

A blessing for us

I wish for us a life of blessings.

*May we be blessed with friends
who need no forewarning
to set a plate and a bowl
for our presence at their supper table;
who can speak with us
about both the wonders of their day
and share hard truths, too.*

*May we experience a love,
that turns us inside out with joy,
and gives us respite from
the heartache of the world.*

*And sometimes may heartache break
our heart open, that's when
we discover kindred spirits
whose wisdom had been hidden from us.
Even heartache can be a blessing.*

*I wish for us, a conundrum of such complexity,
that despite analyzing and discussing,
all solutions are defied.
The blessing is to search for imperfect answers
together.*

*I wish for us relationships that are strong enough
to hold all the broken parts of the world,
and to meld them into something new
that is stronger than what we could believe in alone.*

These are only a few of the blessings I wish for us. I invite you to add your own blessings and send them in a note to others in this community.
– Rev. Beth Banks, Senior Minister



❖ www.uudavis.org → Events/Publications → 2017-18, June–Blessing ❖

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Soul Matters: Spiritual Practice of Blessing

Wayne Muller, in his book, *Sabbath*, encourages a practice he calls “secret blessing.” He writes, “Bless strangers quietly, secretly. Offer it to people you notice on the street, in the market, on the bus. [Silently say to yourself] ‘May you be happy. May you be at peace.’ Feel the blessing move through your body as you offer it. Notice how you both receive some benefit from the blessing.”

At first blush it's hard to imagine how a secret blessing can produce much good. This practice is more about what happens to us than what happens to them. It alters our attention, changes our attitude toward others. Imagine going through your day looking for excuses to wish people well or think the best of them. It connects us to others, helping us acknowledge common struggles and hungers.

Do it for a day or two. Be disciplined: set a target for yourself, such as, “I will secretly offer 10 blessings to 10 different people today.” Keep it simple. A blessing is as straightforward as completing the sentence: “I wish _____ for you.”

At the end of the day, meditate on or write about how offering those blessings and seeking out people to bless altered your day. How did blessing others bless you?

One of the greatest blessings I see in a church community is the unique opportunity for many generations to be together in one place. It has been wonderful this year to see the children and youth in the first part of the worship service, and to see the conversation and connection they have in their programs. For the summer program, the children and youth will go straight to their spaces and then rejoin us in worship in September. One beautiful way to celebrate the blessing through the generations is in our Bridging Service. On Sunday, June 3, we have a special service focusing on those youth graduating from high school and moving on to their next adventure. This service creates a "Bridge" for those youth into young adulthood, while also welcoming younger youth into the journey. We invite the adults who served as mentors for the youth through their years at church to be part of this service and celebration. This church community is lucky to be together!

— Rev. Morgan McLean, Assistant Minister for Congregational Life



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Thank You

Before I applied for the internship at UUCD, I heard about your commitment to your interns. I had heard that part of your identity was to teach future ministers and that you take that role seriously. I heard that you loved your interns and wanted them to be successful. I applied hearing this about you and I am grateful to say that I am leaving here knowing this and much more. When I first started, within the first few weeks, I knew that here, at the UU Church of Davis, I would be prepared for my future in ministry. And now I know that because of my time here, I am prepared for whatever comes next.

My time here with you all has been a blessing. And here, in my last journal, I would like to bless you all using one of my favorite readings: "Creating Fire," by Stephen Shick.

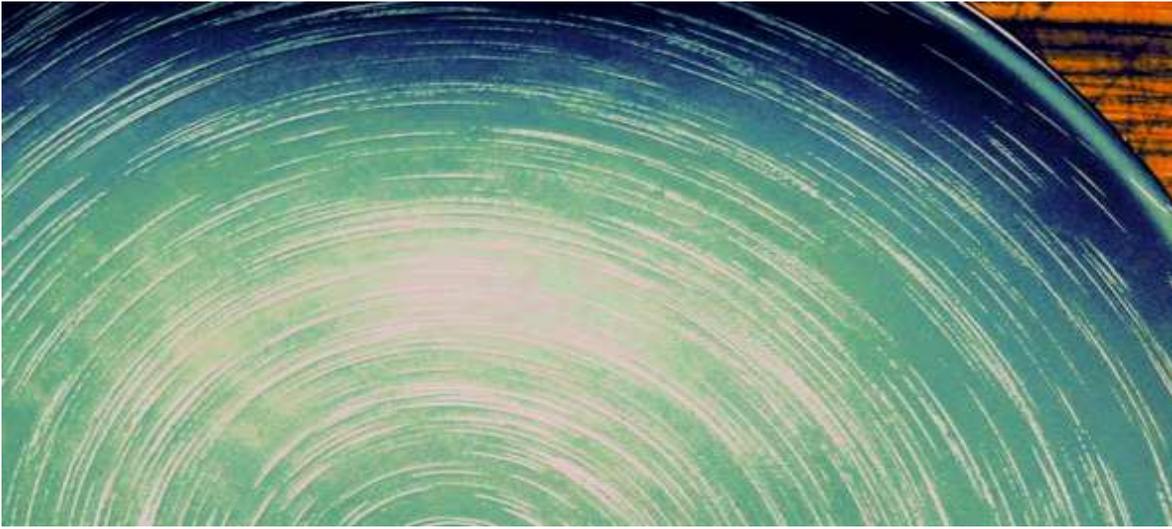
"Is the fire going out? Not in your belly, for you are still alive, but in your soul, that place where dreams fuel commitment, where longings shape action, where meaning flames purpose where passion ignites and rekindles your life fire. If your soul smolders, dream on till you flame like a chalice of hope."

