

The Fellowship Post

Mira Vista
United Church of Christ

January 2017

Melinda's Musings

I'm decided that I'm not making any New Year's resolutions this year. It's not that I'm adverse to goal setting or planning (in fact I THRIVE on both things!), but I've decided that trying to throw my energy into the future is too hard. And that rehearsing past hurts is not helpful either. So for 2017, my resolution is to "be here now" and to live "one day at a time" as much as possible.

When I was a teenager in the 70's, I had one of those little wooden plaques that proclaimed:

Yesterday is but a dream,
Tomorrow is only a vision.
But today well lived makes every yesterday
a dream of happiness, and every tomorrow
a vision of hope.

My little sign did not give credit to the saying, but I now know that it was written in Sanskrit in the 5th century by Kālidāsa, a great classical writer in India. Who knew that Eastern philosophy was already finding its way to me in little Perryton, TX - a place that was not really known for any interest in Eastern religion.

It is possible that my love of this little saying stuck in my soul because my father was an alcoholic and I was beginning to know that I had to live "one day at a time" to stay sane. It could also have been a budding realization that "being here now" was the best way to heal



from past hurts and prevent being paralyzed by worry about the future.

Jesus was also in the "be here now" camp. So much so that many Buddhists think of him as a bodhisattva, a "person who could reach Nirvana now, but chooses to save others from suffering instead".

Matthew 6: 25-27; 34 says:

25 "Therefore I tell you, do not worry about your life, what you will eat or what you will drink,[a] or about your body, what you will wear. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And can any of you by worrying add a single hour to your span of life?[34]"So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

My invitation to all of us this coming year is to keep calling ourselves into the present to celebrate our blessings and face our challenges as they arrive. This is difficult spiritual work, but it will keep us sane and healthy.

It is important to note that making the choice to "be here now" in a spiritual sense does not mean that we won't continue to develop our plans for **the GOOD table** and/or that we will not be responsible about being prepared for

the future. We will DO our planning and goal-setting and that will be good. I'm just committed to not worrying about what will happen nor fretting about the past.

For me the "be here now" spiritual practices include meditation, making art, playing music (especially the piano), and making time for fun! It is hard to worry when you're laughing, dancing, singing, or playing a game. Or as Amy Ukena often says, "it's impossible to be unhappy when you're playing the ukulele".

What are your "be here now" practices? What is your biggest challenge to "being here now"? Are you stuck in the past? the future? How can we help one another?

Love and many blessings in the New Year!
Melinda



*Don't miss jazz duo Amy Ukena and Hans Raag each first Sunday, 6-8:30 at El Cerrito Natural Grocery. These live music events are designed to help us build a customer base for **the GOOD table**, so bring your friends!*



Bonnie Hariton illustrates, "a shoot shall come forth from the stump of Jesse"

JANUARY BIRTHDAYS

- 7th Colleen Rodger
- 15th Rev. Davena Jones
- 16th Margaret Kavanaugh-Lynch
- 21st Betty Coates
- 28th Virginia Carrieri



"And they followed the star . . ."



Special music on Christmas Day with cellist, Jukka-Pekka Vainio



Mira Vista United Church of Christ

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January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Joint Service with CLC, 11a Amy Ukena and Hans Raag @El Cerrito Natural Grocery, 6-8:30p 	2	3 Mira Vista prepares lunch, GRIP Souper Center, 10a 	4 Mindfulness Circle @ El Cerrito Royale, 7p	5 Interfaith Meditation @Sycamore UCC, 6p	6	7
8 12n Worship followed by La Mesa with Holy Communion	9	10	11 Council meeting, Melinda's office,7p	12 Interfaith Meditation @Sycamore UCC, 6p	13	14
15 12n Worship followed by La Mesa with Holy Communion Semi-annual meeting & Potluck	16 Martin Luther King Day 	17	18 Mindfulness Circle @ El Cerrito Royale, 7p	19 Interfaith Meditation @Sycamore UCC, 6p	20	21
22 12n Worship followed by La Mesa with Holy Communion	23	24	25	26 Interfaith Meditation @Sycamore UCC, 6p	27	28
29 12n Worship followed by La Mesa with Holy Communion	30	31				

Our worship life together . . .

Join us on **Sundays at 12 noon** for our celebration with music and preaching, then stay for lunch because our worship continues as we share food and friendship together at our common table, **La Mesa**. Feel free to bring food to share as you are able. We celebrate the sacrament of **Holy Communion every First Sunday**. All are welcome at our table!

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| January 8 | "Magi on the Move" | Matthew 2: 1-12 |
| January 15 | "Love Your Enemies"
<i>Celebration of Rev. Dr. Martin Luther King, Jr.</i> | Matthew 5: 43-48 |
| January 22 | "Have Courage!"
<i>Tom Emanuel preaching</i> | Matthew 4:18-23 |
| January 29 | "Hold Fast to What is Good, pt. 1" | Matthew 5: 1-7 |
| February 5 | "Hold Fast to What is Good, pt. 2"
<i>Celebration of Holy Communion</i> | Matthew 5: 8-12 |

Mira Vista United Church of Christ

Semi-Annual Meeting & Potluck lunch

Sunday, January 15, 2017

The 2017 budget is the agenda for this meeting, right after church.

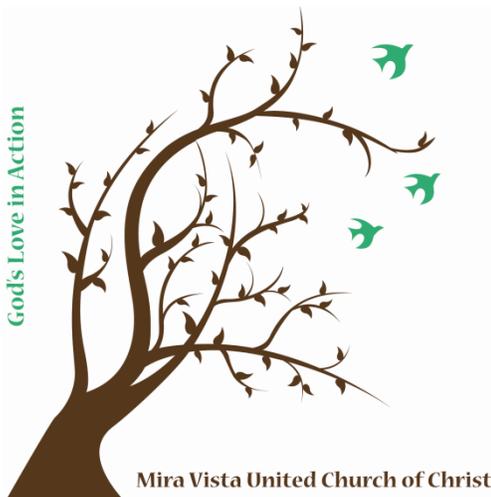
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