



Benefits of Mindful Meditation

Dave Wurtsmith

August 31, 2025

Music for Gathering	Savannah / Jennifer
Words of Welcome	Matthew Morris McCormick
Chalice Lighting	Matthew Morris McCormick
Introit	Savannah / Jennifer
Joys and Sorrows	Matthew Morris McCormick
Silent Meditation	

Offering	Matthew Morris McCormick
Offertory	Savannah / Jennifer

Giving Thanks for All That Sustains Us:

For the countless gifts we each have been given, gifts of life and love and sustenance, we bring these small portions, to share in the works of love which none of us can accomplish alone.

Readings:

1. The Story of the Woodcutter, the Tigers and the Strawberry

Read by Matthew Morris McCormick

2. Instructions for Zazen, by Ruth Ozeki

Reflection

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Questions for Sharing and Listening

1. What did you notice about your thoughts?
2. What did you notice about your body?
3. Did you have any emotional reaction or strong memories?

Guidelines for discussion: Please speak the truth as you understand it; please do not comment on others' comments until everyone has had a chance to do initial sharing.

Closing words Matthew Morris McCormick

Closing song Savannah / Jennifer

People joining us via Zoom are invited to stay for small group conversation.

People's Church: A beloved community embracing and serving our diverse world