

Peace is Who I Am...

December 6, 2020 Taizé

Call to Awareness – 3 Bells

Opening Prayer – Chris will set the intention to create a space for Communion

Chant – *Breathe* by Karen Drucker

SILENCE – Bell

Introduction –Diana

Good morning. If you are new with us today, my name is Rev. Diana Johnson, Pastor and Spiritual Director of Mystic Heart Spiritual Center, and I want to welcome you Home...Home to our Community, and Home to your own Mystic Heart.

Our theme for the month of December is *We Are the Light*. And this morning, I am going to lead you on a meditative journey entitled *Peace is Who I Am*. Today is the eighth day, and the second Sunday of Advent. We are observing this blessed season of waiting, with its gifts of patience, surrender, presence, compassion, gratitude, humility, and faith. I believe that our time spent in contemplation of these Spiritual Qualities will serve us well as we look for the blessings inherent in this unique holiday season.

The Advent begins on the fourth Sunday before Christmas and ends on Christmas Eve. The season of Advent is a time of patiently waiting for what is yet to come...of waiting for the physical light to return...and for what is to be born in us, in our lives, and in our world. Our time together this morning will bring a sense of Peace to the process of waiting that is unfolding.

I invite you now to get comfortable and settle into the Peace that is always available, deep within where Spirit's voice is beckoning...where no sound, no thought can disturb...relaxing into this experience, allowing yourself to be filled to overflowing with Presence...every cell, every atom infused with Divine Light...surrounded and held by the Loving Arms of the One.

Letting go of all that you may be carrying...tension melting from your body, falling away...so that your body, mind and soul is completely at ease...and becoming absolutely still as you allow yourself to be carried by the meditative tone of Taizé...allowing the words and music to wash over you...

Now let's take a couple of slow, deep breaths, inhaling through the nose and exhaling through the mouth, allowing the muscles in your face to relax...settling into an open-hearted state, where Absolute Peace, Serenity is the dominant tone, where there is only here and now...feeling the presence of sacred community...feeling the Presence of Spirit.

As we consciously step into the flow of meditation, we acknowledge our connection with all Life. Sense with me now a global web of consciousness, each of us a point of radiant point of Light, each ray melding into the next...all connected across the planet...all beings, who in this moment, are sitting in meditation or prayer, attending their own sacred services, seeking a direct experience of the Divine...all of us, acknowledging the Presence of Spirit...connected by our common purpose...feeling the collective intention that brought us here...feeling a deep communion with that which is bigger than we are...feeling the Divine Impulse to grow and evolve that's awakening within us...

The season of Advent offers us an opportunity...it invites us into a time of peaceful waiting, a time of reflection, contemplation, asking, and deep listening.

Each week of Advent calls our attention to a different quality of Spirit. This week we contemplate the nature of Peace. What is peace? What does it mean to be peaceful? Does it require silence? Is it an internal or external experience, or both? What is it that brings Peace in your life? Take a few moments of silence now to contemplate Peace...

SILENCE – Bell

Reading - Diana

Peace on earth, good will to all. This is the call that rings out every December as we approach the many sacred celebrations of our culture. Peace is something that everyone wants, something that each of us strives to achieve in our homes, our neighborhoods, our communities, and the world. What would the world look like if we actually committed to Peace? To peaceful thoughts, words, and actions...no matter what? What if each one of us lived as though global peace was our personal responsibility?

Unity author Eric Butterworth once wrote, "Things may happen around you, and things may happen to you, but the only things that matter are the things that happen in you."

Claiming Peace in my life and living *from* that Peace is a gift...a gift that I give to myself, to my family, my community, and my world. When I attain Peace as my natural state, the blessing ripples out in countless waves, touching everything and everyone, now and forevermore.

From Rev. John Beerman of *Unity*:

"Through Peace we are granted a special glimpse into the holiest of seasons. Peace can come in the midst of chaos, in the midst of unrest, in the midst of dissatisfaction, and in the

midst of misunderstanding. Peace moves in and through us as a sacred gift of grace. All I need to do is be open to the present moment – the here and now. Peace forms in my heart, in my mind, and in my spirit. It is who I truly am.”

Musical Meditation – *The Prayer of Saint Francis* by James Twyman

Message – Diana

The root of the Hebrew word for peace, shalom, means “whole, complete, sound,” and points to peace within oneself as well as peace with all life. When we become connected to our wholeness, we become peace on earth.

(The words of Jawaharlal Nehru, Indian independence activist and first Prime Minister of India)

“Peace is not a relationship of nations; it is a condition of mind brought about by serenity of the soul. Peace is not merely the absence of war. It is also a state of mind. Lasting peace can come only to peaceful people.”

From Rev. Margo Ford of Unity:

“How, then, do we become peaceful people with serenity of soul? By committing to be peaceful in our thoughts, words, and actions.”

Commitment...making a commitment to Peace in every aspect of our lives...that is the Call. Inner Peace, sacred Peace, precedes world peace. If there is to be peace on earth, it must begin within the hearts and minds of individuals. When all beings are living peacefully...within the self, and with all other beings...without exception...there will be Peace on earth.

We have somehow gotten the notion that Peace within requires Peace without. It is, in fact, the other way around. In order to find Peace within, I must allow the world to be what it is. I must allow mind to do what it does, accepting that its job is to solve problems. A complete acceptance of everything that is happening...within and without...allows me to let go of all resistance. Thoughts and emotions flow freely in and out, in and out. I watch, with no attachment...no interest...simply being...and I feel a space opening up at the center of my being...a space that is forever at Peace. I bask in that Peace now.

