



UU Congregation of Phoenix

June 2019

Harmony



Harmonies of the Spirit
Rev. Margret A. O'Neill

Music has been woven into the fabric of my being from my earliest days. Throughout my life, music seems to bubble up in me all the time. It was part of my family life - my father often accompanied his daily tasks with humming or singing, often making up new random verses for old tunes (which sometimes irritated his literal-minded daughter, though I have more sympathy now). Singing with my father, melody and harmony, was a joy of connection, and I remember those times fondly.

Melody and harmony, sometimes with words, sometimes not . . . for years I assumed that everyone had their own music ringing inside them. But when I noticed my mother's musical silence and I asked why she did not sing, she told me a story of her childhood, and her own father's comment that her singing "sounded like a broken record." That was, she said, the moment her music stopped; it is one of the saddest stories I ever knew. I cannot imagine life without music inside me.

And so I have sung: in choruses and choirs; in the shower and along with the car radio; in musical theater and in churches; occasionally solo, more often in the ranks of altos. I find love and connection in song. My spirit lifts in melody and harmony, in the blending and rising of voices, joined in breath and tone – community and spirituality woven into a seamless fabric of sound.

Harmony creates the fabric of life, weaving the larger patterns of existence. Harmony results not from a single sound, color or rhythm, but from a blend of tones creating their unique best way to fit together, giving rise to something new. We all need harmony in our lives – tones and colors that join to create a sense of peace and wellbeing, the rhythm of hearts beating together, the rise and fall of wave forms, the parade of light and darkness, sound and silence across the cosmos or as the poet tells us, a human connection of comfort, reassurance and love.

We each do our part to bring harmony into life – our own music is part of a larger pattern that nourishes and sustains. May new delights continue to emerge in the harmonics that rise from our daily living, as we sing our way through the world.

LAPS HAVE NO GENDER

By Anthony Mtuaswa Johnson

An empowerment weekend is how it was billed
Men and women to share, fake stuff to be killed.

Three days of talking, listening, tuning into real Self,
Folks opening up their Hearts, putting fronts on the Shelf.

I spoke of my desires, the twisted and the benign,
A man in motion being true to my kind.

You know a Real man, one who will never surrender.

Then I heard a whisper, "Psst, A Lap has no Gender."
Women and Men both have the need
To feel and give compassion, it said,
Stop listening to those tapes inside your head.
Men and Women both want to open up and hold one another.

Then, I wondered, if I close my eyes and lay my head down,
Is it the lap of a sister or a brother?

Twenty-three pairs of eyes twinkling around the circle
Searching for themselves.

Our Magician slowly leading us down the stairs
To the cellar of consciousness,
That place where everyone cares.

The smiles were genuine, the moans deep and true,
The pain sometimes deafening,
Speaking to the insides of you.

Hearts that remembered to remember
What most have forgotten.
The magician whispered soft and tender....
"We are not our bodies
and Laps Have No Gender."

Harmony

Where there is righteousness in the heart, there is beauty in the character. When there is beauty in the character, there is harmony in the home. When there is harmony in the home, there is order in the nation. When there is order in the nation, there is peace in the world. - A. P. J. Abdul Kalam

Singing is like a celebration of oxygen. - Bjork

Art is a harmony parallel with nature. - Paul Cezanne

The highest education is that which does not merely give us information but makes our life in harmony with all existence. - Rabindranath Tagore

The more in harmony with yourself you are, the more joyful you are and the more faithful you are. Faith is not to disconnect you from reality - it connects you to reality. - Paulo Coelho

The principle of the design - the harmony, rhythm and balance are all the same with interior and fashion design. - Venus Williams

The ground we walk on, the plants and creatures, the clouds above constantly dissolving into new formations - each gift of nature possessing its own radiant energy, bound together by cosmic harmony. - Ruth Bernhard

The purpose of life is to obey the hidden command which ensures harmony among all and creates an ever better world. We are not created only to enjoy the world; we are created in order to evolve the cosmos. - Maria Montessori

Happiness is not a matter of intensity but of balance, order, rhythm and harmony. - Thomas Merton



Session Plan
Theme: Harmony
June 2019

Opening Words & Chalice Lighting:

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Brief Check-in

Focus Reading:

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Focus Questions:

- What does harmony in life mean to you – is it philosophical, theological, personal, musical?
- How have you found or created harmony in your own life – in your family or your work, in your community?
- When you are in times of dissonance, how do you restore balance and harmony for yourself and those around you?

Checkout/Likes and Wishes

Closing Words & Extinguishing Chalice:

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