

First Unitarian Church of Hamilton

Service Leader Script

Date: Sunday, December 6, 2009

Title: The Light of Buddhism

Speaker: Rev. Ed Brock

Service Leader: Lyla Miklos

Music: Daniel Allen

Sermon Reader: Aukje Byker

Hymn Accompaniment: Rachel Derry

1. OVERTURE (10:15 am)

[The sound crew will play orchestral score selections on CD before the service starts.]

2. BELL (10:25 am)

LYLA: Please quietly take your seats as we listen to our Gathering Music.

3. GATHERING MUSIC (10:25am)

Title: *Ambulade* (D. Allen)

Music Minister: Daniel Allen

DANIEL:

4. CHALICE LIGHTING AND OPENING WORDS (10:30am)

From Leonard Cohen

LYLA: Good Morning!

Welcome to the First Unitarian Church of Hamilton.

My name is Lyla Miklos and I will be your service leader this morning. I have been a part of this faith community for nearly a decade and currently serve this congregation as the Co-Chair of our Church Services Committee.

Rev. Pat Webber who was to service lead this morning is still in the hospital recovering from an attack of severe sciatica. Rev. Edward Brock, our Interim Minister, who was to give the sermon this morning is at home with his family as his wife Alphise is very ill. Aukje Byker, member of our Church Services Committee, will read the sermon he prepared for us this morning. Please keep Reverends Webber and Brock in your thoughts and prayers today.

We start each service with the ritual of lighting our chalice. It marks our entry into sacred space. What meaning do the words sacred space have for you?

For me, I think back to a very special spot in Northern Ontario along the shores of Lake Huron where I spent many summers in my youth. I often would enjoy sitting alone in a secluded wooded area on a large rock at the edge of the water overlooking the lake.

I'd turn the busy-ness in my mind off and close my eyes and feel the breeze against my face and stretch out my arms and then my fingers. I'd hear the wind blowing through the trees and

the water lapping against the rocks. I'd smell the pine, the earth, and the water. Then I would open my eyes and see the sunset reflecting from the sky on to the lake.

In this perfect moment I would feel at peace and connected to the infinite beauty of the universe. An amazing sense of both insignificance and importance would envelope me all at once. It is that perfect moment that I hope to experience and recreate every Sunday morning as we worship together in THIS sacred space.

Our theme for the month of December – The Winter Holidays - breaks away from our Principles and instead reflects on the many religious and secular celebrations that take place during this time. The focus of today's service is on Buddhism.

I would like to ask Monica Bennett and Angela Ross to light our chalice. Monica and Angela have each been members of our congregation for over a decade. They have both endeavoured to do justice to the wisdom of Buddhist teachings in their daily lives for many years.

As Monica and Angela light our chalice I will read today's Opening Words, which come from Canadian Writer and Buddhist Practitioner Leonard Cohen.

(Monica and Angela light the chalice.)

Lean back and be loved by all that is already loving you. It is your effort at love that is preventing you from experiencing it. It is like if you ever taught kids how to swim. The most difficult thing is to understand that they will float, if they relax, if they hold their breath and relax, they will actually float.

(Monica and Angela return to their seat.)

5. PRELUDE

Title: *Citar I* (D. Allen)

Music Minister: Daniel Allen

LYLA: Daniel Allen will now share will us our Prelude.

DANIEL:

6. ANNOUNCEMENTS

Our announcements bring into our formal worship all the other aspects of our life as a church community.

Our sermon today is entitled "The Light of Buddhism" and will reflect on the Buddhist holiday of Rohatsun.

Our Music Ministry today will be provided by Daniel Allen with our church's Music Director Rachel Derry providing hymn accompaniment.

Daniel is a Hamilton-area composer and performer who has guided people of all ages on their musical journeys through his private teachings and his "Inner Ground, Drum & Sound " and "Drum As Meditation" workshops.

If you have a Joy or a Sorrow you would like shared with the congregation during today's service please write it out and leave it on the table by the east Sanctuary doors before the Offertory Music ends.

This service is also piped into the lobby where there are comfortable chairs if you have to step out of the sanctuary to be more comfortable, but would still like to hear the service.

After our worship please join our Fellowship in the lobby. Newcomers please take a green mug for your beverage so we may know you better.

If you would like to enjoy an intimate post-service discussion you are welcome to attend the Speakeasy Salon at the back of the Sanctuary near the choir loft following our worship.

We have a few announcements, which you won't find in your Order of Service.

(Read announcements.)

Please make a point of reading all the announcements in your order of service.

Whoever you are, whomever you love, wherever you are in your search for meaning, today you are the people of this congregation, and you are welcome in this house of worship.

7. HYMN OF THE MONTH

HYMN #1029 – Love Knocks And Waits For Us To Hear (Daniel Charles Damon)

LYLA: Please stand if you are able and let us join together in worship by singing our Hymn of The Month - hymn number #1029 from your aqua hymnal entitled "Love Knocks And Waits For Us To Hear".

ALL: Love knocks and waits for us to hear,
to open and invite;
Love longs to quiet every fear,
and seeks to set things rights.

Love offers life, inspite of foes
who threaten and condemn;
Embracing enemies,
love goes the second mile with them.

Love comes to heal the broken heart,
to ease the troubled mind;
Without a word Love bids us
start to ask and seek and find

Love knocks and enters
at the sound of welcome from within;
Love sings and dances all around,
and feels new life begin.

8. READING

From The Cure For Craziess by Sharon Salzberg

LYLA: Today's reading is an excerpt from "The Cure For Craziiness" by Sharon Salzberg, cofounder of the Insight Meditation Society.

