

# SUNDAY, MAY 3, 2020

Before you begin, create a small altar space. Gather a chalice and a small object or stone.

Use this guide to follow along with Chapel live on Zoom, or to worship on your own with the recording.

## WELCOME



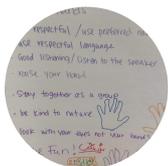
Take some breaths and get centered in your worship space at home. Notice the sacred space you are in -- wherever that may be. Together we make it a holy space.

## CHALICE LIGHTING



Use our words, or write your own to say as you light your chalice.

## COVENANT



What do we agree to do so that we can all feel physically, emotionally, and spiritually safe? This living document will be revised and revisited each week.

## FEELINGS CHECK IN



Hold a stone or small object in your hand. When you are ready, share your name, pronouns, and what you are bringing with you into worship today. Place your stone near the chalice.

## STORY



Read this week's story, printed on the next page. Answer the discussion questions together.

## GROW YOUR SOUL & SERVE THE WORLD



What are you sad about? Who and what do you miss? Write those things down and collect them in a jar. Take time to reflect on and hold those things during the week.

## BLESSINGS



Hold a stone in your hand. When you are ready, offer a blessing -- for a person, animal, or the world at large -- and place your stone near the chalice. Blow out the flame.



## STORY

This week's story is a Zen Buddhist tale called "The Monk's Heavy Load," adapted from two different versions told by Jon Muth in *Zen Shorts* and by Sarah Conover in *Kindness, A Treasury of Buddhist Wisdom*.

The tale is the story of two monks -- one young and one old -- who, on a warm Spring day, found themselves traveling to a village far from their monastery to do some trading. In the high mountains where they lived, there were only small trails between villages, no roads and few bridges. This Spring had been especially warm and the winter's dense snow was melting quickly and many streams had become too dangerous to cross.

After walking a distance on a rugged, steep trail, the two monks came upon a fast-moving stream where a young woman stood impatiently on the bank, pacing back and forth angrily as she stared at the raging waters.

The young monk simply nodded at the woman, and smiled as he passed. He lifted his monk's robe up slightly and carefully began to navigate the stream. But to his amazement, the elder monk sped right past while carrying the young woman on his back! The whole way across the stream the young impatient woman barked orders at the monk: "You are moving too fast! Don't get my robes wet!"

The elder monk just smiled as he gently set the woman down safely on the far shore, and as she impatiently stormed off the elder monk just simply gave her a bright, broad smile and went on with his way with a quick step.

As they continued on their way, the young monk was brooding and preoccupied -- he could not stop thinking about the young woman's behavior, and how the elder monk didn't seem to be bothered by it all. After several hours, unable to hold his silence, he spoke out, "That woman back there was so selfish and rude, but you picked her up and carried her. . . . And then she didn't even thank you!"

Surprised at his outburst, the old monk turned to face him. "I set down that woman hours ago," he said. "Why are you still carrying her?"

Questions:

- What do you do when something is bothering you?
- Is there someone you talk to?
- What helps you feel better?