

ONE Communion

Descent

Yours Truly, ONE

Threshold — Page 0 (1 page)

1 – Crown / Union (π / 10)— Page 1 (2 pages)

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1. Crown / Union, 2 pages

P.1

Saying (Christian):

"Love your neighbor as yourself." — Mark 12:31

Saying (Buddhist):

"Do not harm any living being." — Dhammapada 129

Communion

Communion is love in action, harmless and whole.

P.2

Saying (Hindu):

“Arise, awake, and stop not until the goal is reached.” — Katha Upanishad 1.3.14

Saying (Sufi):

“Try to accept the changing seasons of your soul, even as you have always accepted the passing seasons that sweep across your fields.” — Rumi

Communion

Communion is courage to rise, and surrender to change.

2. Brow / Vision, 3 pages

P.3

Saying (Christian):

“Seek and you will find; knock and the door will be opened to you.” — Matthew 7:7

Saying (Buddhist):

“Train your eyes to see the impermanent as impermanent.” — Dhammapada 277

Saying (Sufi):

“Close both eyes to see with the other eye.” — Rumi

Communion

Communion is the eye turned toward truth, seeing with clarity beyond illusion.

P.4

Saying (Greek):

"Know thyself." — Inscribed at Delphi

Saying (Hindu):

"See the Self in all beings, and all beings in the Self." — Isha Upanishad 6

Saying (Zen):

"When walking, walk. When eating, eat." — Zen teaching

Communion

Communion is vision practiced through self-knowledge, reflection, and presence.

P.5

Saying (Christian Mystic):

“Enlighten the eyes of your heart.” — Ephesians 1:18

Saying (Jewish):

“Lift up your eyes to the mountains.” — Psalm 121:1

Saying (Stoic):

“Choose to perceive what is in your power to see rightly.” — Epictetus

Communion

Communion is lifting the gaze of the heart, choosing the vision of One.

3. Throat / Expression, 5 pages

P.6

Saying (Christian):

“Let your yes be yes, and your no be no.” — Matthew 5:37

Saying (Stoic):

“First learn the meaning of what you say, and then speak.” — Epictetus

Saying (Jewish):

“Death and life are in the power of the tongue.” — Proverbs 18:21

Saying (Zen):

“Speak only what you know to be true.” — Zen precept

Communion

Communion is words weighed in truth, carrying life and clarity.

P.7

Saying (Christian):

“Preach the Gospel at all times. When necessary, use words.” — Francis of Assisi

Saying (Hindu):

“Speak the truth pleasantly; do not speak the truth unpleasantly.” — Manusmriti 4.138

Saying (Sufi):

“Raise your words, not your voice; it is rain that grows flowers, not thunder.” — Rumi

Saying (Buddhist):

“Speak only what brings benefit, not harm.” — Dhammapada 100

Communion

Communion is expression softened by kindness, strengthened by purpose.

P.8

Saying (Christian):

“Let no corrupting talk come out of your mouths, but only such as is good for building up.” — Ephesians 4:29

Saying (Greek):

“Speak, so that I may see you.” — Socrates

Saying (Indigenous):

“Listen to the wind, it talks; listen to the silence, it speaks.” — Native Saying

Saying (Buddhist):

“Listen deeply, speak mindfully.” — Thich Nhat Hanh

Communion

Communion is the breath of listening and the sound of truth together.

P.9

Saying (Christian):

“Whoever guards his mouth preserves his life.” — Proverbs 13:3

Saying (Stoic):

“Be silent for the most part, or say only what is necessary and in few words.” — Epictetus

Saying (Hindu):

“Let speech be truthful and kind, and productive of no harm.” — Mahabharata 5.39

Saying (Poet):

“Tell the truth, but tell it slant.” — Emily Dickinson

Communion

Communion is speech restrained, truth revealed in gentleness.

P.10

Saying (Christian):

"By your words you will be justified, and by your words you will be condemned." — Matthew 12:37

Saying (Buddhist):

"Right speech is to abstain from lies, divisive speech, harsh words, and idle chatter." — Noble Eightfold Path

Saying (Sufi):

"Speak only if your words are more beautiful than silence." — Unknown (Sufi attributed)

Saying (Greek):

"Kind words heal and sweeten the heart." — Aesop

Communion

Communion is the voice aligned with silence, shaping peace as One.

4. Heart / Love, 8 pages

P.11

Saying (Christian):

"Love your enemies, do good to those who hate you." — Luke 6:27

Saying (Buddhist):

"Cultivate boundless love toward all beings." — Metta Sutta

Saying (Hindu):

"He who sees all beings as his own Self, and his own Self in all beings, hates none." — Isha Upanishad 7

Saying (Sufi):

"Let yourself be silently drawn by the pull of what you really love." — Rumi

Saying (Jewish):

"You shall love the stranger as yourself." — Leviticus 19:34

Communion

Communion is love extended where it resists, embracing all without measure.

P.12

Saying (Christian Mystic):

"Love is the measure by which we shall be judged." — St. John of the Cross

Saying (Buddhist):

"Hatred never ceases by hatred; by love alone it ceases." — Dhammapada 5

Saying (Stoic):

"Wherever there is a human being, there is an opportunity for kindness." — Seneca

Saying (Indigenous):

"All my relations — treat each as kin." — Lakota teaching

Saying (Poet):

"Love is the bridge between you and everything." — Rumi

Communion

Communion is the bridge of kindness across every divide.

P.13

Saying (Christian):

"Above all, put on love, which binds everything together in perfect harmony." — Colossians 3:14

Saying (Buddhist):

"Train your heart in compassion." — Shantideva

Saying (Hindu):

"Let a man overcome anger by love." — Mahabharata 5.39

Saying (Sufi):

"Respond to every call that excites your spirit." — Rumi

Saying (Greek):

"The greatest thing you'll ever learn is to love and be loved in return." — Euripides

Communion

Communion is the heart trained in compassion, harmony, and response.

