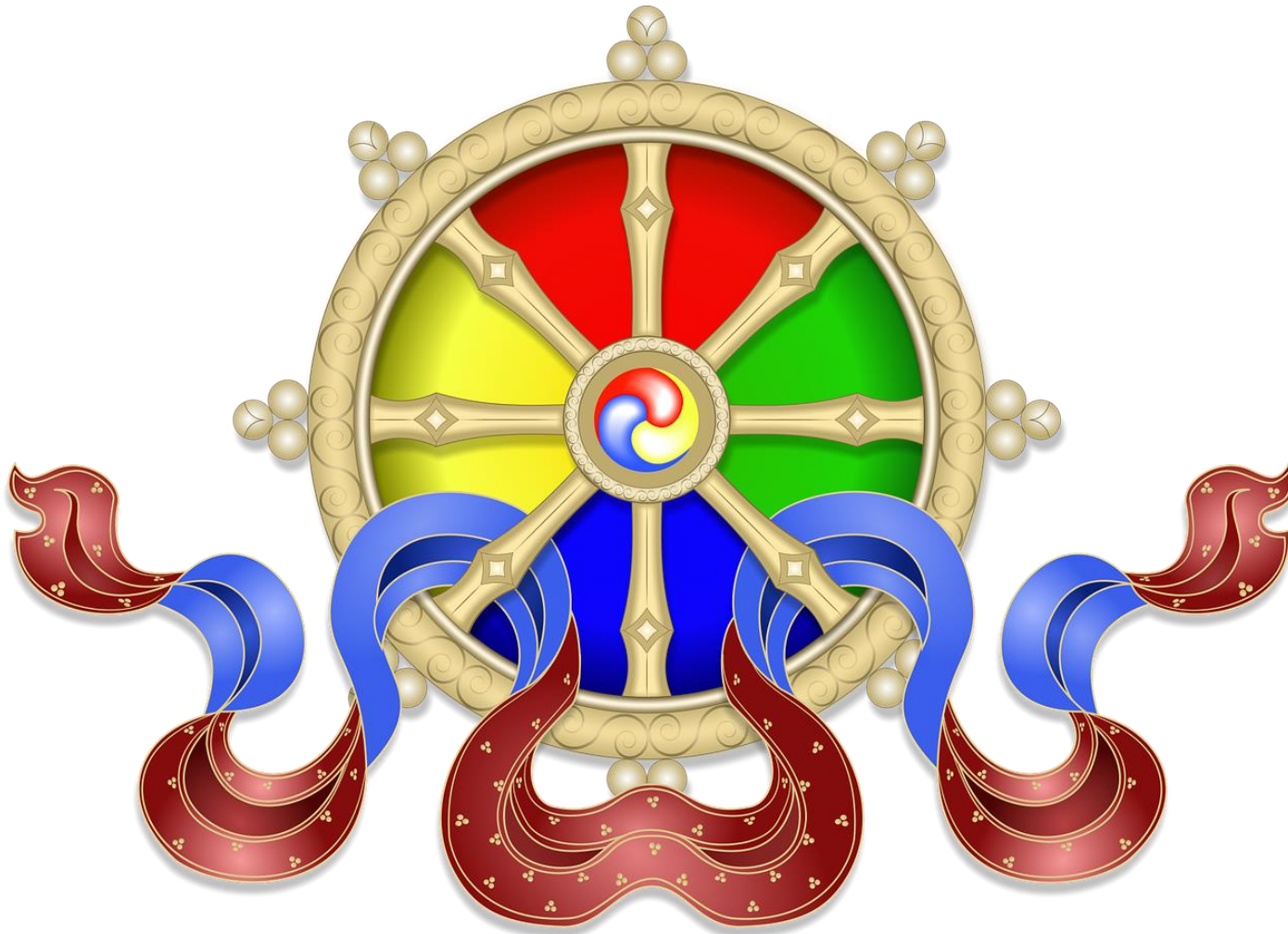


Bodhicitta: Compassion in Action



Service Presenters: Stuart Mackenzie & Athne Machdane

Unitarian Universalist Community of Casper

17 May 2020

Prelude: *Original music composed & performed by Jim Bailey*

Welcome Message: *Composed by Kendyl Gibbons, read by Rev. Leslie Kee*

I would live simply, and bravely and nobly; Let no illusions remain; I would seek wisdom in human reality, Even if wisdom be pain.

