UU Guest Sermon 3/27/22

My Spiritual journey -
Teachers and Teachings, From the UUCSC to Buddhism

Opening Words: (4-5 mins)

Welcome,
and a bell to bring our bodies and minds together into the same time and space.

"Mindful" by Mary Oliver, an American poet who won the National Book Award and the Pulitzer Prize. Her work was inspired by nature, rather than the human world, stemming from her lifelong passion for solitary walks in the wild.

Everyday
I see or hear
something
that more or less

kills me
with delight,
that leaves me
like a needle

in the haystack
of light.
It was what I was born for —
to look, to listen,

to lose myself
inside this soft world —
to instruct myself
over and over

in joy,
and acclamation.
Nor am I talking
about the exceptional,

the fearful, the dreadful,
the very extravagant —
but of the ordinary,
the common, the very drab,

the daily presentations.
Oh, good scholar,
I say to myself,
how can you help

but grow wise
with such teachings
as these —
the untrimmable light

of the world,
the ocean's shine,
the prayers that are made
out of grass?

repeat

"to instruct myself
over and over
in joy,
and acclamation"

These sentiments, along with Loving and being loved, are the blessings in life.

Today I hope to share with you, the varying environments, teachers and teachings that have moved me along this path of finding more peace, joy and love, for all that is,
the joys, the sufferings, and everything in-between.

UUCSC Service

accustomed to facilitating a Sangha (a Buddhist community of practice),
and so
will enjoy the sound of these bells.

5 minute sit guided meditation

3 bells

small pebble

tossed into

into a river of fast moving

clear cool mountain water

you gently descend,

perhaps bumping once or twice

and find a comfortable resting spot

a refuge

deep peace and calm,

where the water above you is rushing past

with so many things to do and so many places to go

and you, safe and in stillness

breathing in I know I am calm and at peace

breathing out I feel a sense of ease, and I smile

peace

smile

3 big bells
1 small bell

my journey, starting at UU

need for community Sally Barney energetic transmission that all would be well.

over 15 yrs. spoke of strength /richness of community

planted the seed in our kids. A UU peer "it is a blessing to be….."

a few times, Joanne offered a guest sermon,
I first heard and was very moved by the previously offered guided meditation, at the UU bingo hall.

recognized that Joanne was a shining light
(Buddhist saying "make unto yourself a lamp")

Buddhist tradition more of a personal growth

Thomas Merton was an American Trappist monk, writer, theologian, mystic, poet, social activist and scholar of comparative religion.

"It is true that we are called to create a better world. But we are first of all called to a more immediate and exalted task: that of creating our own lives."

(for me, not creating, but understanding and embracing)

studying Pema Chodron (Beloved Buddhist teacher, author, nun and mother) alone value of community

read a book by Thay
all seeds present (51 mental formations, good and bad)
mind consciousness store consciousness

want to hold good feelings push away suffering, they are both present

hold our "anger" or sadness tenderly, like a mother tends to a upset child

Joanne as a mentor

"a precious wonder of life" some, not all, already know this.

causes and conditions good reasons for why we are as we are

"some brown jacket"

friend I love dearly narcissist

there but for a few different seeds watered, go I

he suffers greatly

need for compassion *Dali Lama "everyone suffers, how can we be anything but kind?"*

often hear can't change a person, create space so that they can be allowed to change be available as support
difficult to watch like a train wreck we each have our own lives to play out

Compassion
by (poet) Miller Williams

Have compassion for everyone you meet,
even if they don't want it. What seems conceit,
bad manners, or cynicism is always a sign
of things no ears have heard, no eyes have seen.
You do not know what wars are going on
down there where the spirit meets the bone.

what is not transformed is transmitted

wounded child in each of us wounds bump into each other

interbeing I am in you and you are in me

wave and the ocean (ocean is community)

(UU connection) be here now / in this moment, this is as good as it gets.

stop, calm, rest, heal

mindfulness to concentration to wisdom to insight

glass of muddy water settling

knowing what to do , what not to do

Joanne never tried to convince anyone

Buddha said "don't take anyones advice trust your own experience"
Find out what works for you

Thich Nhat Hanh "Not interested in anyone calling themselves a Buddhist

Don't cut yourself off from your roots.

we will all experience of the consequences of our chosen actions"

karma thoughts, words, and deeds

we are each exactly where we are supposed to be

learning to let go and trust

how we see things,

4 Noble Truths
1. Suffering exists
2. Creation of suffering
3. The way out of Suffering
4. The Noble Eightfold Path

my understanding dukkha - sanskrit - Suffering pali- dissatisfactory
Joanne "satisfactory or not is an opinion" we can choose

Thay - " Our suffering is holy, if we embrace it and look deeply into it. If we don't, it isn't holy at all. We just drown in the ocean of our suffering."

once there is understanding, there is no need for forgiveness.

continuation

Mark Twain - American writer had been called "the father of American Literature"

"I do not fear death. I had been dead for billions and billions of years before I was born, and had not suffer the slightest inconvenience from it."

we are the continuation of so many ancestors. Ancestral, spiritual, animal, mineral, and otherwise. Science now proves this in our DNA

"If you want to bake an apple pie from scratch, you must first invent the universe"
-Carl Jung

4 Questions:

Are you sure?
What are you afraid of?
What are you attached to?
Is this of any benefit to myself or others?

Gentle Diligence over time.

worthy goals:
Show up,
Pay attention,
Respond skillfully

student or victim

4 other good sentences to stay familiar with …

I am sorry.

I was wrong.

I don't know.

Please help me.

Closing Words

Metta Prayer

by Joanne Friday as an offering to the practice during the 2016 OI Retreat -- celebrating 40 years of Tiep Hien, at Blue Cliff Monastery, in the Spring of 2016

May each of us who wants peace on earth
Make a commitment to transform the anger, hatred and violence in our own hearts.

May each of us who wants a world without conflict
Make a commitment to resolve, in our own lives, all conflicts however small.

May each of us who wants peace on earth and every child to be safe and happy
Make a commitment to help those parents we know who are struggling.

May each of us who wants peace on earth
Make a commitment to work for justice – without justice for all there cannot be true peace for any.

May each of us who wants peace on earth
Make a commitment to do our best to relieve suffering wherever we find it.

May each of us who yearns for peace
Make a commitment to expand our capacity for love, compassion and understanding for ourselves, each other and the planet.

May each of us who wants to live in peace
Awaken to the interdependent nature of all that is and realize that happiness is not an individual matter.

May all beings truly be peace so that the awakened, beloved community can become a reality on earth.

In deepest gratitude for the teachers and the teachings, community that gathers, and the cosmos.