

Forgiveness

Yom Kippur begins at sundown

From Sacred Moments:

the virtue of Forgiveness. What would allow me to detach from conflict, and find courage to forgive? There is hope in the gentleness of forgiving myself as well as others.

Susan Morrisson, intern minister.

Call to Worship:

Life is a gift to us and through us;

Let us be open to its flow.

Let us be open to sharing our special life-gift with others.

We meet in celebration of the life that is given to and through us.

Let us, this morning, turn our thoughts to how we can:

Touch and be touched, love and be loved, forgive and be forgiven, heal and be healed.

So that the goodness of our lives can be a shared blessing. (from a UU worship manual)

Ralph Waldo Emerson, "Insist on Being Yourself" from Self-reliance

RWE: "finish everyday and be done with it. You have done what you could. Some blunders and absurdities crept in – forget them as soon as you can. Tomorrow is a new day. You shall begin it well and serenely and with too high a spirit to be encumbered with your old nonsense."

Fingers Pointing toward the Sacred, by Frederick Franck

Marilyn Black told us that after 15 years, she has written a three word letter to her ex-husband, saying "I forgive you", and that feels good. July 2009.

Judaism, like Unitarian Universalism, has a reputation for intellectualism, but some of its most valuable gifts to me have been simple opportunities for action. For instance, there is the Jewish New Year phone call tradition. At Rosh Hashanah, Jews look back on the year and atone for their wrong-doing. And so every fall, right around the Jewish New Year—and the start of the UU "church year"—I call up or visit the people closest to me and apologize for anything I've done in the past year that wronged them. I ask for their forgiveness and if I can do anything to make it up to them. Sometimes these calls are a joy; sometimes they're tough—especially the ones I go into blithely, thinking all is well, only to find out all's not well at all.

Judaism treats atonement as a High Holy Day obligation, not just as an important, healthy practice; atonement is a sacred act that regards relationships as essential to the balance of the world and to our capacity to be moral, loving, creative beings. Nothing matters more. And so those phone calls are holy acts. From UU web. Engaging my ancestral Judaism enriches my Unitarian Universalism, despite Orthodox Judaism's condemnation of partial Jews like me.

By Elizabeth A. Lerner

May/June 2004 5.1.04

The Power of Forgiveness

Mahatma Gandhi: our own work:

Even as we serve others, we are working on ourselves; every act, every work, every gesture of genuine compassion naturally nourishes our own hearts as well. It is not a question of who is helped first. When we attend to ourselves with compassion and mercy, more healing is made available for others. And when we serve others with our open and generous heart, great healing comes to us. As we heal the wounds of the past, we carry less pain into the world, less confusion and anger, and we bring more charity and peace. It is no longer simply for personal gain; it becomes our gift, or offering to the earth and divine spirit within us all.

(use this as the epigram)

Be kinder than necessary,
for everyone you meet is fighting some kind of battle.
Live simply,
Love generously,
Care deeply,
Speak kindly.....
Life isn't about waiting for the storm to pass...
It's about learning to dance in the rain.

Lots of good stuff on the UU worship web.

#1037 we Begin again in Love (responsive singing to the spoken phrase)

#123 spirit of Life

#118 this Little Light of Mine

186 Grieve Not Your Heart.

#18 what wondrous Love

Readings: #576 a litany of Restoration

Use the imagery of jazzercise: stretch yourself. Reach up high, keep going, you can do it. perfect. Good job. Now you've got it, be gentle with yourself, you've worked hard, I like the routine: when my body feels stretched, I can say, oh yes I've had that feeling before. In the same way, when I am hurt or angry I can say, oh yes I have felt that before. Keep going, keep going. Take a break if you need to.

From Harpers bible dictionary: Forgiveness: the restoration of fellowship. Forgiveness is the high peak in the ethics of Jesus, it is best expressed in his Parable of the Unmerciful debtor (Matt 18:21-35) (Luke 11:4, 17:3) (Mark 11:25/ Jesus made it clear that the sinner's forgiveness by god was dependent upon his own willingness to forgive those who had wronged him. Matt 18:21-35 the story of the slave who pleaded with the master that he needed more time, "have patience with me." The master forgave him the debt. However that slave did not show mercy to another who owed him. The community did not like what they saw. He was advised to show mercy on others as he had received mercy himself. Advice: forgive your brother and sister from your heart.!