P.14

Saying (Christian):

"Greater love has no one than this, that someone lay down his life for his friends." — John 15:13

Saying (Buddhist):

"Consider others as yourself." — Dhammapada 10

Saying (Jewish):

"The world stands on three things: Torah, worship, and loving-kindness." — Pirkei Avot 1:2

Saying (Stoic):

"To love only what happens, what was destined. No greater harmony." — Marcus Aurelius

Saying (Poet):

"Love is the whole, we are the pieces." — Rumi

Communion

Communion is love given, even at cost, for the sake of wholeness.

P.15

Saying (Christian):

"Clothe yourselves with compassion, kindness, humility, gentleness, and patience." — Colossians 3:12

Saying (Buddhist):

"Speak kind words, for words once spoken rise again." — Dhammapada 51

Saying (Sufi):

"Be like a tree and let the dead leaves drop." — Rumi

Saying (Hindu):

"He who gives with a pure heart shall not sorrow." — Bhagavad Gita 17.20

Saying (Indigenous):

"The heart is the drum of life." — Native teaching

Communion

Communion is the heart dressed in compassion, steady as a drum.

P.16

Saying (Christian):

"Little children, let us not love in word or talk but in deed and truth." — 1 John 3:18

Saying (Buddhist):

"In the end, only three things matter: how much you loved, how gently you lived, how gracefully you let go." — Attributed to Buddha

Saying (Hindu):

"He who acts with love, his work is pure." — Bhagavad Gita 18.46

Saying (Sufi):

"Be a lamp, or a lifeboat, or a ladder. Help someone's soul heal." — Rumi

Saying (Poet):

"Love is not love which alters when it alteration finds." — Shakespeare

Communion

Communion is love proven in deed, gentleness, and constancy.

P.17

Saying (Christian):

“Do everything in love.” — 1 Corinthians 16:14

Saying (Jewish):

“You shall not hate your brother in your heart.” — Leviticus 19:17

Saying (Buddhist):

“As a mother protects her only child, so with boundless heart should one cherish all beings.” — Metta Sutta

Saying (Stoic):

“Do not waste time arguing what a good man should be. Be one.” — Marcus Aurelius

Saying (Poet):

“Love all, trust a few, do wrong to none.” — Shakespeare

Communion

Communion is love expressed as protection, trust, and integrity.

P.18

Saying (Christian Mystic):

"Where there is no love, put love, and you will draw out love." — St. John of the Cross

Saying (Buddhist):

"If you light a lamp for someone else, it will also brighten your path." — Dhammapada 102

Saying (Hindu):

"He who hates no creature, who is friendly and compassionate, free from attachment and pride, he is dear to Me." — Bhagavad Gita 12.13-14

Saying (Sufi):

"Try to accept the changing seasons of your soul." — Rumi

Saying (Indigenous):

"Love is the sacred fire kept burning in the heart."

Communion

Communion is the fire of love placed where it is absent, burning steady within.

5. Solar Plexus / Action, 13 pages

P.19

Saying (Christian):

"Let your light shine before others, that they may see your good deeds." — Matthew 5:16

Saying (Science):

"Nothing happens until something moves." — Albert Einstein

Saying (Stoic):

"Waste no more time arguing what a good man should be. Be one." — Marcus Aurelius

Saying (History):

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

Saying (Music):

"To play a wrong note is insignificant; to play without passion is inexcusable." — Beethoven

Saying (Indigenous):

"Walk gently upon the earth, for she is your mother." — Native teaching

Communion

Communion is the deed that shines, the movement that awakens, the passion that serves.

P.20

Saying (Buddhist):

"What you think, you become. What you do, you create." — Dhammapada 1

Saying (Mathematics):

"Number rules the universe." — Pythagoras

Saying (Poet):

"Do not go gentle into that good night; rage, rage against the dying of the light." — Dylan Thomas

Saying (History):

"Injustice anywhere is a threat to justice everywhere." — Martin Luther King Jr.

Saying (Science):

"I am among those who think that science has great beauty." — Marie Curie

Saying (Sufi):

"Try to accept the changing seasons of your soul." — Rumi

Communion

Communion is thought made deed, courage forged in beauty, justice lived as light.

P.21

Saying (Christian):

"Faith without works is dead." — James 2:26

Saying (Science):

"Imagination is more important than knowledge." — Albert Einstein

Saying (Poet):

"I took the road less traveled by, and that has made all the difference." — Robert Frost

Saying (Indigenous):

"You must be the keeper of your own fire." — Native proverb

Saying (History):

"Action is the foundational key to all success." — Pablo Picasso

Saying (Stoic):

"First say to yourself what you would be; and then do what you have to do." — Epictetus

Communion

Communion is fire kept, road walked, imagination dared, faith embodied.

P.22

Saying (Christian):

"Be doers of the word, and not hearers only." — James 1:22

Saying (Science):

"I never worry about the future. It comes soon enough." — Albert Einstein

Saying (History):

"It always seems impossible until it is done." — Nelson Mandela

Saying (Philosophy):

"The beginning is the most important part of the work." — Plato

Saying (Music):

"A painter paints pictures on canvas. But musicians paint their pictures on silence." — Leopold Stokowski

Saying (Indigenous):

"We do not inherit the earth from our ancestors, we borrow it from our children." — Native proverb

Communion

Communion is work begun, impossible made possible, silence made song.