Sing me no pious amens and old canticles, Let doubts and questions arise; Tell me no providence hidden in prophecies, But welcome the future's surprise...

Weave me no fairytales frosted with miracles; Give me a light I can see; Spin me no promise of heavens and saviors, Teach me the truth that makes us free.

Create my salvation in earth's endless wonder; Everything nature provides; Let me be honest, and wise in compassion, Make reason and conscience my guides. Beautiful universe, fathomless energy, Mysteries we struggle to know; This is our paradise; dust is our destiny; Cherish the years as they go.

The time is now, the place is here; The good we know, the earth we share; This day we have, this love we give; No other truth; no other joy; No other life; no other world.

I am Rev. Leslie Kee, and I am honored to be the minister who is shared by both the Casper and Laramie Unitarian Universalist congregations! On behalf of all the UUs and friends here in south and central Wyoming, a very special welcome to anyone who is attending for the first time, and as always, it's good to see so many familiar faces in church this morning! No matter the color of your skin or hair, no matter where you live or how you make your living; no matter whom you love; no matter the faith of your childhood – everyone is welcome in this beloved community!

Opening Words: *The Four Immeasurables, read by Stuart Mackenzie*

Covenant (recite aloud or silently): *UU Casper Leadership Covenant*

We covenant with one another in a spirit of love and compassion. To share honestly. Listen actively. Assume good faith. Act with integrity. Ask for and offer help. Seek and offer forgiveness. Encourage joy and celebration. Express gratitude. Speak directly to one another about concerns and issues. Support decisions in a shared voice. These are our aspirations and intentions which we pursue in good faith. So mote it be

Special Music Video: *#184 Be ye Lamps Unto Yourselves*

If you have a gray hymnal, the special music performed by Jani Van Deuson this morning is #184. Since we can't post the words in the chat box, we have just figured out how to put subtitles on the video, so the words will appear at the bottom of the screen, one phrase at a time, along with the video. So please do your best with the melody and timing, since there is no musical notation, we'll sing this through 3 times: *Be ye lamps unto yourselves; be your own confidence; hold to the truth within yourselves, as to the only lamp.*

Reading: *Dissolving the Illusion of Separation, Composed with love and compassion by Athne Machdane*

Enjoin now the sense of self with the distinction from others as a singular state independent of time and space. Magnetize all beings with equanimity, free from attachment or aversion by offering them love and compassion. Reach out across realms within and beyond with heart's embrace and mind's visualization to form a complete beloved community. Give and receive the blessings of this vast luminous dimension of interdependence then dissolve as one into the ground of being. So Mote it Be... A La La Ho... Blessed Be... Namaste...

The Nine Breaths: *Demonstrated by Stuart Mackenzie & Athne Machdane*

Hymn: *#123 Spirit of Life, adapted & performed by Jim Bailey*

Presentation: *Compassion in Action by Stuart Mackenzie*

Most of us would like to be happy. One way to encourage happiness in ourselves and others is the practice of compassion. Bodhicitta is the Buddhist aspiration to practice compassion for the benefit of all beings. In the UU context this is reflected by living within the Seven Principles.

Tonglen Practice: *As Taught by Pema Chödrön, guided by Stuart Mackenzie*

“Sending and taking, an ancient Buddhist practice to awaken compassion”

Dedication of Merit (recite aloud or silently): *Read by Stuart Mackenzie*

Postlude: *Original music composed & performed by Jim Bailey*

Thank you to everyone who helped make today's service possible: our tech host Megan Jessup, Athne Machdane, Jim Bailey, Jani VanDeusen, and Stuart Mackenzie.

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Singing the Living Tradition, Hymn #184 *Be Ye Lamps unto Yourselves*.

Singing the Living Tradition, Hymn #123 *Spirit of Life*