

# ~VESPERS~

September 16, 2020

## “How Do We Keep Our Hearts’ Connections?”

Rev. Leslie Takahashi/Laura Zucker/Miranda Lennox

Welcome to Vespers... Glad you took this time for your spirit and your heart...

**Gathering Music** “Heart That Matters” (Toni Childs) Offered by Laura Zucker

During this time, please allow yourself to enter into this space. Feel free to light a candle at your table to reflect a joy or sorrow you bring into the circle, or someone you wish to offer healing. Please also feel free to bring an object to hold such as a stone or a special talisman. The parts in bold we will say together when we begin...though you will be muted, we will all say them together.

**Welcome**

Rev. Leslie Takahashi

**Gathering Song** Blessed Spirit of My Life – Words & Music by Shelley Jackson Dunham

Blessed Spirit of my life, give me strength through stress and strife.

Help me live with dignity, let me know serenity.

Fill me with a vision, clear my mind of fear and confusion.

When my thoughts flow restlessly, let peace find a home in me.

Spirit of great mystery, hear the still, small voice in me.

Help me live my wordless creed as I comfort those in need.

Fill me with compassion, be the source of my intuition.

Then, when life is done for me, let peace be my legacy.

**Gathering Words**

Rev. Leslie Takahashi

**How do we keep our hearts connected? In these fearful times, these anxious times, how do we honor the connections that hold us to this spinning earth and all its trails? How do we honor those who anchor and support us? How do we allow our tired hearts to sing, to hope, to reach out? How do we step into trust with a Universe so fickle and perverse? How do we take small actions each day to ensure the pulsing center of our life is sustained? How do we honor our efforts to keep our hearts connected?**

**Song:** Draw the Circle – Words by Gordon Light, music by Mark Miller

Draw the circle, draw the circle wide. Draw the circle, draw the circle wide.

No is alone, we'll beside by side. Draw the circle, draw the circle wide.

Draw the circle wide, draw it wider still, let this be our song, no is alone.

We are side by side ... draw the circle, draw the circle wide.

## Words of Affirmation and Offering

In spite of changes and shifting winds, we remain one another's grounding.....

Response: *Our lives touch, our hearts remain connected.*

Despite loss and regret, things that can no longer be....

Silhouetted against differences of opinion, perspective and life experience....

Across distances and expanses, precautionary and geographic...

Despite time and distance, we will continue on this journey, emboldened by our  
companionship and knowing...

*Our lives touch, our hearts remain connected.*

## Meditation on Connecting with this Moment

Rev. Leslie Takahashi

### Shared Silence

We will take about 5 minutes in silence. During this time, you can contemplate the question or just allow your heart to unburden itself, your mind to relax. What a gift it is to sit in intentional silence with others, even virtually. Our silence will be broken when we invite the bowl to chime.

### Song

For All That Is Our Life – Words by Bruce Findlow, Music by Patrick Rickey

For all that is our life, we sing our thanks and praise,

For all life is a gift which we are called to use

To build the common good, and make our own days glad.

For needs which others serve, for services we give,

For work and its rewards, for hours of rest and love

We come with praise and thanks for all that is our life.

For sorrow we must bear, for failures, pain and loss,

For each new thing we learn, for fearful hours that pass,

We come with praise and thanks for all that is our life.

## Sharing Into the Circle

### Instructions for Departing!

### Words for Going Forth

Miranda Lennox

### Music for Going Forth "The Climb" (Miley Cyrus)

Offered by Laura Zucker

Take Home Practice: Enjoy this beautiful evening!

*Join Us Next Week at This Same Time VIRTUALLY! Before you leave order a pizza for pick up at Pan Coast Pizza! Remember to say MDUUC!*