P.23

Saying (Buddhist):

"Drop by drop is the water pot filled. Likewise, the wise man, gathering little by little, fills himself with good." — Dhammapada 122

Saying (Science):

"Somewhere, something incredible is waiting to be known." — Carl Sagan

Saying (Poet):

"Act as if what you do makes a difference. It does." — William James

Saying (History):

"You must be the change you wish to see in the world." — Mahatma Gandhi

Saying (Music):

"Without craftsmanship, inspiration is a mere reed shaken in the wind." — Johannes Brahms

Saying (Stoic):

"First learn to obey, then command." — Solon

Communion

Communion is action gathered drop by drop, until the vessel overflows into the world.

P.24

Saying (Christian):

“Do not grow weary of doing good.” — Galatians 6:9

Saying (Science):

*“Research is seeing what everybody else has seen and thinking what nobody else has thought.”
— Albert Szent-Györgyi*

Saying (Philosophy):

“Happiness lies in virtuous activity.” — Aristotle

Saying (History):

“The time is always right to do what is right.” — Martin Luther King Jr.

Saying (Music):

“A bird doesn’t sing because it has an answer, it sings because it has a song.” — Maya Angelou

Saying (Indigenous):

“The frog does not drink up the pond in which it lives.” — Sioux proverb

Communion

Communion is steady work, creative thought, and right action flowing like song and water.

P.25

Saying (Christian):

“Whatever you do, work at it with all your heart.” — Colossians 3:23

Saying (Science):

“Somewhere, something incredible is waiting to be known.” — Carl Sagan

Saying (Philosophy):

“The man who moves a mountain begins by carrying away small stones.” — Confucius

Saying (Music):

“Don’t play what’s there, play what’s not there.” — Miles Davis

Saying (History):

“You cannot escape the responsibility of tomorrow by evading it today.” — Abraham Lincoln

Saying (Indigenous):

“Walk gently, for every step is upon your ancestors.” — Native teaching

Communion

Communion is whole-hearted work, mountain-moving patience, and gentle steps upon the earth.

P.26

Saying (Christian Mystic):

"Do not wait for leaders; do it alone, person to person." — Mother Teresa

Saying (Science):

"I have not failed. I've just found 10,000 ways that won't work." — Thomas Edison

Saying (Philosophy):

"Act only according to that maxim whereby you can at the same time will that it should become universal law." — Immanuel Kant

Saying (Music):

"Music can change the world." — Ludwig van Beethoven

Saying (History):

"Revolutions are brought about by men, by men who think as men of action and act as men of thought." — Kwame Nkrumah

Saying (Poet):

"The way to do is to be." — Lao Tzu

Communion

Communion is perseverance, principle, and person-to-person love embodied in action.

P.27

Saying (Christian):

"Be strong and courageous. Do not be afraid." — Joshua 1:9

Saying (Science):

"If I have seen further, it is by standing on the shoulders of giants." — Isaac Newton

Saying (Philosophy):

"Do not act as if you were going to live ten thousand years. Death hangs over you. While you live, while it is in your power, be good." — Marcus Aurelius

Saying (Music):

"Practice, practice, practice." — Jascha Heifetz

Saying (History):

"Give me liberty, or give me death." — Patrick Henry

Saying (Indigenous):

"The one who tells the story rules the world." — Hopi proverb

Communion

Communion is courage practiced daily, rooted in story, lifted on the shoulders of those before us.

P.28

Saying (Christian):

"Let us not love with words or speech but with actions and in truth." — 1 John 3:18

Saying (Science):

"Equipped with his five senses, man explores the universe around him and calls the adventure Science." — Edwin Hubble

Saying (Philosophy):

"Happiness depends upon ourselves." — Aristotle

Saying (Music):

"A creative artist works on his next composition because he was not satisfied with his previous one." — Dmitri Shostakovich

Saying (History):

"Do not pray for easy lives. Pray to be stronger men." — John F. Kennedy

Saying (Poet):

"I am not afraid of storms, for I am learning how to sail my ship." — Louisa May Alcott

Communion

Communion is truth in deed, adventure in discovery, strength in storm, and art in persistence.

5. Solar Plexus / Action, 13 pages (conclusion)

P.29

Saying (Christian):

"Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God."
— Hebrews 13:16

Saying (Science):

"The important thing is not to stop questioning." — Albert Einstein

Saying (Philosophy):

"He who opens a school door, closes a prison." — Victor Hugo

Saying (Music):

"Jazz is not just music, it's a way of life, a way of being, a way of thinking." — Nina Simone

Saying (History):

"Act as if it were impossible to fail." — Dorothea Brande

Saying (Indigenous):

"The earth does not belong to man; man belongs to the earth." — Chief Seattle

Communion

Communion is goodness shared, questions kept alive, freedom taught, and earth honored.

P.30

Saying (Christian Mystic):

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." — St. Francis of Assisi

Saying (Science):

"The cure for boredom is curiosity. There is no cure for curiosity." — Dorothy Parker

Saying (Poet):

"The journey of a thousand miles begins with a single step." — Lao Tzu

Saying (History):

"Give me a place to stand and I will move the world." — Archimedes

Saying (Music):

"Without deviation from the norm, progress is not possible." — Frank Zappa

Saying (Stoic):

"If it is not right, do not do it; if it is not true, do not say it." — Marcus Aurelius

Communion

Communion is beginning with the step at hand, curiosity alight, truth guiding motion.

P.31

Saying (Christian):

"Blessed are those who hear the word of God and obey it." — Luke 11:28

Saying (Science):

*"We cannot solve our problems with the same thinking we used when we created them." —
Albert Einstein*

Saying (Philosophy):

"The superior man is modest in speech, but exceeds in action." — Confucius

Saying (Music):

"Music is the divine way to tell beautiful, poetic things to the heart." — Pablo Casals

Saying (History):

"Do not wait to strike till the iron is hot; but make it hot by striking." — William Butler Yeats

Saying (Indigenous):

"When you take something from the earth, you must give something back." — Native teaching

Communion

Communion is obedience in action, thought renewed, and reciprocity with earth and spirit.

