

# Awakening

## Cover Quotes:

The breeze at dawn has secrets to tell you. Don't go back to sleep. ~ *Rumi*

The path of awakening is not about becoming who you are. Rather it is about unbecoming who you are not. ~ *Albert Schweitzer*

The world is [theirs] who can see through its pretension... See it to be a lie, and you have already dealt it its mortal blow. ~ *Ralph Waldo Emerson*

The dark night of the soul comes just before revelation. ~ *Joseph Campbell*

Everything that irritates us about others can lead us to an understanding of ourselves. ~ *Carl Jung*

## Preliminaries

*If you are meeting by Zoom, propose sharing using Mutual Invitation. Decide how you want to handle the singing. Choose multiple readers for the reading. Make any church announcements.*

## Centering

*See leader notes.*

## Chalice Lighting

~ *Linda Pastan, excerpt from her poem, [Imaginary Conversation](#)*

You tell me to live each day  
as if it were my last...  
But why the last? I ask. Why not  
live each day as if it were the first—  
all raw astonishment, Eve rubbing  
her eyes awake that first morning.

## **Check-in**

*Take a minute or two to share briefly the high and low points in your life since we last met.*

## **Readings** *(choose a reader for each section)*

### **Reading 1**

#### Forget About Enlightenment

Sit down wherever you are  
And listen to the wind singing in your veins.  
Feel the love, the longing, the fear in your bones.  
Open your heart to who you are, right now,  
Not who you would like to be,  
Not the saint you are striving to become,  
But the being right here before you, inside you, around you.  
All of you is holy.  
You are already more and less  
Than whatever you can know.  
Breathe out,  
Touch in,  
Let go.

*~ John Welwood*

## Reading 2

### Awaken to this Gift \*

*Rev. Gretchen Haley*

*Permission secured by Soul Matters*

Open the door of your hesitant heart  
Let the light shine  
on all the sleeping shadows  
Awaken to this day  
That offers itself to you  
And to all  
with a great extravagance.  
Awaken to this gift,  
this beauty, this chance  
That we might still begin again, and anew  
That we might be changed by the in  
and out  
of breath  
That we might still burst forth  
Like the crocuses  
That we might still surprise  
this earth with a new song  
Sung together  
Calling us all in,  
And then sending us back out  
And know it all  
As a blessing  
Come, let us worship, together.

## **Sitting in Silence**

## **Sharing/Deep Listening**

*Deeply listening, without response or thought of response at this time, is the gift we give and receive as we share our thoughts on the preparation for this session. Sharing should be about five minute per person*

## **Discussion**

*This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.*

**Singing** #38 *Morning has Broken.*

*Words: Eleanor Farjeon, Music: Gaelic Melody*

<https://www.youtube.com/watch?v=3Rifby1tVE8> Cat Stevens

<https://www.youtube.com/watch?v=DmAOBosGIHY> (official cat stevens)

<https://www.youtube.com/watch?v=c2vJrdgoERc>

Morning has broken like the first morning  
Blackbird has spoken like the first bird  
Praise for the singing, praise for the morning  
Praise for them springing fresh from the world

Sweet the rains new fall, sunlit from Heaven  
Like the first dewfall on the first grass  
Praise for the sweetness of the wet garden  
Sprung in completeness where God's feet pass

Mine is the sunlight, mine is the morning  
Born of the one light, Eden saw play  
Praise with elation, praise every morning  
God's recreation of the new day

Morning has broken like the first morning  
Blackbird has spoken like the first bird  
Praise for the singing, praise for the morning  
Praise for them springing fresh from the world

**Closing** *by Rev. Gordon B McKeeman (adapted).* [UUA Worship Web](#)

We summon ourselves from the demands and delights of the daily round:  
from the dirty dishes and unwaxed floors...

We summon ourselves to attend to our vision...

of the lovely and the holy;

of who we are and what we can do.

We summon the power of tradition and the exhilaration of newness...

We summon beauty, eloquence, poetry, and music...