

Natural History Week on Star Island
Morning Chapel Service - Wednesday, June 18, 2025

Welcome and Centering

We acknowledge that Star Island is within the waters of N'dakinna, the traditional lands and waterways of the Abenaki, Pennacook and other related Wabanaki Peoples past and present. We acknowledge and honor with gratitude the land itself, all the life forms that live here and the people, animals, minerals, and plants who have stewarded it throughout the generations.

Call to Worship: Come in from the Wind by Heather Rion Starr
May we feel pulled into a restorative time of energetic peace.
May this be a place of learning, of nourishment,
a community that generates new zest in us
for the dynamic beauty of This World.
Come, let us worship together.

Chalice Lighting: I Breathe by Craig Rowland

I breathe in the warmth of this light, its glow filling the
spaces where fear and doubt reside.
I breathe out the tension I carry. I release what no longer
serves me.

I breathe in the strength of our community, a sanctuary
of diverse voices and shared purpose.
I breathe out the urge to go it alone.
I embrace the power of togetherness.

I breathe in the courage to speak truth, even when it
trembles on my lips.
I breathe out the silence that holds me back.
I make space for honesty and justice.

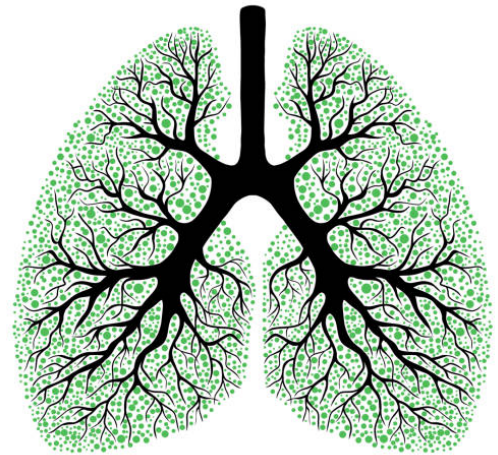
I breathe in the hope of transformation, knowing we are
here to build and to heal.
I breathe out despair, trusting that change is born in
small acts of love.

As we light this chalice, may each breath remind us of the sacred rhythm of life, the pulse of creation,
and the power we hold to shape the world around us.

Opening Hymn: #6 Just as Long as I Have Breath

Honoring the Spirit of Offertory, followed by Congregational Response:
From the spirit of life we have received, and to the spirit of life we give.
May our giving transform us, our community and our world.

Joys and Concerns, followed by a time of Prayer



Message of the Day:

Remember that you are AIR.

Observe. Breathe. Focus. Decide.

Air represents the breath of life, and is associated with freedom, communication, and ability to adapt to change. It can symbolize our ability to think, speak, and express ourselves, as well as the spiritual realm.

Air relates to intellect, ideas, inspiration, and the mind. It corresponds with the East, the color yellow, the suit of swords in the tarot, the throat and heart space. Air manifests itself in wind, sound, smoke, and smells. Although it cannot be seen, we can testify to its presence in the movement of the leaves on the trees, the birds in flight and the clouds in the sky. In astrology, the three air signs are Gemini, Libra, and Aquarius.

In many spiritual traditions, breath is extremely sacred:

In Hinduism and yoga, “prana” refers to the life force carried through the breath.

In Judeo-Christian tradition, the breath of God is in the first sentence of the first Book of Genesis: “When God began to create the heavens and the earth, the earth was complete chaos, and darkness covered the face of the deep, while a *wind from God* (Hebrew: ruah) swept over the face of the waters.” A different version of creation in Genesis (Chapter 2, verse 7) reads: “then the Lord God formed man from the dust of the ground and *breathed* into his nostrils the breath of life, and the man became a living being.” In the Christian tradition, the resurrected Jesus appeared in a room full of frightened disciples, saying “Peace I send you.” When he had said this, he *breathed* on them and said to them, “Receive the Holy Spirit.”

In Buddhism, mindfulness of breath is a key practice in achieving enlightenment.

In Taoism, breath-work (or “Qi Gong”) is used to balance energy and harmonize with nature.

All of these traditions emphasize that breath is more than just oxygen—it is a force that sustains and connects us to the universe.

Many spiritual traditions use breath as a form of prayer. In Christian mysticism, “breath prayers” involve repeating a short prayer with each inhale and exhale. In Buddhism and Hinduism, mantras are chanted with the breath, creating a deep meditative state. Even in everyday life, taking a deep, intentional breath can be a form of silent prayer or gratitude, a way of reconnecting with the divine in a simple, natural way.

Reflecting

Closing Hymn: #203 All Creatures of the Earth and Sky

Extinguishing Chalice (by Elizabeth Selle Jones)

“We extinguish this flame, but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.”

Jones

Benediction: Remember that you are AIR. Observe. Breathe. Focus. Decide.