PRAYERS FOR PEACE

SECULAR (NATURE & POETRY)

A Gathering for Peace

Readers take turns

Welcoming

Welcome, everyone.
We gather together to listen, to read, and to share our hopes for peace.

Intentions

We take a moment to hold positive intentions for ourselves and our world.
We open our hearts to thoughts of Peace and Light.

Listening

We take time to simply listen, with gratitude, to the wind, the birds, the sounds of the world around us.

(Moment of silent listening)

Readings

(Choose from the favorites below, with readers taking turns)

Robert Frost, "The Pasture"

I'm going out to clean the pasture spring;
I'll only stop to rake the leaves away
(And wait to watch the water clear, I may):
I sha'n't be gone long.—You come too.

I'm going out to fetch the little calf
That's standing by the mother. It's so young,
It totters when she licks it with her tongue.
I sha'n't be gone long.—You come too.

Emily Dickinson, "'Hope' is the thing with feathers"

"Hope" is the thing with feathers –
That perches in the soul –
And sings the tune without the words –
And never stops – at all –

And sweetest – in the Gale – is heard –
And sore must be the storm –
That could abash the little Bird
That kept so many warm –

I've heard it in the chillest land –
And on the strangest Sea –
Yet – never – in Extremity,
It asked a crumb – of Me.

Emily Dickinson, "If I can stop one heart from breaking"

If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.

Henry David Thoreau, from Walden

I went to the woods because I wished to live deliberately,
to front only the essential facts of life,
and see if I could not learn what it had to teach,
and not, when I came to die, discover that I had not lived.

Heaven is under our feet
as well as over our heads.

John Muir

Keep close to Nature's heart... and break clear away, once in a while,
and climb a mountain or spend a week in the woods.
Wash your spirit clean.

William Wordsworth, "I Wandered Lonely as a Cloud"

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

Robert Frost, "Stopping by Woods on a Snowy Evening"

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Walt Whitman, "When I Heard the Learn'd Astronomer"

When I heard the learn'd astronomer,
When the proofs, the figures, were ranged in columns before me,
When I was shown the charts and diagrams, to add, divide, and measure them,
When I sitting heard the astronomer where he lectured with much applause in the lecture-room,
How soon unaccountable I became tired and sick,
Till rising and gliding out I wander'd off by myself,
In the mystical moist night-air, and from time to time,
Look'd up in perfect silence at the stars.

Walt Whitman, "Miracles"

Why, who makes much of a miracle?
As to me I know of nothing else but miracles,
Whether I walk the streets of Manhattan,
Or dart my sight over the roofs of houses toward the sky,
Or wade with naked feet along the beach just in the edge of the water,
Or stand under trees in the woods,
Or talk by day with any one I love, or sleep in the bed at night with any one I love,
Or sit at table at dinner with the rest,
Or look at strangers opposite me riding in the car,
Or watch honey-bees busy around the hive of a summer forenoon,
Or animals feeding in the fields,
Or birds, or the wonderfulness of insects in the air,
Or the wonderfulness of the sundown, or of stars shining so quiet and bright,
Or the exquisite thin curve of the new moon in spring;
These with the rest, one and all, are to me miracles,
The whole referring, yet each distinct and in its place.

To me every hour of the light and dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth is spread with the same,
Every foot of the interior swarms with the same.

To me the sea is a continual miracle,
The fishes that swim—the rocks—the motion of the waves—the ships with men in them,
What stranger miracles are there?

Robert Frost, "Nothing Gold Can Stay"

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.

Time of Sharing

We turn now to one another,
and take turns sharing, or simply listening.

You might share a reading that spoke to you,
a place in nature that brings you peace,
or what is on your heart today.

(Go around the circle. Anyone may share or pass.)

Closing

In closing, we light this candle with hopes of Peace.

(The candle is lit. A moment of silence.)

Only that day dawns to which we are awake.
There is more day to dawn.
The sun is but a morning star.

(Henry David Thoreau, Walden)

May the Peace of our circle ripple outward into the world.