When my teaching colleague Joseph Goldstein was a child, he had a garden in which he grew carrots. He was so excited when the first green fluffy shoots came out of the soil that he pulled them up to look at the carrots that were growing and to help them along. We needn't be in a hurry to reap the results of our efforts faster than the world can bestow them. Being alive means doing the best we can and then letting nature take its course. We plant a seed, nurture it, water it, and let it be. Knowing there's a bigger picture than what we see in front of us, even if it isn't perfectly clear, allows us to be more peaceful, to learn as things develop. True patience gives us a courageous dedication to the long haul, along with the willingness to connect with the multilayered truth of what is right here.

9A. OFFERTORY WORDS

From The Buddha

LYLA: Our offering is a reminder of the spirit of generosity that is at the heart of our religious community. In sharing our financial resources we ensure the continued existence of our church. Your financial contributions make a difference. We thank you for giving as generously as you are able.

Please join me in reading together our offertory words, which can be found in your order of service. They are words from The Buddha.

ALL: *Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things, which renew humanity.*

9B. OFFERTORY MUSIC

Title: *Citar II* (D. Allen)

Music Minister: Daniel Allen

LYLA: We will now prepare to receive our offering while we listen to our Offertory Music.

DANIEL:

10A. MEDITATION – JOYS AND SORROWS

LYLA: This is our time as a church community to come together to celebrate and grieve with our fellow congregants, supporting each other through both our struggles and our victories. This time in our worship is when we embrace the silence to reflect on the words and music we hear.

After the meditation in words, we will join together in silence and, after the silence, during the musical meditation, you are invited to come forward, and light a candle.

I have some Joys and Sorrows to share with you today.

i.) *First a SORROW, today is the 20th anniversary of the Montreal Massacre. One of the most horrific moments in recent Canadian history. Now recognized as the National Day of Remembrance and Action on Violence against Women, today marks the anniversary of the École Polytechnique shootings in which 14 women were singled out for their gender and murdered. December 6th is an opportunity to consider the women and girls whose lives are affected by violence on a daily basis and to remember those who have died as a result of*

gender-based violence. The long stem red rose on display and white ribbons we wear this morning are both symbols of this time of remembrance. May we commit ourselves and our community to be catalysts of change. Violence against women is universal, but it is not inevitable.

(Read joys and sorrows submitted by congregants.)

10B. MEDITATION – IN WORDS

Meditation on Loving Kindness by Jack Kornfield

LYLA: Our Meditative Reading comes from Jack Kornfield, co-founder of the Insight Meditation Society and the Spirit Rock Center.

*May I be filled with loving kindness.
May I be safe from inner and outer dangers.
May I be well in body and mind.
May I be at ease and happy.
(Bell)*

*May you be filled with loving kindness.
May you be safe from inner and outer dangers.
May you be well in body and mind.
May you be at ease and happy.
(Bell)*

*May we be filled with loving kindness.
May we be safe from inner and outer dangers.
May we be well in body and mind.
May we be at ease and happy.
(Two Bells)*

10C. MEDITATION – IN SILENCE

[Wait one minute.]

LYLA: *(Three Bells)*

10D. MEDITATION – IN MUSIC

Title: *Angels* (D. Allen)

Music Minister: Daniel Allen

DANIEL:

10E. MEDITATION – ONE LAST CANDLE

[Light the “Last Candle”]

LYLA: I lit one last candle for all those joys and sorrows, which remain in our hearts until the time comes to speak them aloud. Whatever our level of sharing, may this community be a blessing and support to us all.

10F. MEDITATION – UNISON WORDS OF SUPPORT

From The Buddha

LYLA: Please join me in reading together our unison words of support. They come from The Buddha and can be found in your order of service.

ALL: *It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.*

11. #1031 – Filled With Loving Kindness

LYLA: Please stand if you are able and let us join together in worship by singing hymn number #1031 from your aqua hymnal entitled “Filled With Loving Kindness”.

ALL: *May I be filled with loving kindness.*

May I be well.

May I be filled with loving kindness.

May I be well.

May I be peaceful and at ease.

May I be whole.

May you be filled with loving kindness.

May you be well.

May you be filled with loving kindness.

May you be well.

May you be peaceful and at ease.

May you be whole.

May we be filled with loving kindness.

May we be well.

May we be filled with loving kindness.

May we be well.

May we be peaceful and at ease.

May we be whole.

12. SERMON: The Light of Buddhism

AUKJE:

13. HYMN #184 – Be Ye Lamps Unto Yourselves

LYLA: Please stand if you are able and let us join together in worship by singing hymn number #184 from your gray hymnal entitled “Be Ye Lamps Unto Yourselves”.

RACHEL: (Will give instructions to congregants on how to sing and approach this song as a meditation.)

ALL: Be ye lamps unto yourselves;

be your own confidence;

hold to the truth within yourselves

As to the only lamp.

(Repeat and fade)

14. CHALICE EXTINGUISHED/CLOSING WORDS

From Joseph Goldstein

LYLA: Please be seated for our Closing Words. I would like to ask Angela Ross and Monica Bennett to extinguish our chalice as I read words from Joseph Goldstein, cofounder of the Insight Meditation Society.

As we ask ourselves how we can find appropriate responses to the uncertainty and confusion of these times, I find inspiration in understanding that peace in the world begins with peace in our own minds. Wise and compassionate action in the world arises from wisdom and compassion within ourselves.

(Angela and Monica extinguish the chalice and return to their seats.)

15. POSTLUDE

Title: *Dance The Circle* (D. Allen)

Music Minister: Daniel Allen

LYLA: I invite you to please remain seated as we enjoy our Postlude.

DANIEL:

16. LEAVING MUSIC

[The sound crew may play orchestral score selections on CD once the service ends.]

17. FELLOWSHIP HOUR/SPEAKEASY SALON