

CELEBRATIONS

VIA POSITIVA: Carpe Dancem

the dance of relaxation

june 26, 2011

9:45 & 11:15

celebration leaders: howard hanger

the world beat band

GATHERING

*you are encouraged to read the meditation readings,
and to hug, shake hands and know you are welcome here.*

welcome to celebrating the dance

calling of the drums & the four directions

OPENING

a song to celebrate the yes road

you are invited to **feed the hungry** by placing an offering in the hunger baskets on the altar.

slow down, you move too fast.
got to make the morning last, just
kickin' down the cobblestones.
looking for fun and feelin' groovy.

ba da, ba da, ba da ba, feelin' groovy.
ba da, ba da, ba da ba, feelin' groovy.

hello, lamp post, whatcha knowin'?
i've come to watch your flowers growin'.
ain't you got no rhymes for me?
doot-in doo-doo – feelin' groovy.

ba da, ba da, ba da ba, feelin' groovy.
ba da, ba da, ba da ba, feelin' groovy.

i've got no deeds to do, no promises to keep.
i'm dappled and drawsy and ready to sleep,
let the morning time drop all its petals on me.
life, i love you, all is groovy.

ba da, ba da, ba da ba, feelin' groovy.
ba da, ba da, ba da ba, feelin' groovy.
(w/m: p. simon, a. garfunkel)

a blessing for jenn, svannah and shayla

ACCEPTING

*during this time, you are invited to pray or receive communion with a jubilee! prayer partner at
the western wall alcove.*

singing the buddhist bowl

a song of assurance

ishq allāh ma'būd allāh
ishq allāh ma'būd allāh
allah ya jamil
allah ya jamil

god is love, lover and beloved.
god is beauty/i see the god in you.
(traditional sufi/muslim song)

LEARNING

deuteronomy 5: 12-15
you shall not do any work.

sura al-ra'd (the thunder) 13: 26-29
surely by allah's remembrance are the hearts set at rest.

mark 2: 23-28
the sabbath was made for humans, not humans for the sabbath.

reader: this is ancient wisdom and holy word.
people: thanks be to all that is wise and holy.

reader: all creation is wisdom and holy word.
people: all creation sings of wisdom and god. hallelujah!

singing & sharing a holy peace
you are invited to offer god's peace to another and receive it yourself.

reach out your hand if your cup be empty,
if your cup is full, may it be again.
let it be known there is a fountain
that was not made by the hands of man.
(wk/m: r.hunter, j.garcia)

meditation
- the dance of relaxation -
howard hanger

BLESSING

offering our money

dedicating our gifts to god

we're coming to the edge, running on the water,
coming through the fog, your sons and daughters...
sing the greatest song!
stand on a star and blaze a trail of love
through the dark of the dawn.
let the rivers run!
let all the dreamers wake the nations.
come, the new jerusalem!
(w/m: carly simon)

benediction for the dance

let it be a dance we do.
may i have this dance with you?
through good times and the bad times too,
let it be dance!
let it be a dance! let it be a dance! let it be a dance!
let it be a dance! let it be a dance! let it be a dance!
(w/m: r. maston)

postlude

the western wall in the celebration area is there for your prayer requests. you may also visit the wall to read the requests and offer a prayer. please initial the paper to acknowledge that prayers have been said for that request.

meditation readings

(collected by anne wray)

we should consider every day lost in which we have not danced at least once.

❖ friedrich nietzsche

the sabbath as a day of rest is not for the purpose of recovering one's lost strength and becoming fit for the forthcoming labor. the sabbath is a day for the sake of life.

❖ abraham joshua heschel

each person deserves a day away in which no problems are confronted, no solutions searched for. each of us needs to withdraw from the cares which will not withdraw from us. we need hours of aimless wandering or spates of time sitting on park benches, observing the mysterious world of ants and the canopy of treetops.

. . . a day away acts as a spring tonic. it can dispel rancor, transform indecision, and renew the spirit.

❖ maya angelou, wouldn't take nothing for my journey now

after days of labor,
mute in my consternations,
i hear my song at last,
and i sing it. as we sing,
the day turns, the trees move.

❖ wendell berry, a timbered choir

all this hurrying soon will be over.
only when we tarry
do we touch the holy.

❖ rainer maria rilke

every chance you get, shine the gentle light of the soul in on the wound. it is helpful to remember that there are ancient resources of renewal and refreshment in the circle of love that bring and hold you together.

❖ john o'donohue, anam cara

perhaps momentarily, when swimming with the stream, we are the stream; when moving with the music we are the music; when rocking the wounded, we are the suffering. perhaps momentarily, when thinking without masks, we are pure thought; when believing without doubt, we are god. perhaps love is an instrument we play for all we're worth in an orchestra yet to be convened. perhaps this is why, in the fullest moments of loving or knowing or being, we go nameless and timeless and breathless----everything about us used up, like a

❖ mark nepo, the book of awakening

when the soul does no more than give a sign that it wishes to be recollected, the senses obey it and become recollective. even though they go out again afterward, their having already surrendered is a great thing.

❖ st. teresa of avila, the way of perfection

dance, dervish dance----

bring the face of god before you.

only love can lift the heart up so high that its true color is restored by the sun!

see him near and clapping, that perfect one who fathers divine rhythm.

o dance, dervish dance,

and know you bring your master happiness whenever you smile.

last night so many tears took flight because of joy that the sky god crowded and complained

when i discovered god hiding again in my heart

and i could not cease to celebrate.

❖ hafiz, i heard god laughing, daniel ladinsky, translator