativity:
We give thanks to be alive.
For the cry of grief and the song of praise:
We give thanks to be alive.
For the shelter of this family, the gift of this community, and the grace
of belonging:
We give thanks to be alive!**

Adapted from Duke T. Gray

**The food which we are about to eat is Earth, Water, and Sun,
compounded through the alchemy of many plants. Therefore Earth,
Water and Sun will become part of us. This food is also the fruit of the
labor of many beings and creatures. We are grateful for it. May it give
us strength, health, and joy. And may it increase our love.**

(In Earth Prayers as "A Unitarian Prayer")

A Daily Meditation-----

**May I be no one's enemy and may I be the friend of that which is
eternal and abides.
May I wish for every person's happiness and envy none.
May I never rejoice in the ill fortune of one who has wronged me.
May I, to the extent of my power, give needful help to all who are in
want.
May I never fail a friend.
May I respect myself.
May I always keep tame that which rages within me.
May I accustom myself to be gentle and never be angry with others
because of circumstances.
May I know good people and follow in their footsteps.**

Eusebius

Thoughts on Freedom-----

**We experience spiritual freedom to the extent we become more
centered in that which is greater than ourselves – Life, Love, the
interdependent web – and less self-centered.**

Readings on Oneness -----

The Stream of Life

**The same stream of life that runs through my veins night and day runs
through the world and dances in rhythmic measure.
It is the same life that shoots in joy through the dust of the earth in
numberless blades of grass and breaks into tumultuous waves of leaves
and flowers.
It is the same life that is rocked in the ocean cradle of birth and death,
in ebb and flow.
I feel my limbs are made glorious by the touch of this world of life.
And my pride is from the life-throb of ages dancing in my blood this
moment.**

Rabindranath Tagore

The Oversoul

**Let us learn the revelation of all nature and thought; that the Highest
dwells within each of us, that the sources of nature are in our own
minds. As there is no screen or ceiling between our heads and the
infinite heavens, so there is no bar or wall in the soul where we, the
effect, cease, and God, the cause, begins. I am constrained every
moment to acknowledge a higher origin for events than the will I call
mine. There is a deep power in which we exist and whose beatitude is
accessible to us. Every moment when the individual feels invaded by
it is memorable. It comes to the lowly and simple, it comes to
whosoever will put off what is foreign and proud, it comes as insight, it
comes as serenity and grandeur. The soul's health consists in the
fullness of its reception. For ever and ever the influx of this better and
more universal self is new and unsearchable. Within us is the soul of
the whole, the wise silence, the universal beauty, to which every part
and particle is equally related, the eternal One. When it breaks
through our intellect, it is genius; when it breathes through our will, it
is virtue; when it flows through our affections, it is love.**

Ralph Waldo Emerson