

January 19, 2025

Equanimity and Letting Go

Eucharist is a Way of looking at life in which we
see...

all water as wine,
all air as the breath of God,
all sunlight as the fire of the Spirit,
all earth as womb.

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Prelude

O Holy One, the wine is running out.
Our planet heaves and sighs
under the weight of our footprint,
Yet her voices goes unheeded.

Bruce Sanguin: If Darwin Prayed

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Land Acknowledgement

We are gathered on the unceded land of the Huron-Wendat, Anishaanabe and the territory of the Mississaugas of the Credit peoples. We acknowledge the community, their elders both past and present, as well as future generations. Holy Cross also acknowledges that it was founded upon exclusions and erasures of many Indigenous peoples, including those on whose land this institution is located. This acknowledgement demonstrates our commitment to beginning the process of working to dismantle the ongoing legacies of settler colonialism.



William Montague

Greeting

Eucharist is a Way of looking at life in which we see...
all water as wine,
all air as the breath of God,
all sunlight as the fire of the Spirit,
all earth as womb.

It is a way of visioning beyond the realm of logic to the shadowy world of the mystery of the human mind where the play of symbols creates a world of vitality, humor, reverence and delight.

Progressing Spirit

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Gathering Hymn: How Great the Mystery of Faith

How great the mystery of faith,
how deep the purposes of God,
in birth and aging, life and death,
unveiled, yet never understood!

Attracted by life's deepest claim
we wait, assembled in this place,
with needs and hopes we cannot name,
a thirst for healing, truth and grace.



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The best that we can do and say,
the utmost care of skill and art,
are sweepers of the Spirit's way
to reach the depths of every heart.

Come, walk among us, Holy Friend,
as all are gathered and prepared,
that scattered lives may meet and mend
through open Word and table share.



Gathering Prayer

O Holy One, the wine is running out.
The politics of spin and image and
mind-numbing superficiality is deleting
our collective spirits.

Our mouths are dry with cynicism.

O Holy One, the wine is running out.
Our planet heaves and sighs
under the weight of our footprint,
Yet her voices goes unheeded.
Our hearts are heavy with lament.



Photo: Stock Cake

O Holy One, the wine is running out.
A billion souls, sons and daughters of
mothers and fathers have not been invited
to the party and "everybody knows."
Our minds are empty of solutions.

We turn, as did Mary, to the one who makes
room for all, human and other-than-human,
at the banquet of life.

We turn to the one who is a wellspring of
abundant life, with the words of His
mother, "They have no wine."



Photo: Stock Cake

And from His heart there flows an
unexpected abundance.
It spills over into our own,
and by the grace of the Spirit,
through our own extravagant
offerings of love,
we become hints in a hurting world
that at this wedding of hope
and possibility the dancing has just begun.

Bruce Sanguin If Darwin Prayed



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First Reading:

Equanimity is a fundamental practice that can help us to center and balance ourselves. The word in Sanskrit is *upeksha* which means to look over, to see all around, like from a high mountain, to see all sides. From this standpoint we don't take sides, as we see the situation in its entirety. It can also mean to see with patience, to see with understanding and spaciousness.

First Reading p.2

Inclusiveness or equanimity is not dogmatic; it allows us to keep an open mind. We need to let go of what we know now to be open to learning something new. The willingness to see things afresh, with new eyes, is an important aspect of equanimity and inclusiveness. The Dalai Lama says, “I’ll give up any Buddhist belief if science proves it wrong.” Because clinging prevents us from growing and moving forward.

Kaira Jewel Lingo: We Were Made for These Times

A night sky filled with stars, with a silhouette of a tree in the foreground on the left side.

Acclamation

Source of our being, goal of our longing,
You are the way of living true.

Source of our being, goal of our longing,
You are the way of living true.

Waken us from dreams of illusion,
Waken us from dreams unreal.

Source of our being, goal of our longing,
You are the way of living true.

Source of our being, goal of our longing,
You are the way of living true.

Second Reading:

Equanimity helps us to take a longer, bigger view. Each person has their own journey, their own path to walk; we don't always see the logic of their trajectory. We can't see what it is that they need to go through in their life to learn the lessons they need to learn, to grow in the ways they need to grow. With the spaciousness of equanimity, we are able to see that this life is made up of what in Daoism is called "the ten thousand joys and the ten thousand sorrows."

Second Reading: p2

All the beauty, the happiness, the wonder, the connection, the belonging, and all the separation, the anxiety, the depression, the despair—that is a human life. It doesn't mean we don't try to alleviate suffering when it can be alleviated. But we touch great freedom when we can accept suffering as part of the path and not a mistake.

Lingo, Kaira Jewel. *We Were Made for These Times: Ten Lessons for Moving Through Change, Loss, and Disruption*



Sermon

Everyone serves the good wine first,
and then the inferior wine after the
guests have become drunk.