SILENCE – Bell

Diana –

The Advent season calls me to patient, peaceful waiting. To wait peacefully means to surrender to what is, to allow Life to unfold in Divine Timing and Order.

To wait peacefully means to be fully present, aware of what is before me in every moment. It means gradually working to clean my lens of perception so that my awareness is heightened.

To wait peacefully means to treat all beings with compassion as they cross my path, trusting in the Good that lies within all of Life, knowing the Divine Spark that exists in every aspect of creation.

To wait peacefully means to be filled with gratitude for the blessings of this and every day, and for the gift of Life Itself...and to give thanks, openly, joyfully, and often.

To wait peacefully means to know that it is not I but the Father within that does the work...and to live humbly from that knowing.

Finally, to wait peacefully means to consciously place my faith in the Infinite Intelligence of the Universe, by whatever name I call It, knowing beyond a shadow of a doubt that Its Loving and Lawful Presence is forever at work.

Peace is what I Am...I Am called to wait Peacefully...to live Peacefully...from this day forward.

Musical Meditation – *Peace on Earth/Little Drummer Boy*, by Bing Crosby & David Bowie

Diana –Closing Prayer and Affirmation

We are in a time of great transition. As we move into the closing of our service, and into a new week, please take a moment to contemplate these words. They come from us from Ganga White.

“What if...? What if our religion was each other? If our practice was our life. If prayer, our words. What if the temple was the Earth? If forests were our church. If holy water—the rivers, lakes, and ocean. What if meditation was our relationships. If the teacher was life. If wisdom was self-knowledge. If love was the center of our being.”

In closing, please join me in prayer. I speak my Word in the first person, knowing it as the Truth for each and every one of us...those who are listening, those who are connected by the global web of consciousness.

In the presence of the One, we gather. Trusting absolutely that the one Life is forever experiencing Itself as Its creation, I know that I am a perfect and intentional idea in the mind of God, taken form, for a reason at this time and in this place. My life has purpose. Isn't it Good to know that in this blessed season of Advent, of peaceful and faithful waiting for that which is becoming, that Peace is ever-present, in this and every moment? It lives in me, and it lives in you. No matter what I am facing, in my life or in the world, I can choose the posture of Peace. And so I do...I choose Peace.

I make Peace a priority in my life. I choose thoughts and words that give rise to feelings of inner Peace.

I resolve to live with an open, forgiving heart and bless all who cross my path with my Peaceful Presence. For I know that the Peace I long to see in the world begins within me.

As I surrender to what is, seeking to live in and from an ever-increasing alignment with the One, I Am lifted into the flow of God's Infinite Grace. No longer resisting situations of conditions as they arise, Peace and Contentment become my natural response to Life.

I mindfully acknowledge and give thanks for this time of waiting...knowing that in my patience, qualities of Spirit are being revealed in me, and in my world. The seeds of Love, Compassion, Joy, Peace, Freedom and Unity have been planted, and by the Power of Spirit, they are coming to fruition.

And so, I rest...with deep Faith in Goodness and in Light, knowing that in my letting go, in my complete surrender, all resistance and limitation disappear, and Grace is revealed. Spirit is free to flow in, through and as my life.

Giving thanks, and acknowledging the Truth that Peace is at work in the world, I am lifted up; and as I Am lifted, so are we all lifted...for truly, we are One.

As I lean into the Radiant Light, the Infinite Intelligence, Divine Wisdom, Powerful Presence, and Limitless Love that is God, I cannot be led astray; for it is by God's Loving and Lawful Presence, Its infallible Action and unbounded Love, that all of Life unfolds. I Am at Peace.

And so, I release this prayer, on behalf of this global web of consciousness, in deep faith that Divine Order guides the cosmos and all of Creation. We consciously stand in the flow of ever-present Grace...calling it Good, calling it done. And so it is. Amen!

Let's pause for just a minute to bask in the vibration of prayer. (Bell)

As we prepare for our offering this morning, I would like to invite you to consider what is happening in most spiritual communities right now. We don't have anyone in the room, and

so the income that would normally flow through the passing of the basket, is not flowing. We know that God is the Source of all Good, and so far, we are still holding our own, although our financial support has taken a dip. Here are the invitations that I have for you this morning. First, you could consider making a donation this morning, in gratitude for you are receiving. Second, you could consider making a one-time, end-of-the-year, tax-deductible donation to assist us in moving into the new year in a financially stable condition. Finally, whatever you may decide to give, whether financial support, time, talent, or love...allow the words of our Blessing to infuse your heart. As part of the Giving Cycle that is always flowing through our lives, give from a consciousness of abundance, from your heart to our Beloved Community.

Offertory – Blessing for the Offering

As I awaken to the God within me and all around me, I see Abundance everywhere I look. I consciously step into that flow of Abundance by this act of giving. I bless this gift, sending it forth to heal and prosper. It is evidence of my deep faith. It does good work in the world and blesses all of Creation. I give from a consciousness of Abundance! And so it is! Amen!

Please enjoy the following presentation of...

Video – *Silent Night* by Taylor Davis and Home Free

<https://www.youtube.com/watch?v=AICTG4b teY>

Closing Gratitude, Brief Invitation, and Benediction