My horoscope for august 27th: AQUARIUS (Jan. 20-Feb. 18). Be appreciative of all of your teachers. As the poet Kahlil Gibran wrote, "I have learnt silence from the talkative, tolerant from the intolerant, and kindness from the unkind; yet, strange, I am ungrateful to these teachers."

DVD the Power of Forgiveness a film by Martin Doblmeier.

"Forgiveness allows us to actually let go of the pain in the memory. And if we let go of the pain in the memory we can have the memory,, but it doesn't control us. When the memory controls us, we are then puppets of the past."

Benign apartheid...countries such as Ireland and Britain. I haven't come to terms with it yet there must be repentance. There must be agreement about wrong doing. 30 years ago, the pain lingers. These memories are passed onto the next generation.

First lesson: all people have worth because they are a member of the human family. The person is more than the unjust hurtful act. Try to remember other aspects of that person.

More talk is about justice, than forgiveness and mercy. (Ireland)

The Amish Oct. 2, 2006. Killing 5 Amish girls, wounded others. Forgiveness is a habit! The strength of the community helps them absorb the anger they might have. The challenge to forgive remains. It is not something you do just once. You have to start over each day. question we asked ourselves. Some persons do not deserve forgiveness. Confession is necessary and must ask forgiveness.

The process of healing must begin with conversation. Ask us for forgiveness, in addition to money compensation, etc. "I ask for forgiveness for what the Germans have done..."

Take me, a black man. Rev. James Forbes. These offenses can never be adequately atoned. The world wishes peace, which is not achieved through revenge and anger.

The science of forgiveness....Highly forgiving people have lower blood pressure, but when the offense is recalled, all people show increased blood pressure. The person will never forget, but they are able to forgive. Can you incorporate this incidence into the range of your life experiences? Forgiveness can work hand in hand with justice. Time has elapsed, so new emotions can be accessed. "we want people to opt out of the cycle of revenge, by creating an intentional space of forgiveness" I think these people need closure. I need to know that I am safe, and protect myself. Forgiveness is an individual choice. The time is right to embrace a new attitude....from "I've been wronged...?"

Beirut. Lebanon a garden of forgiveness. People have their own journey to make.

Forgive yourself,,for not being able to do more. If we forgive ourselves, it is a beginning...We would then become so much more compassionate with others. Prayer cards buried with the olive tree in the garden of forgiveness. Forgiveness is something you do for yourself.

Understanding and doing it are two different things. I understand that forgiveness will bring me more peace, but it is difficult. Don't let someone else talk you out of being angry about what has been done to you, forgiveness is a decision...our own.

What if someone hurts someone in my family? It is extremely difficult. Can I see the other person's pain?

What are the themes? Trust is a big one.

Forgiveness is not reasonable!! Love for the enemy. We need to learn to live at a higher frequency. Love and compassion are a higher frequency.

Marianne Williamson, author of *Healing the Soul of America*, "at a time when we see so much evil, we are called upon to have the moral grandeur and **spiritual audacity** to believe in good to proclaim it to stand in conviction, to take the people who truly do evil, and yes, hold them

accountable. But to nevertheless stand for the possibility of human redemption that turns even the hardest hearts.” Forgiveness comes in its own time. We can create conditions to allow forgiveness. Marianne Williamson,

Auschwitz Elie Wiesel Can we forgive God for forsaking us? Listen to the
Thich Nhat Hahn If you are filled with anger? What do you do? The other person is a victim
of the society of hate and violence. Exercise of meditation: I see myself as a five year old child.
I see my father as a five year old boy, fragile, tender, vulnerable. I can then feel compassion for
my father. Patience and compassion are the fruits of meditation,
Thomas Moore, forgiveness for selves is the biggest challenge. I was sorry I hurt him. Now that
he’s gone, I can’t ask forgiveness.
Sufi tradition, we have 40 days for grieving. To continue, turn from revenge, and do a positive
act. Forgiveness is something you do for yourself; it hurts me to hold it. think about how you
want to heal that relationship.
Journeyfilms.

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Minister’s Prayer: May the words spoken here today linger in our hearts, knowing that as our
lives speak of what is precious, our mingled spirits bring blessing to us all in this sacred
community. We speak, opening ourselves to the possibility of loving our neighbor and
ourselves.

Closing Words - Clarke Wells

To pass the peace is a revolutionary act. It means to trust the outsider we fear, to wish well those
who have hurt us; and to forgive at last ourselves. To offer the blessing to those around you is to
love your neighbor and yourself and to be at peace. Pax vobiscum. Peace. Peace.

Source: 1997 UUMA Worship Materials Collection