Keep smoldering, stay passionate, rekindle yourself and one another, and most important of all, keep dreaming. Thank you all.

— Danielle Lindstrom, Intern & Campus Minister

Food Truck Mania is a Blessing? June 3, 5:30pm, 428 First Street Woodland. Yes, an evening with food trucks, entertainment, and UUs is a blessing! Transition from the weekend into your week with a supper party at the Woodland Food Truck Mania event. All UUCD members and friends are invited to gather at 5:30pm for a fun supper together. There are fun activities for children. Some chairs and tables are available, but we're encouraged to bring picnic blankets and chairs to add to the feeling of community. Vegan, vegetarian, and gluten-free options are available (ask the vendors for their selections).

Tasty Theology for the Curious continues: We'll consider two slices of theology that contribute to living a life of blessings. A sample of tasty food is paired with theology. Rev. Beth Banks leads these stand-alone sessions. Tuesdays, June 12 & 26, 7-8:30pm. Please RSVP at RevBanks@uudavis.org



Sunday Worship, Summer 10am Only

Share the Plate: June, [Friends of Yolo Adult Day Health Care](http://www.friendsofadultdayhealth.org/) receives 1/2 Sunday offering. Check UUCD; memo: Offering. An all-volunteer organization working to promote the health, dignity and independence of frail older and disabled adults and their caregivers by supporting Yolo Adult Day Health Center through fundraising and community awareness. <http://www.friendsofadultdayhealth.org/> Nominated in honor of Marie Graham, UUCD's volunteer water operator, donating 1000s of dollar a year of her time and expertise to keep UUCD's water system safe and legal.

June 3, 10am only, Bridging Service: Youth Graduating; Rev. Morgan McLean.

UUCD Annual Membership Meeting, after church, Sanctuary. All are welcome. Members may participate in an up-or-down vote on the budget and the proposed new members for the Board (Tamara Range and Claudia Utts-Smith) and Nominating Committee (Matt Seelke).

June 10, 10am only, *Together Our Gifts Can Bless the World*, Rev. Beth Banks; Board Chairs: Carol Corbett, 2017-18; Walt Fulde, 2018-19. New Member Ceremony Sunday! Sparks Choir Performs.

If you want to experience the blessing of hope, come and celebrate the many gifts we have shared this year. Every person in the sanctuary will receive a blessing.

We'll honor the service of governance, the magic of singing, ringing, and the support by our children and youth for the Bee Haven, or lovingly being a part of a Celebration of Life reception. We'll honor the discernment of becoming a Sanctuary Congregation. This is a service of celebration and invitation.

Milt Hildebrand turns 100 years old this week! For Milt (cake!) and for all the ways we have come together to create community, we'll have a party following the service. More delicious details to come.

June 17, 10am only, Dani Lindstrom's final service. We'll bless our new UUCD banner, designed and sewn by the UUCD Quilting Group. Juuliebells Perform.

Goodbye for Dani Lindstrom: Cake & Light Lunch to honor our Intern & Campus Minister. June 17, after her final sermon. Hosts: Internship & UU Campus Community (If you would like to contribute to a monetary gift for Dani, Sharon Hale is collecting all the gifts to combine for one nice check for Dani. Thanks.)

June 24, 10am only, *The Warrior's Practice*, Karen Klussendorf; Lily Roberts, Worship Associate. Guest Choir: The Vocal Art Ensemble. Blessings are ever abundant and available. The Practice of a Warrior is to access these blessings by finding a soft, open spot within our authentic selves. Come explore the richness of blessings that comes before our internal dialog and self-doubt diminish the gift.

Listen

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