

## **The Blessing of Sacred Service...**

Good morning and thank you for joining us in celebration this morning. We have so much to celebrate today. Together we are celebrating this beautiful day...we are celebrating yesterday's marriage of Mechelle McPhetridge Rhodes to Kelly Rhodes...congratulations, you two...we are celebrating the graceful completion of the 2020 election cycle (no matter your political stance, it's good to have it done, isn't it?) And in our more immediate experience, we are celebrating every breath we take...we are celebrating one another...we are celebrating the Abundance and Absolute Goodness of Life Itself. Celebration is an important Spiritual Practice, and one that often gets forgotten. But the sacred scriptures of the world tell us that celebration is not only important, it is a holy, creative act, an act of worship of, and devotion to, the Infinite Intelligence that is manifesting as all of creation. And by celebrating, we bring our awareness to the Joy that is inherent in us, our Divine Birthright, a quality of Spirit that is ever available. So I say again, welcome to the Mystic Heart Sunday Celebration...a time of honoring the Divine, honoring Life, honoring ourselves and honoring one another...and sharing in the joy of Life together. That is why we have spiritual community. To Celebrate and Support one another.

During times like these, it can be difficult to remember how important it is to celebrate life. Let's get things going today by standing up in your homes and moving a little bit...let's boogie in the Zoom Room in celebration of life...as a way of opening up to the message today... The Blessing of Sacred Service...it'll feel good, I promise. You'll recognize this song:

**Music Video: *Wholly Holy Way*, by Rickie Byars:**

<https://www.youtube.com/watch?v=jRPcZb447r4>

That's better...doesn't that feel better? Coming together with spiritual community is not a somber event. It's a celebration. Smile. I'm learning to allow the joyful part of me to lead the way more of the time, and definitely during our Sunday Celebrations. I invite you to do the same.

Let's take a moment before we go any further to remember and sense our joyful connection as a human family... coming together with a common desire...to be the change we wish to see in our world...to take an active part in the conscious evolution of humanity...so that we can leave the world a better place for our children and their children.

Let's breathe together, allowing ourselves to settle into a field of Gratefulness, Generosity, and Aliveness, where we are all One Life, interconnected...vibrating together...and feeling into this moment, into the gathering of this sacred community.

Feel into the gratitude that we feel for having this time together...rejoice in what we know to be True...

Visualize with me a global web of consciousness, each of us a point of Light, all interconnected across the planet...let's include all beings who in this moment, might be sitting in meditation or prayer, might be attending sacred services...acknowledging the Presence of the Divine... consciously connected by our whole-hearted devotion...feeling the collective intention that brought us here...feeling the impulse to grow and evolve that's awakening in all of us.

As we sense this very intimate connection, breathe in the Joy, the Peace, the Power, and the Life present in this moment, and then send it forth into the atmosphere as you exhale...knowing that these qualities Guide and Govern all that unfolds...no exceptions.

This is our time of Celebration and Communion. This is how we find our center, and how we honor our oneness with other beings. It lends power to the work we are doing here together.

Our theme for the month of November is *All is Blessing*...and last week, at the Taize, we used the topic *Gratefulness...Caring...Action* as the focal point of our meditative journey. We agreed that one of the most important ways to bring balance, harmony and healing to our lives, and to our world, is through the practice of Wholehearted Gratefulness. We looked at how an active gratitude practice draws our attention to what we care about. And we talked about how caring leads us to action in the world.

Today's message is *The Blessing of Sacred Service*. If you'll recall, this is another of the main points in the Mystic Heart Mission Statement: *Living from our Divinity, we empower our lives and build authentic, loving community through study, **SERVICE, CELEBRATION, and prayer***. So, let's talk about Sacred Service. What is it? Is it only one particular kind of behavior, or does it look different for different people?

When I first came to the New Thought teaching, my teacher, who was a practicing Hindu in addition to his Religious Science training, spent a lot of time talking about the importance of SEVA, which is a Sanskrit word that means *selfless service*. In the Hindu tradition, it is considered to be one of the most important parts of any spiritual practice. It lies at the heart of the path of karma yoga—selfless action—and asks us to serve others with no expectation of outcome. Such services can be performed to benefit other human beings or society. Service to others with no expectation of reward or recognition...I don't know about you, but I could use a refresher on this Practice.

The idea of selfless service is an important concept in a number of religions. In New Thought and Ancient Wisdom traditions, all of creation is known to be an expression or emanation of the one Divine Life; and so, serving one another, serving our communities and our world are all ways of serving God.

The Hindu *Bhagavad Gita* tells us that, "Living creatures are nourished by food, and food is nourished by rain; rain itself is the water of life, which comes from selfless worship and service."

