

For Individual or Families of all stripes,

Here is a UU Vespers (“vespers” means evening prayer in the Christian tradition or as UU’s you might also call this a Reflection) to enrich spiritual practice on a day other than Sunday. I’ve created it using videos of songs I like and suggestions from Soul Matters Sharing Circles material.

For UU’s we can choose the time for Reflection to use at home in the evening or another time to check in with our spirit and values. Read and click on song links.

Love, Mary Borland, Director of Religious Exploration and Congregational Life,
Unitarian Universalist Congregation of Greater Naples. 2/13/19

Theme: Trusting Each Other

Message: We make promises to help each other.

Spiritual Focus: The Spirituality of trusting each other as we make and keep promises.

Opening words: Trust is like the air we breathe. When it’s present, nobody really notices. But when it’s absent, everybody notices. Warren Buffett

SONG click link> [SPIRIT OF LIFE](#)

Story: The Difference Between Heaven and Hell

Long ago there lived an old woman who had a wish. She wished more than anything to see for herself the difference between heaven and hell. The monks in the temple agreed to grant her request. They put a blindfold around her eyes, and said, "First you shall see hell."

When the blindfold was removed, the old woman was standing at the entrance to a great dining hall. The hall was full of round tables, each piled high with the most delicious foods — meats, vegetables, fruits, breads, and desserts of all kinds! The smells that reached her nose were wonderful.

The old woman noticed that, in hell, there were people seated around those round tables. She saw that their bodies were thin, and their faces were gaunt, and creased with frustration. Each person held a spoon. The spoons must have been three feet long! They were so long that the people in hell could reach the food on those platters, but they could not get the food back to their mouths. As the old woman watched, she heard their hungry desperate cries. "I've seen enough," she cried. "Please let me see heaven."

And so again the blindfold was put around her eyes, and the old woman heard, "Now you shall see heaven." When the blindfold was removed, the old woman was confused. For there she stood again, at the entrance to a great dining hall, filled with round tables

piled high with the same lavish feast. And again, she saw that there were people sitting just out of arm's reach of the food with those three-foot long spoons.

But as the old woman looked closer, she noticed that the people in heaven were plump and had rosy, happy faces. As she watched, a joyous sound of laughter filled the air.

And soon the old woman was laughing too, for now she understood the difference between heaven and hell for herself. The people in heaven were using those long spoons to feed each other.

Story based on: <https://www.uua.org/re/tapestry/children/toolbox/session1/heaven-hell>

Theme Connection: It's not easy to place your trust in others. We want to be self-sufficient, but the story reminds us that true safety and "heaven" rests in trusting and relying on others.

Reflections

How do you know when a friend or family member will keep their promise?

When you can trust them?

How do your friends or family know they can trust you?

How do they know that you are trustworthy?

Trust is built in small steps. It is little things that show you are a good friend, a family member learning to express love in actions of trustworthiness.

SONG [Nick Page This is a promise I Will Keep](#)