Rev's Reflections

It's something that has come up a lot lately. Many members and friends of UUCSC are looking for ways to build a regular practice of intentionality. In the midst of so much anxiety related to the upcoming presidential election, and just life in general quite a few folks have asked for a way we all — together — could have a practice of sitting in meditation and quiet mutual support.

In our congregational conversation hosted by the board on a recent Saturday morning, it came up in the list of Hopes and Goals.

While he served as the curator of the Unitarian Universalist Association's online worship resources, Rev. Erik Walker Wikstrom frequently heard similar requests. So, he wrote a book about the forms of meditation that best serve us in our theological diversity, which he called "Naming, Knowing, Listening and Loving."

On Sunday, in a service that uses those four words as a title, I will be introducing you all to the practice Rev. Wikstrom devised. It's thoroughly UU, completely customizable, AND it uses a tool adapted by people of many different faiths across time and space: strings of beads.

I know what you're thinking. "This sounds like Catholic Rosary beads." My response is "yes and no." UU meditation beads are like rosary beads and all the other sets of beads used by dozens of other faiths, in that they help you keep track of where you are in the process.

UU meditation beads are different in that there are no fixed compositions of words to recite the same way, every time, by every person. You determine the words you want to recite in between the main focus of the practice, which is focusing your attention on four different things in an order that helps deepen connection to the "still, small voice" that lives within each of us.

You can give yourself as much time as you need for each meditation. Your practice can be different each time you engage with it. And, you can do it

in groups, such that each of you may share your thoughts, beliefs, theologies and priorities with each other.

Next Wednesday, March 6 at 1:00 in the sanctuary, I'll lead the first monthly gathering of a Meditation Circle, using the beads, which I will provide to each of you as a gift. You can also make or buy your own. Yes, there are UU retailers out there who sell the assembled bead sets!

I hope you can make it. If you can't make it at that time, and the practice sounds appealing to you, please let me know, so we can talk about setting up a second regular time.

In Peace,
Rev Denis