

Aspen Chapel

A Spiritual Home for Everyone

Sunday October 25th 2020

Managing Decline



Introduction

Affirmation

I am aware of myself.

I am aware of my mind, my thoughts and the way that I am thinking about the world.

I am aware of my body, the way that I feel: my emotions, my pain and my joy.

I am aware this space around me. Of my presence in this space, and the space's presence in me.

I am aware of those people around me, their needs, their presence, their ability to contribute to me, and my ability to contribute to them.

I respect our relationship and the perfection of being in this space at this time.

I am aware of being a part of one whole, alongside all those here with me, and all that is around me.

I am mindful of the Grand Presence that holds everything together, that gives us life and sustains all within its being.

I commit to making my contribution through opening to that Grand Presence and allowing it to speak the language of love through me.

We are all one together.

Silence

Music Where does all the time go Sandy Denny

Meditation

Music At the River Copland

Message Nicholas

Prayers Heather

Offertory Benedictus from Messe cum jubilo Duruflé

Conversation Nicholas and Heather

Music And finally... Scott MacCracken

Notices and Closing Remarks Nicholas

Blessing Heather

Postlude Toccata in d minor Bach

Music: Sarah Stevens and Scott MacCracken vocalists
Susan Nicholson, piano and organ

Music sponsored by Tom and Donna Ward

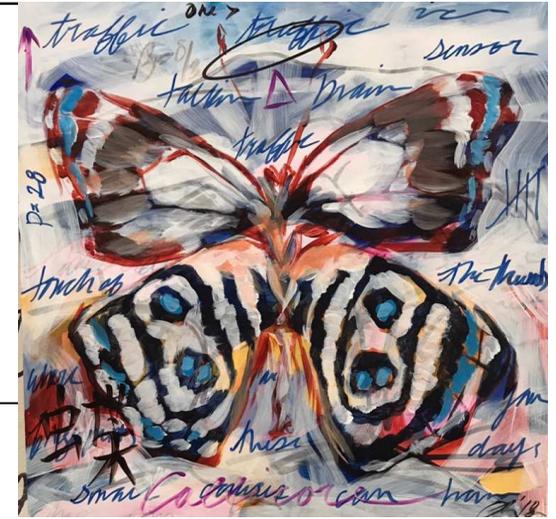
Illustration: Olivia Daane

Aspen Chapel

A Spiritual Home for Everyone

Sunday October 25th 2020

Managing Decline



Introduction

Affirmation

I am aware of myself.

I am aware of my mind, my thoughts and the way that I am thinking about the world.

I am aware of my body, the way that I feel: my emotions, my pain and my joy.

I am aware this space around me. Of my presence in this space, and the space's presence in me.

I am aware of those people around me, their needs, their presence, their ability to contribute to me, and my ability to contribute to them.

I respect our relationship and the perfection of being in this space at this time.

I am aware of being a part of one whole, alongside all those here with me, and all that is around me.

I am mindful of the Grand Presence that holds everything together, that gives us life and sustains all within its being.

I commit to making my contribution through opening to that Grand Presence and allowing it to speak the language of love through me.

We are all one together.

Silence

Music Where does all the time go Sandy Denny

Meditation

Music At the River Copland

Message Nicholas

Prayers Heather

Offertory Benedictus from Messe cum jubilo Duruflé

Conversation Nicholas and Heather

Music And finally... Scott MacCracken

Notices and Closing Remarks Nicholas

Blessing Heather

Postlude Toccata in d minor Bach

Music: Sarah Stevens and Scott MacCracken vocalists
Susan Nicholson, piano and organ

Music sponsored by Tom and Donna Ward

Illustration: Olivia Daane

