

“Mindfulness & Interconnection: Reflections on breathing through complicated times.” – Peter Mayer

December 1, 2024 Worship Service

Unitarian Universalist Fellowship of Mankato
Peter Mayer

Prelude: “Stables” music by Peter Mayer

Call to Worship: Words of encouragement from Native American
Philosophy

“**Mitakuye oyasin**” is an expression from the Lakota Sioux language. It reflects the worldview of interconnectedness held by indigenous peoples of North America. The phrase translates as “all my relatives,” “we are all related,” or “all my relations.”

It is a prayer of oneness and harmony with all forms of life: other people, animals, birds, insects, trees and plants, and even rocks, rivers, mountains and valleys.

This phrase is often said in prayer and ceremony and is an acknowledgement that everything is related, that everything in the entire Universe is interconnected. The Indigenous wisdom of interconnectedness asserts that all are related and that we share a mutual responsibility of care.

Opening Hymn: Words on the screen composed and led by Peter Mayer

“Everybody In”

Story for All: Words on the screen, composed and told by Peter Mayer
“How About You?”

Joys and Concerns: Words on the screen and Jason will play the
music

Offering: Words on the screen, composed and sung by Peter Mayer
“It’s Not Far”

Sermon: Peter’s personal reflections with Diane asking questions with
song composed and on the screen “All the World Is One”

Chalice Extinguishing:

Final Hymn: Words on the screen composed and sung by Peter Mayer
“Blue Boat Home” in Teal Hymnal #1064

Singing Benediction: “May the Long Time Sun” played by Jason