6. Sacral / Relation, 21 pages

P.32

Saying (Christian):

"Bear one another's burdens, and so fulfill the law of Christ." — Galatians 6:2

Saying (Buddhist):

"Consider others as yourself." — Dhammapada 10

Saying (Science):

"In the end, we will conserve only what we love; we will love only what we understand." — Baba Dioum (ecologist)

Saying (Music):

"The notes I handle no better than many pianists. But the pauses between the notes — ah, that is where the art resides." — Artur Schnabel

Saying (History):

"An injury to one is an injury to all." — Labor movement slogan

Saying (Philosophy):

"Friendship is a single soul dwelling in two bodies." — Aristotle

Saying (Indigenous):

"We are all related." — Lakota teaching

Communion

Communion is relation woven in burden, pause, friendship, and kinship.

P.33

Saying (Christian):

"Be devoted to one another in love. Honor one another above yourselves." — Romans 12:10

Saying (Sufi):

"Try to accept the changing seasons of your soul, as you accept the seasons on the land." — Rumi

Saying (Science):

"No man is an island entire of itself." — John Donne (early ecology insight)

Saying (Philosophy):

"The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed." — Carl Jung

Saying (Music):

"The best teamwork comes from men who are working independently toward one goal in unison." — James Cash Penney

Saying (Poet):

"Two souls with but a single thought, two hearts that beat as one." — John Keats

Saying (Indigenous):

"The sky and the earth are married, and all beings are their children." — Native proverb

Communion

Communion is devotion, transformation, and marriage of sky and earth.

P.34

Saying (Christian Mystic):

"What we love, we shall grow to resemble." — St. Bernard of Clairvaux

Saying (Buddhist):

"He who loves 50 people has 50 woes; he who loves no one has no woes. But he who loves one being truly has joy." — Buddha

Saying (Science):

"In the long history of humankind, those who learned to collaborate and improvise most effectively have prevailed." — Charles Darwin

Saying (Philosophy):

"Without friends no one would choose to live, though he had all other goods." — Aristotle

Saying (Music):

"A duet is when two become one in harmony." — Anonymous

Saying (History):

"We must learn to live together as brothers or perish together as fools." — Martin Luther King Jr.

Saying (Indigenous):

"All things are connected like the blood which unites one family." — Chief Seattle

Communion

Communion is resemblance, joy, collaboration, harmony, and the blood of one family.

P.35

Saying (Christian):

"Above all, love each other deeply, because love covers over a multitude of sins." — 1 Peter 4:8

Saying (Buddhist):

"Consider others' happiness as your own." — Dalai Lama

Saying (Science):

*"The strength of the team is each individual member. The strength of each member is the team."
— Phil Jackson (applied systems thinking)*

Saying (Philosophy):

"No man has any natural authority over his fellow man." — Jean-Jacques Rousseau

Saying (Music):

"A choir is made up of many voices, including yours and mine. If one by one we keep silent then the music dies." — Vera Nazarian

Saying (History):

"We must learn to live together as brothers or perish together as fools." — Martin Luther King Jr.

Saying (Indigenous):

"When you heal yourself, you heal your family. When you heal your family, you heal your nation." — Native teaching

Communion

Communion is healing extended outward, voice woven into the chorus of life.

P.36

Saying (Christian Mystic):

"Love is not about possession. Love is about appreciation." — Osho

Saying (Buddhist):

"If you light a lamp for somebody, it will also brighten your path." — Dhammapada 102

Saying (Science):

"We are like islands in the sea, separate on the surface but connected in the deep." — William James

Saying (Philosophy):

"To love someone is to see him as God intended him." — Fyodor Dostoevsky

Saying (Music):

"One good thing about music, when it hits you, you feel no pain." — Bob Marley

Saying (History):

"Justice cannot be for one side alone, but must be for both." — Eleanor Roosevelt

Saying (Indigenous):

"The hurt of one is the hurt of all. The honor of one is the honor of all." — Lakota teaching

Communion

Communion is lamp, island, song, and justice shared without boundary.

P.37

Saying (Christian):

“Rejoice with those who rejoice; mourn with those who mourn.” — Romans 12:15

Saying (Buddhist):

“Regard all beings as a mother regards her only child.” — Metta Sutta

Saying (Science):

“We are stardust brought to life, then empowered by the universe to figure itself out — and we have only just begun.” — Neil deGrasse Tyson

Saying (Philosophy):

“The whole is greater than the sum of its parts.” — Aristotle

Saying (Music):

“When you play, never mind who listens to you.” — Robert Schumann

Saying (History):

“The weak can never forgive. Forgiveness is the attribute of the strong.” — Mahatma Gandhi

Saying (Indigenous):

“We are bound together like the strands of a net.” — Polynesian proverb

Communion

Communion is rejoicing, mourning, forgiving, and remembering the net of stars and kin.

P.38

Saying (Christian):

"Carry each other's burdens, and in this way you will fulfill the law of Christ." — Galatians 6:2

Saying (Buddhist):

"Just as the earth carries all without discrimination, so cultivate a mind of equal regard." — Mahayana teaching

Saying (Science):

"In every interaction, we are either giving energy or taking it away." — Unknown, systems ecology

Saying (Philosophy):

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." — Aristotle

Saying (Music):

"When I hear music, I fear no danger. I am invulnerable." — Henry David Thoreau

Saying (History):

"Each time a man stands up for an ideal, he sends forth a tiny ripple of hope." — Robert F. Kennedy

Saying (Indigenous):

"No tree has branches so foolish as to fight among themselves." — Ojibwe proverb

Communion

Communion is carrying and being carried, rippling outward as harmony in habit and heart.

