

NEWSLETTER 4TH JUNE WITH A NOTICE ABOUT A SEIZA MEDITATION (QUIET SITTING) EVENT/TEACHING AT 2PM WITH MIKI NAKURA SENSEI

Posted on May 19, 2023 by Andrew Brown

Greetings to you all. Below you will find all the usual details about this Sunday's service. And here is some advanced notice of a Seiza meditation (Quiet Sitting) session led by Miki Nakura sensei on Sunday, 4th June at 2pm.

The [Revd Miki Nakura](#) is a New York-based, Japanese Jodo-Shinshu Shin-Buddhist priest. And, after sharing lunch together, from 2pm, [he will be teaching us Seiza meditation](#), the type of quiet sitting that became central to many figures in the twentieth-century Japanese Unitarian (sic) movement.

You can find all the necessary details, and an indication of why we are offering this, at the following link. All are welcome to attend, whether members of this church or not :

[Free Religion is bowing to each other's thought following the visit to the Cambridge Unitarian Church of eight monks from Thich Nhat Hanh's Plum Village Community](#)

Our weekly, Sunday Morning Service of Mindful Meditation starts at 10.30am promptly. The led mindful meditation itself (lasts 30 minutes) and the whole service will finish at approximately 11.30/11.40am.

If you wish to join us on Zoom then please click on the following link. You can click on the

link and join from 10.15am.

<https://us02web.zoom.us/j/86584947084?pwd=RHdlVWlVbG5uajcxODhqT2h5djExZz09>

Meeting ID: 865 8494 7084
Password: 729425

Images of the full order of service can be found at the end of this newsletter.

[If you would like to download a pdf of the service, please click this link.](#)

If you would like to hear [a representative version of the mindful meditation section of the service and/or to find out more information about the service please click on this link](#).

The minister's blog and podcast (which contain his weekly, Sunday "thought for the day" as well as other, occasional, pieces) can be found at the following link:

[CAUTE -MAKING FOOTPRINTS NOT BLUEPRINTS](#)

The Mystery & Miracle of Life



*A Sunday Morning Service
of Mindful Meditation*

Cambridge Unitarian Church

The Mystery & Miracle of Life A Sunday Morning Service of Mindful Meditation

Welcome

Opening words (said together)

*Mindful of truth ever exceeding our knowledge, and community
ever exceeding our practice, reverently we meet together,
beginning with ourselves as we are, to share the strength of
integrity and the heritage of the spirit, in the unending quest
for wisdom and love.*

Notices

Celebrations & the tradition

*Events, anniversaries and milestones celebrated this week
from our 500 year old liberal religious tradition*

Hymn

The Service of Mindful Meditation

¶ The service leader invites those gathered to rest together for a while in silence.
Following the silence the service leader says the following words and those
gathered respond with the words in bold italics:

Out of a community of diverse heritage and belief,

***we come together to share our hope, and to create good
in the world.***

The teachers of all traditions and times have taught that we are
called to mercy, generosity, and mutual care

and that to be good is to serve.

2

We know that there can be no enduring happiness for humanity so
long as suffering and want go unrelieved;

until all may be sheltered, none of us is truly at home.

May the power of our various faiths sustain us in this work, that we
may be the hands of holy creativity and justice;

and together build a better world.

***Love is the doctrine of this church,
The quest of truth is our sacrament,
and service is our prayer.
To dwell together in peace,
To seek knowledge in freedom,
To serve others in community,
To the end that all souls shall grow
Into harmony with nature,
Thus do we covenant with one another.***

¶ The service leader then lights a candle with the following words:

O light of life, be kindled again in our hearts

As we meet together at this time,

To celebrate the joy of human community,

Seeking a wholeness that extends beyond ourselves.

Samuel A. Trumbore

¶ The service leader invites those gathered to say the following responsive
reading:

A planet is born, a spark ignites, something completely new comes
into being;

we give thanks for the mystery and miracle of life.

A waterfall descends, a rainbow arcs through the sky, the ocean
opens to an endless horizon;

we give thanks for the mystery and miracle of beauty.

3

¶ The service leader continues with the following words:

The inner spirit makes us feel that behind every appearance of diversity there is an interdependent unity of all things. Let us, therefore, preach the universal and everlasting gospel of boundless, universal love for the entire human race, without exception, and for each one in particular.

George de Benneville (1703–1793), adapted

And, in the end, it will not matter how much we have, rather how much we have given. It will not matter how much we know, but rather how much we love. And it will not matter how much we profess to believe, but rather how deeply we live the few enduring truths we claim as ultimate. All the rest is discipline.

John Morgan

¶ Those gathered then say responsively the following words:

This making of a whole self takes such a very long time: pieces are not sequential, nor our supplies.

We work here, then there, hold up tattered fabric to the light. Sew past dark, intent. Use all our thread.

Sleeves may come before length; buttons, before a rounded neck.

We sew at what most needs us, and as it asks, sew again.

The self is not one thing, once made, unaltered. Not midnight task alone, not after other work.

It is everything we come upon, make ours: all this fitting of what-once-was and has-become.

Nancy Shaffer

¶ The service leader concludes the service by saying:

Go in peace, speak the truth, give thanks each day.
Respect the earth & her creatures, for they are alive like you.
Care for your body; it is a wondrous gift.
Live simply. Be of service.
Be guided by your faith and not your fear.
Go lightly on your path. Walk in a sacred manner. Amen.

Gary Kowalski

Hymn

A Thought for the Day

The opportunity for a short, 5 minute long reading and/or talk from a member of the congregation

Concluding words (said together)

We receive fragments of holiness, glimpses of eternity, brief moments of insight. Let us gather them up for the precious gifts that they are and, renewed by their grace, begin to walk a path that is safer than the known way.

Short break to make tea and coffee etc.

Time of Conversation

This church is the home of a modern, progressive, free-thinking and free-religious community. We seek to offer people committed to the well-being of a secular, scientifically literate and democratic society, ways by which they may continue intelligently to engage with that society's liberal Christian, radical Enlightenment, religious-naturalist and humanist heritage, as well as with other, non-Christian religious and philosophical traditions, which have contributed so much of worth and value to our modern, cosmopolitan culture.

We seek to do this by offering people opportunities for personal, intellectual and spiritual growth within a supportive, conversational community that attempts always to be kindly, lively, open-minded and truthful.

Here there is only one orthodoxy, namely, a love of truth that is a sincere desire to understand how the world is and our place in it.

www.cambridgeunitarian.org