And in the book of Galatians of the Christian Bible, we are told. "For you, brothers, were called to freedom. Only do not turn your freedom into an opportunity to gratify your flesh, but through love make it your habit to serve one another."

And in the book of Matthew, "I can guarantee this truth: Whatever you did for one of my brothers or sisters, no matter how unimportant they seemed, you did for me."

So, what is it that turns our service into selfless, sacred Service? Author Carolyn Myss says that "There is no such thing as a simple act of compassion or an inconsequential act of service...everything we do for another person has infinite consequences, for that person and for us." And I believe this is true...every act of human kindness matters.

She goes on to say that when our hearts are filled with compassion, and from this compassionate place we choose to serve...*that* is Sacred Service.

I would take it a little bit further. I would say that when my heart is filled with Love, and from this Loving place I choose to serve...*that* is Sacred Service.

When my heart is filled with gratitude for the blessings in my life, and the blessing of being given the opportunity to serve...*that* is Sacred Service.

When an act of service is difficult...maybe not what I would normally choose to do, but what I know is the right thing...*and* I approach it from a place of surrender...*that* is Sacred Service.

And most important, when I dedicate my actions to God...the Ultimate Good of All...as prayer in action...*that* is most *definitely* Sacred Service.

Every act of kindness we show, makes a difference. But when we move through the world with intentionality, with awareness, with love and compassion, dedicating those simple acts of kindness to the Source of All Good...*that's* when we can make a real impact.

### **Make an Impact – 2:34**

[https://www.youtube.com/watch?v=pb7\\_YJp9bVA](https://www.youtube.com/watch?v=pb7_YJp9bVA)

"Life doesn't give us what we want...Life gives us who we are." This is actually a Spiritual Truth, a Spiritual Law or Principle. It has been spoken through the world's great traditions, through all of time.

"Life doesn't give us what we want...Life gives us who we are." This is a powerful statement. It certainly makes me think. Life doesn't give me who I would like to be...It doesn't give me who I pretend to be...It doesn't give me what I say I'll be next week, or next month...Life is Infinitely Intelligent...All-Knowing...All-Powerful...it responds directly by corresponding to

the thoughts, intentions, motivations, words, and actions that we send out. Life gives us who we are.” This is the challenge...and also, this is the blessing. Life shares Its blessings according to who we are...to who we are becoming. Who are you becoming?

### **Be A Mr. Jenson – YES 3:12**

[https://www.youtube.com/watch?v=4p5286T\\_kn0](https://www.youtube.com/watch?v=4p5286T_kn0)

“There is a difference between being the best *in* the world, and the best *for* the world.”

That’s an important distinction. None of us is likely to be the best in the world...but in every moment, I have the opportunity to choose what action is best for the world...best for me, my family, my neighbor...best for my community, my country, my world. And in my loving and compassionate heart, I know what is best. Divine Guidance moves me in the right direction every time I ask.

When I am the best me that I can be, when I do what my heart tells me is best for the world, and when I do it in service to God...this is the highest form of Sacred Service. And the Joy that comes from living my life this way...this is the blessing of Sacred Service. As I give, so shall I receive.

So here’s your homework for this week...I always give homework. Spend some time reflecting on these questions...Where are you bringing the best of who you are to the world? Where are you doing what is best *for* the world? Where are you giving from love and compassion? And where could you do a better job? And finally, in those moments that you’re not sure what is best...what is yours to do, what will you do to make that choice?

### **Let’s pray**

Right here and right now, in the presence of the One, speaking as the One in form, I know and affirm that God is all there is. Everything I see, and that which is unseeable...everything I know, and that which is unknowable...is an emanation of the Living God. And so I know beyond a shadow of a doubt that I Am, that each of us is, a perfect and intentional expression of the Divine, walking the earth...in Service to the Whole.

I am reminded of a prayer from Theresa of Avila...God has “No hands, no feet on earth but yours; Yours are the eyes with which he looks compassion on this world.” And from the prayer of St. Francis, “Lord, make me an instrument of your peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. And where there is sadness, Joy.”

In this holy moment, I give thanks that every one of us is a unique expression...each irreplaceable and necessary. I am so grateful that each of us has gifts to share with the world, and the willingness and openness of heart to share generously. Thank you, Spirit, for the Infinite Intelligence and compassionate hearts that guide our every action, allowing

our service in the world to become Sacred Service. And by our actions, through your Loving and Lawful Presence, we are blessed.

Trusting that this prayer is being spoken according to Divine Guidance, I have complete faith that it is bearing fruit, even here...even now. And so I release it to do its Good Work, trusting in Its power and action to do so. I call it done...and so it is. Amen!

**Music: *How Can I Serve Today*, by Ricki Byars**

**Offertory:**

**Being Kind**

<https://www.youtube.com/watch?v=mJhZ64BvvFU>