

Reading – *The Healing Wisdom of Africa*
by Malidoma Patrice Some

“A person’s purpose is energetically inscribed in their bones and its actual translation into work should agree with the message engraved in these bones. The question is, what happens when what you do does not align with who you are? It means that you are likely to experience low-self esteem, a lack of enthusiasm about what you are doing, and above all, a nagging sense of inner emptiness; in short, an identity crisis. Indigenous people recognize that when the individual does not remember, gradually it is the culture, the society, that forgets.”

Hymn # 110 – Be Lamps unto Yourselves



Announcements

West Fork Unitarian Universalist Service
October 21, 2012

*“Polish your heart for a day or two; make
that mirror your book of contemplation.” -
Rumi*



Chalice Lighting:

We come from darkness
We hide our face
We hide our spirit
We yearn for the light.
We light this flame
 To help us see
 To help us find our path
 To help us show our true face
 With no fear
 And no shame.

Principles

Meditation Song:

Lord, prepare me to be a sanctuary
Pure and holy, tried and true
With thanksgiving, I'll be a living
Sanctuary for you.

Definitions of Mask:

1. covering for all or part of the face worn to conceal one's identity
2. Anything that disguises or conceals; disguise, pretense
3. Any protective covering for the face or the head

Reading

The Little Book on Meaning: Why we Crave it, How we Create it
by Laura Berman Fortgang from
Chapter 2: Who am I?

"You are not who you think you are.

The mental projections that we have of ourselves are often inconsistent with who we truly are. And, what's worse, the energy and attention needed to preserve this identity can distract us from the meaning we want. We're often in our own way. And even when we do manage to peel away layers of fabricated personality, there is pain. There is death. There is mourning. But if we can linger in this uncertainty- in this mystery – there will be a new dawn."

Questions?

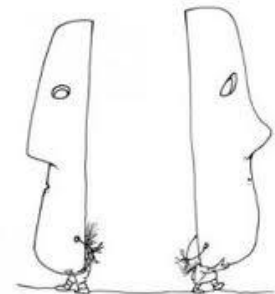
What causes masks?
Why do we wear them?
How has our life influenced our masks?
Both everyday life and religious life?

Our Own Masks

Special activity with Masks

MASKS by Shel Silverstein

She had blue skin.
And so did he.
He kept it hid
And so did she.
They searched for blue
Their whole life through,
Then passed right by –
And never knew.



Joys and Concerns