P.39

Saying (Christian):

"Do to others as you would have them do to you." — Luke 6:31

Saying (Buddhist):

"If your compassion does not include yourself, it is incomplete." — Jack Kornfield

Saying (Science):

"The bond that links your true family is not one of blood, but of respect and joy in each other's life." — Richard Bach

Saying (Philosophy):

"Man is by nature a social animal." — Aristotle

Saying (Music):

"The whole point of jazz is to be able to take liberties; to bend the rules." — Ella Fitzgerald

Saying (History):

"The arc of the moral universe is long, but it bends toward justice." — Martin Luther King Jr.

Saying (Indigenous):

"One finger cannot lift a pebble." — Hopi proverb

Communion

Communion is respect, liberty, and justice woven in the circle of many hands.

P.40

Saying (Christian Mystic):

"Where there is charity and love, there God is." — St. Augustine

Saying (Buddhist):

"Compassion is not a relationship between the healer and the wounded. It's a relationship between equals." — Pema Chödrön

Saying (Science):

"We are like neurons in a giant brain." — Stephen Hawking

Saying (Philosophy):

"The self is not something ready-made, but something in continuous formation through choice of action." — John Dewey

Saying (Music):

"Without music, life would be a mistake." — Friedrich Nietzsche

Saying (History):

"In union there is strength." — Aesop

Saying (Indigenous):

"All things share the same breath — the beast, the tree, the man." — Chief Seattle

Communion

Communion is equality, breath, and strength in the ongoing song of relation.

P.41

Saying (Christian):

"Encourage one another and build each other up." — 1 Thessalonians 5:11

Saying (Buddhist):

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." — Dalai Lama

Saying (Science):

"Symbiosis is the driving force of evolution." — Lynn Margulis

Saying (Philosophy):

"A friend to all is a friend to none." — Aristotle (calling us to true relation)

Saying (Music):

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

Saying (History):

"Liberty means responsibility. That is why most men dread it." — George Bernard Shaw

Saying (Indigenous):

"We are each a thread in the web of life." — Native proverb

Communion

Communion is compassion in service, threads of life woven in responsibility.

P.42

Saying (Christian):

"Carry each other's burdens." — Galatians 6:2

Saying (Buddhist):

"As a bee gathers nectar without harming the flower, so live in relation with others." — Dhammapada 49

Saying (Science):

"No one can whistle a symphony. It takes a whole orchestra to play it." — H.E. Luccock

Saying (Philosophy):

"I think therefore I am — but I love therefore we are." — Simone Weil (paraphrased)

Saying (Music):

"The piano keys are black and white, but they sound like a million colors in your mind." — Maria Cristina Mena

Saying (History):

"When spiders unite, they can tie down a lion." — Ethiopian proverb

Saying (Indigenous):

"The earth is the mother of all people, and all people should have equal rights upon it." — Chief Joseph

Communion

Communion is burden shared, nectar gathered, and symphony created in equality.

P.43

Saying (Christian Mystic):

"What does love look like? It has the hands to help others, the feet to hasten to the poor and needy, the eyes to see misery and want." — St. Augustine

Saying (Buddhist):

"In separateness lies the world's great misery; in compassion lies the world's true strength." — Buddha

Saying (Science):

"We are an impossibility in an impossible universe." — Ray Bradbury

Saying (Philosophy):

"Man is nothing else but what he makes of himself." — Jean-Paul Sartre

Saying (Music):

"Without love it is all noise." — Anonymous jazz teaching

Saying (History):

"Peace is not merely a distant goal, but a means by which we arrive at that goal." — Martin Luther King Jr.

Saying (Indigenous):

"All who wander are seeking the same fire." — Native proverb

Communion

Communion is hands, feet, eyes, and fire kindled together in compassion's strength.

P.44

Saying (Christian):

"Let us consider how we may spur one another on toward love and good deeds." — Hebrews 10:24

Saying (Buddhist):

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened." — Buddha

Saying (Science):

"In the social insects, the individual is nothing, the colony is everything." — E.O. Wilson

Saying (Philosophy):

"The whole man is in relation with the whole universe." — Plotinus

Saying (Music):

"The song is not complete until it is shared." — Folk tradition

Saying (History):

"We must be knit together in this work as one man." — John Winthrop

Saying (Indigenous):

"The hoop of the people is broken only when we forget each other." — Lakota proverb

Communion

Communion is candle, colony, song, and hoop — wholeness in sharing and remembering.

P.45

Saying (Christian):

"Clothe yourselves with compassion, kindness, humility, gentleness, and patience." — Colossians 3:12

Saying (Buddhist):

"If you propose to speak, always ask yourself, is it true, is it necessary, is it kind?" — Buddha

Saying (Science):

"In human relations, kindness and consideration are worth more than intelligence." — Jacques Maritain

Saying (Philosophy):

"The soul is dyed the color of its thoughts." — Marcus Aurelius

Saying (Music):

"Without harmony there is no music, only noise." — Chinese proverb

Saying (History):

"A house divided against itself cannot stand." — Abraham Lincoln

Saying (Indigenous):

"We are each but one thread; together we weave the cloth." — Native teaching

Communion

Communion is the garment of compassion, woven in harmony and unity.

P.46

Saying (Christian Mystic):

“Seek not to be consoled as to console, to be understood as to understand.” — Prayer of St. Francis

Saying (Buddhist):

“With our thoughts we make the world.” — Dhammapada 1

Saying (Science):

“We must learn to live together as brothers or perish together as fools.” — Martin Luther King Jr.

Saying (Philosophy):

“He who wishes to secure the good of others has already secured his own.” — Confucius

Saying (Music):

“The notes I handle no better than many pianists, but the pauses between the notes—ah, that is where the art resides.” — Artur Schnabel

Saying (History):

“To deny people their human rights is to challenge their very humanity.” — Nelson Mandela

Saying (Indigenous):

“We are made from Mother Earth and we return to her.” — Native teaching

Communion

Communion is consolation given, humanity affirmed, earth remembered as mother.

