

**Wild Church
Sunday, November 20, 2022
Victoria Park**

The Letting Go Time

Welcome and Announcements

Calling Us Into a Circle of Silence

Let us gather ourselves into silence. Listen to your breath. Listen to the wind. We are all connected through the breath of God. In Hebrew - the ruach = the wind is the breath of the Holy. Our own breath literally depends upon the breath of the trees.

You belong here. You are a welcome part of this ecosystem. All beings welcome us because they have not forgotten that we are all related, that we come from the same dust and will return to the same dust. Take another breath (pause) to acknowledge that our lives depend on all of life.

Friends, we are not only meeting in Nature. We are entering into a relationship with Nature. We are here to re-member ourselves back to where we belong. We are here to restore a loving and kindred relationship with the rest of the natural world, as spiritual practice.

Acknowledging the Land

Prayer

Loving Creator, we come as we are, knowing you accept us. We come as all we have ever been, knowing that we are still being created. We pray for hearts open to all we can become. Amen.

Introduction to the Theme

November is a month when the earth is quieting. The trees have let go of their leaves and stand dormant and bare. It is the time of the Frozen Moon. This is a letting go time. On this day, November 20 we are in the later portion of the period of the Waning Moon. (New Moon or Dark Moon will occur on November 23)

The period of the Waning Moon began as the edge of the Full Moon began to darken. One can sense the energy stalling as you watch the Moon shrink away. You can feel the world readying itself for release and rest.

When we open ourselves to the power of release that the shrinking moonlight brings, it infuses our spiritual practice. It is a good time to focus on those things in our lives that

we may need to let go of so we can more fully walk our life paths, or realize our goals. To do this we allow the gravity of the Waning Moon to pull what wants to be shedded from our beings.

This is a time to bundle up and to slow the pace. It is a time to surround ourselves with that which brings comfort - comfort foods, quilts and warm blankets, even hot chocolate and gathering around the warmth of a fire.. Cherish outdoor activity in the afternoon when the sun is at its strongest.

The Waning November Moon encourages us to release any remaining reluctance we may have about winter and any regrets we may have about the year that was.

Readings

Autumn Prayer of Acceptance by Joyce Rupp *Out of the Ordinary* pp 212-213

Moon and Water by Mary Oliver *Evidence* p.49

Sermon/Conversation

Part One: Wandering and Listening

This is a time in our gathering when we are invited to wander solo in Nature, listening for the wisdom of the natural world. This is heart listening. You are not listening with your head or your ears. Listen to what your heart is saying to you as you interact with all the beings that share this place. Acknowledge, with gratitude their wisdom as you receive their teachings. This will take some time. Wander for 25 minutes. Then return to our circle.

Part 2: Witnessing

When we are reassembled in the circle, invite people to share insights, symbols - whatever wants to be shared in the circle.

Blessing as We Leave the Circle

For Solitude by John O'Donohue from *To Bless the Space Between Us* p.112