John 1:9

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Hymn of the Day: In the Letting Go

In the letting go we find life:
For deeper than the striving is the flowing,
Deeper than the searching is the knowing
And deeper than the grieving is the mystery
In which darkness and light are one.

Through the letting go we find life:
For greater than the owning is the sharing,
Greater than competing is belonging
And greater than our species is the Cosmos
In which all of the parts are one.

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Prayers of the People

The experience of oneness with everything is not something other worldly, it is being in touch with the reality which lies beneath the surface.

(Brian Swimme)

We let go of the idea that we are totally separate from everything else.

We let go of the idea that we are totally different from all other living creatures. We remember that we are 70 to 50% water. We are one with the sea, one with the rain, one with all the plants and all the animals.

We let go of the idea that the atoms of our body came into existence at our birth. We remember that they came from the stars and will return to the Earth and sky at our death.

Holy One, gather us close together as we let go...



Sign of Peace

We remember that we are not alone and that there is the constantly reliable, ever-compassionate love of God and that in allowing ourselves to trust that love we find life.

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Let us offer one another a sign of peace

Photo by [Greg Rosenke](#) on
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Thanksgiving Prayer

The Christian mystic Meister Eckhart said, “if the only prayer you say in your entire life is ‘Thank You’ that would suffice”.
So we give thanks.

Thanks for our life, our connectedness, our knowledge that we are not alone, that we are at home in God and can never be separated from that home, even if at times we cease to be aware of it.

Thanksgiving Prayer cont.


We give thanks for the whole eco-system, for all the processes of the Cosmos and especially for the recycling process of birth, death and new life that springs out of death. We give thanks for the whole of human history, of people moving from dependency to independence and on to inter-dependence.

We give thanks for the evolution of Religion and for the growth in our own spiritual life within the never-ending journey of Spirituality.

Thanksgiving Prayer cont.

We give thanks for all the mystics and prophets, priests and sages and especially for Jesus Christ who came to empower us and enable us to be in touch with that of God within each of us.

We give thanks for his transforming love and his new way of living. With grateful thanks we acknowledge the greatness, the mystery and the ever-presence of God singing.....



Holy Holy Holy,
my heart, my heart adores you
My heart is glad to say the words,
You are holy God
Repeat.

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Communion

Now as Jesus did on the night of his betrayal, we take bread and wine to remember that the creative and transforming power of God is present even in suffering and death. In so doing we acknowledge that the world is full of death and resurrection, rocks turning into soil, dead flesh nurturing new life and rain greening the face of the Earth.

Communion cont.

So, we take this bread, symbol of Christ, symbol of us, symbol of the Cosmos and become aware of the presence of God. We remember Jesus having supper with his followers, taking bread in his hands and looking at each one, said, “This is like my body, assembled over vast stretches of time by the kin-doms of life straining toward perfection.

Communion cont.

And taking the wine, Jesus lovingly gazed at them and said: “And this is like my blood, formed by light rivers of galaxies running toward and emptying into the sea of Being that coalesced into this vessel of mine, now poured out for you, and pouring into you”

Communion cont.

We take this wine, symbol of life given and life renewed, symbol of the flow of blood within our body and the pulse of life throughout the Cosmos and are fed in our spirits for the mystic pilgrimage. Behold the things we can see which point us to the eternal things which we cannot see but which are ever-present.

Communion Hymn: United at the Table

Refrain: United at the table all our joy is joined in song
United in the faith all our joy to God belongs.

We will praise God, we will sing
Alleluias with hymns and with psalmody
We will praise God for the love
That sustains us eternally. Refrain

We will praise God, we will feast
At the bountiful table of life and grace
We will praise God and give thanks
For communion with ev'ry race Refrain



Photo by [Adrian Hernandez](#) on [Unsplash](#)

We will praise God, we will play
Alleluias with rhythm and instruments
We will praise God for the love
That invites all creation to dance

Refrain:

United at the table
all our joy is joined in song
United in the faith
all our joy to God belongs.



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Prayer After Communion

Holy One, this meal we shared together is a remembrance of your radical embrace of the outcast and oppressed.

May it strengthen us as we open our minds and hearts to new ways of recognizing your presence among us. Amen.



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Sending Hymn

When Masks of God Both Age and Die

When masks of God both age and die with intervening deities,
As doctrines lose their rigid hold and freedom grows like forest trees
Beyond shall then become the here and outer worlds found within.

When we embrace as truly ours all portions of the cosmic tale,
Our human pride will then contract and deep humility prevail
Beyond shall then become the here and outer worlds found within.

When eco - worlds again are seen as Spirit's many sacred homes
Our woven links will be affirmed with atoms and with chromosomes
Beyond shall then become the here and outer worlds found within.



Blessing/Dismissal

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flocks,
Then the work of Christmas begins...

To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among others,
To make music in the heart.

Howard Thurman

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Announcements



Charles Schultz

Acknowledgement: Communion Prayers Progressing Spirit