P.47

Saying (Christian):

"Do to others as you would have them do to you." — Luke 6:31

Saying (Buddhist):

"Just as a mother would protect her only child at the risk of her own life, cultivate a boundless heart toward all beings." — Metta Sutta

Saying (Science):

"The survival of humanity will depend on our ability to cooperate." — William Ury

Saying (Philosophy):

"Man is not made for himself alone." — Cicero

Saying (Music):

"The best way to make children good is to make them happy." — Oscar Wilde

Saying (History):

"The brotherhood of man transcends the sovereignty of nations." — Franklin D. Roosevelt

Saying (Indigenous):

"One finger cannot lift a pebble." — Hopi proverb

Communion

Communion is the pebble lifted, the brotherhood remembered, the heart boundless.

P.48

Saying (Christian Mystic):

"What is hateful to you, do not do to your fellow man." — Hillel the Elder

Saying (Buddhist):

"In separateness lies the world's great misery; in compassion lies the world's true strength." — Buddha

Saying (Science):

"We are made of starstuff." — Carl Sagan

Saying (Philosophy):

"Man becomes great exactly in the degree in which he works for the welfare of his fellow-men." — Mahatma Gandhi

Saying (Music):

"If I cannot fly, let me sing." — Stephen Sondheim

Saying (History):

"We hold these truths to be self-evident, that all men are created equal." — U.S. Declaration of Independence

Saying (Indigenous):

"The hurt of one is the hurt of all, the honor of one is the honor of all." — Lakota teaching

Communion

Communion is equality declared, starstuff embraced, compassion lived as strength.

P.49

Saying (Christian):

"Love one another as I have loved you." — John 13:34

Saying (Buddhist):

"Compassion is the wish for others to be free from suffering." — Dalai Lama

Saying (Science):

"We must cultivate global citizenship." — Kofi Annan

Saying (Philosophy):

"The whole is greater than the sum of its parts." — Aristotle

Saying (Music):

"Without love it is all noise." — Anonymous jazz saying

Saying (History):

"We must learn to live together as brothers or perish together as fools." — Martin Luther King Jr.

Saying (Indigenous):

"We are bound together like the strands of a net." — Polynesian proverb

Communion

Communion is the net woven, the noise silenced, the whole revealed as love.

P.50

Saying (Christian):

"Live in harmony with one another." — Romans 12:16

Saying (Buddhist):

"If you light a lamp for someone, it will also brighten your path." — Dhammapada 102

Saying (Science):

"We must learn to live together or we will perish together." — Albert Einstein

Saying (Philosophy):

"No one can live without friends, even if he possesses all other goods." — Aristotle

Saying (Music):

"The most perfect expression of human behavior is a string quartet." — Jeffrey Tate

Saying (History):

"The only thing we have to fear is fear itself." — Franklin D. Roosevelt

Saying (Indigenous):

"The earth does not belong to us. We belong to the earth." — Chief Seattle

Communion

Communion is lamp, harmony, quartet, and belonging to the earth together.

P.51

Saying (Christian Mystic):

"For where two or three gather in my name, there am I with them." — Matthew 18:20

Saying (Buddhist):

*"One who shows loving-kindness in speech and action is respected by others." —
Dhammapada 133*

Saying (Science):

"Alone we can do so little; together we can do so much." — Helen Keller

Saying (Philosophy):

"Man is nothing else but what he makes of himself." — Jean-Paul Sartre

Saying (Music):

"A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has." — Margaret Mead

Saying (History):

*"Give me your tired, your poor, your huddled masses yearning to breathe free." — Emma
Lazarus*

Saying (Indigenous):

*"When you take something from the earth, remember to give something back." — Native
teaching*

Communion

Communion is gathering, giving, and changing the world through reciprocity.

P.52

Saying (Christian):

"Let us love not with words or speech but with actions and in truth." — 1 John 3:18

Saying (Buddhist):

"Hatred does not cease by hatred, but only by love." — Dhammapada 5

Saying (Science):

*"We are passengers on a little spaceship, dependent on its vulnerable reserves of air and soil."
— Adlai Stevenson*

Saying (Philosophy):

*The good of man is the active exercise of his soul's faculties in accordance with virtue." —
Aristotle*

Saying (Music):

"The whole world is a symphony, if only we listen." — Anonymous

Saying (History):

"The rights of every man are diminished when the rights of one man are threatened." — John F. Kennedy

Saying (Indigenous):

"The hurt of one is the hurt of all. The honor of one is the honor of all." — Lakota teaching

Communion

Communion is truth in action, harmony in symphony, and justice in relation.

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P.53

Saying (Christian):

"Be still, and know that I am God." — Psalm 46:10

Saying (Buddhist):

"Your work is to discover your world and then with all your heart give yourself to it." — Buddha

Saying (Science):

"The cosmos is within us. We are made of star-stuff." — Carl Sagan

Saying (Philosophy):

"Know thyself." — Inscription at Delphi

Saying (Music):

"The earth has music for those who listen." — George Santayana

Saying (History):

*"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed."
— Martin Luther King Jr.*

Saying (Indigenous):

"The ground on which we stand is sacred ground." — Lakota proverb

Saying (Mystic/Poet):

"The wound is the place where the Light enters you." — Rumi

Communion

Communion is being still, listening, and rooting freedom and light in sacred ground.

P.54

Saying (Christian):

"You are the salt of the earth." — Matthew 5:13

Saying (Buddhist):

"Work out your own salvation with diligence." — Buddha

Saying (Science):

"We must return to the earth to know the ground of our being." — Thomas Berry

Saying (Philosophy):

"The unexamined life is not worth living." — Socrates

Saying (Music):

"Rhythm and harmony find their way into the inward places of the soul." — Plato

Saying (History):

"Give me liberty, or give me death." — Patrick Henry

Saying (Indigenous):

"When we walk on the earth, we are walking on the faces of those yet to come." — Native proverb

Saying (Poet):

"I am large, I contain multitudes." — Walt Whitman

Communion

Communion is diligence in life, rhythm of soul, and multitudes rooted in liberty.

P.55

Saying (Christian):

"Man shall not live by bread alone, but by every word that comes from the mouth of God." — Matthew 4:4

Saying (Buddhist):

"In the sky there is no distinction of east and west; people create distinctions out of their own minds." — Buddha

Saying (Science):

"Matter tells space how to curve. Space tells matter how to move." — John Archibald Wheeler

Saying (Philosophy):

"I think, therefore I am." — René Descartes

Saying (Music):

"Without music, life would be a mistake." — Friedrich Nietzsche

Saying (History):

"The only thing we have to fear is fear itself." — Franklin D. Roosevelt

Saying (Indigenous):

"All things are connected. What happens to the earth happens to the children of the earth." — Chief Seattle

Saying (Poet):

"Tell me, what is it you plan to do with your one wild and precious life?" — Mary Oliver

Communion

Communion is fearless, wild, precious, and connected to the living root of being.

P.56

Saying (Christian):

“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.” — Matthew 7:24

Saying (Buddhist):

“Just as a solid rock is not shaken by the storm, so the wise are not moved by praise or blame.” — Dhammapada 81

Saying (Science):

“We are the way for the cosmos to know itself.” — Carl Sagan

Saying (Philosophy):

“He who has a why to live can bear almost any how.” — Friedrich Nietzsche

Saying (Music):

“To send light into the darkness of men’s hearts — that is the duty of the artist.” — Robert Schumann

Saying (History):

“The power of the people is greater than the people in power.” — Wael Ghonim

Saying (Indigenous):

“We do not walk alone. Our ancestors walk with us.” — Native teaching

Saying (Poet):

“What happens to a dream deferred? Does it dry up like a raisin in the sun?” — Langston Hughes

Communion

Communion is house on rock, ancestors walking, and dreams kept alive with light.

P.57

Saying (Christian):

"Faith is the assurance of things hoped for, the conviction of things not seen." — Hebrews 11:1

Saying (Buddhist):

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path." — Dhammapada 165

Saying (Science):

"Nature is not a place to visit. It is home." — Gary Snyder

Saying (Philosophy):

"The only true wisdom is in knowing you know nothing." — Socrates

Saying (Music):

"One good thing about music, when it hits you, you feel no pain." — Bob Marley

Saying (History):

"Stand up straight and realize who you are, that you tower over your circumstances." — Maya Angelou

Saying (Indigenous):

"The earth does not belong to us. We belong to the earth." — Chief Seattle

Saying (Poet):

"For still there are so many things that I have never seen: in every wood in every spring there is a different green." — J.R.R. Tolkien

Communion

Communion is conviction unseen, wisdom humble, and belonging to the living earth.

P.58

Saying (Christian):

"The kingdom of God is within you." — Luke 17:21

Saying (Buddhist):

"If you light a lamp for someone else, it will also brighten your path." — Buddha

Saying (Science):

"We are not passengers on spaceship Earth, we are the crew." — Marshall McLuhan

Saying (Philosophy):

"Happiness is not an ideal of reason but of imagination." — Immanuel Kant

Saying (Music):

"Without craftsmanship, inspiration is a mere reed shaken in the wind." — Johannes Brahms

Saying (History):

"Justice is what love looks like in public." — Cornel West

Saying (Indigenous):

"When we walk on the earth, we walk on the faces of those yet to come." — Native proverb

Saying (Poet):

"I am the master of my fate, I am the captain of my soul." — William Ernest Henley

Communion

Communion is lamp lit, justice embodied, and soul captained from within.

P.59

Saying (Christian):

"You are God's temple and God's Spirit dwells in you." — 1 Corinthians 3:16

Saying (Buddhist):

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." — Buddha

Saying (Science):

"The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars." — Carl Sagan

Saying (Philosophy):

"The beginning of wisdom is the definition of terms." — Socrates

Saying (Music):

"The true beauty of music is that it connects people." — Roy Ayers

Saying (History):

"A people without the knowledge of their past history, origin and culture is like a tree without roots." — Marcus Garvey

Saying (Indigenous):

"The frog does not drink up the pond in which he lives." — Sioux proverb

Saying (Poet):

"I took the one less traveled by, and that has made all the difference." — Robert Frost

Communion

Communion is presence in the moment, roots remembered, and paths chosen with courage.

P.60

Saying (Christian):

"You will know the truth, and the truth will set you free." — John 8:32

Saying (Buddhist):

"Your purpose in life is to find your purpose and give your whole heart and soul to it." — Buddha

Saying (Science):

"Injustice anywhere is a threat to justice everywhere." — Martin Luther King Jr.

Saying (Philosophy):

"Happiness depends upon ourselves." — Aristotle

Saying (Music):

"Don't only practice your art, but force your way into its secrets." — Ludwig van Beethoven

Saying (History):

"The future depends entirely on what each of us does every day." — Gloria Steinem

Saying (Indigenous):

"The earth is our mother. Whatever befalls the earth befalls the sons of the earth." — Chief Seattle

Saying (Poet):

"Hope is the thing with feathers that perches in the soul." — Emily Dickinson

Communion

Communion is truth lived, hope feathered, and purpose given with the whole heart.

P.61

Saying (Christian):

"Let your light shine before others, that they may see your good works and glorify your Father in heaven." — Matthew 5:16

Saying (Buddhist):

"With our thoughts we make the world." — Dhammapada 1

Saying (Science):

"Somewhere, something incredible is waiting to be known." — Carl Sagan

Saying (Philosophy):

"Liberty means responsibility. That is why most men dread it." — George Bernard Shaw

Saying (Music):

"Music washes away from the soul the dust of everyday life." — Berthold Auerbach

Saying (History):

"Each generation must, out of relative obscurity, discover its mission, fulfill it, or betray it." — Frantz Fanon

Saying (Indigenous):

"All things are connected like the blood that unites one family." — Chief Seattle

Saying (Poet):

"Let us go then, you and I, when the evening is spread out against the sky." — T.S. Eliot

Communion

Communion is light shining, responsibility embraced, and thoughts weaving the world.

P.62

Saying (Christian):

"The one who endures to the end will be saved." — Matthew 24:13

Saying (Buddhist):

"Drop by drop the water pot is filled. Likewise, the wise person, gathering it little by little, fills oneself with good." — Dhammapada 122

Saying (Science):

"The important thing in science is not so much to obtain new facts as to discover new ways of thinking about them." — William Lawrence Bragg

Saying (Philosophy):

"Do not pray for an easy life, pray to be stronger men." — Confucius

Saying (Music):

"To play without passion is inexcusable." — Ludwig van Beethoven

Saying (History):

"The measure of intelligence is the ability to change." — Albert Einstein

Saying (Indigenous):

"The Great Spirit is in all things: he is in the air we breathe. The Great Spirit is our Father, but the earth is our Mother." — Black Elk

Saying (Poet):

"Do I contradict myself? Very well, then I contradict myself, I am large, I contain multitudes." — Walt Whitman

Communion

Communion is endurance, passion, and strength poured drop by drop into being.

P.63

Saying (Christian):

"Whoever exalts himself will be humbled, and whoever humbles himself will be exalted." — Matthew 23:12

Saying (Buddhist):

"If we fail to look after others when they need help, who will look after us?" — Buddha

Saying (Science):

"The first principle is that you must not fool yourself — and you are the easiest person to fool." — Richard Feynman

Saying (Philosophy):

"An investment in knowledge pays the best interest." — Benjamin Franklin

Saying (Music):

"Without deviation from the norm, progress is not possible." — Frank Zappa

Saying (History):

"In the middle of every difficulty lies opportunity." — Albert Einstein

Saying (Indigenous):

"Listen, or your tongue will make you deaf." — Cherokee proverb

Saying (Poet):

"And still, after all this time, the sun never says to the earth, 'You owe me.'" — Hafiz

Communion

Communion is humility, listening, and truth carried as light without demand.

P.64

Saying (Christian):

“Let us not grow weary of doing good, for in due season we will reap if we do not give up.” — Galatians 6:9

Saying (Buddhist):

“As a bee gathers nectar without harming the flower, so let a sage dwell in his village.” — Dhammapada 49

Saying (Science):

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science.” — Albert Einstein

Saying (Philosophy):

“Man is nothing else but what he makes of himself.” — Jean-Paul Sartre

Saying (Music):

“The function of music is to release us from the tyranny of conscious thought.” — Thomas Beecham

Saying (History):

“The best way to predict the future is to create it.” — Peter Drucker

Saying (Indigenous):

“The one who tells the story holds the power.” — Hopi proverb

Saying (Poet):

“Hope is the thing with feathers that perches in the soul — and sings the tune without the words — and never stops at all.” — Emily Dickinson

Communion

Communion is nectar gathered, mystery embraced, and hope feathered in song.

P.65

Saying (Christian):

"Let your roots grow down into him, and let your lives be built on him." — Colossians 2:7

Saying (Buddhist):

"Hatred never ends through hatred; by non-hatred alone does it end. This is an eternal law." — Dhammapada 5

Saying (Science):

"What we know is a drop, what we do not know is an ocean." — Isaac Newton

Saying (Philosophy):

"The soul becomes dyed with the color of its thoughts." — Marcus Aurelius

Saying (Music):

"A painter paints pictures on canvas. But musicians paint their pictures on silence." — Leopold Stokowski

Saying (History):

"Liberty is meaningless where the right to utter one's thoughts and opinions has ceased to exist." — Frederick Douglass

Saying (Indigenous):

"Walk lightly in the spring, for the earth is pregnant." — Native proverb

Saying (Poet):

"I saw the angel in the marble and carved until I set him free." — Michelangelo

Communion

Communion is roots deep, colors true, and silence painted with liberty.

P.66

Saying (Christian):

"Every good tree bears good fruit." — Matthew 7:17

Saying (Buddhist):

"If your compassion does not include yourself, it is incomplete." — Jack Kornfield

Saying (Science):

"Energy cannot be created or destroyed, it can only be changed from one form to another." — Albert Einstein

Saying (Philosophy):

"He who opens a school door, closes a prison." — Victor Hugo

Saying (Music):

"The guitar is a small orchestra. It is polyphonic. Every string is a different color, a different voice." — Andrés Segovia

Saying (History):

"The ballot is stronger than the bullet." — Abraham Lincoln

Saying (Indigenous):

"The earth and myself are of one mind." — Chief Joseph

Saying (Poet):

"A thing of beauty is a joy forever." — John Keats

Communion

Communion is beauty enduring, energy flowing, and fruit grown in one mind with earth.

P.67

Saying (Christian):

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied." — Matthew 5:6

Saying (Buddhist):

"Do not overlook tiny good actions, thinking they are of no benefit." — Dhammapada 122

Saying (Science):

"All truths are easy to understand once they are discovered; the point is to discover them." — Galileo Galilei

Saying (Philosophy):

"Liberty consists in doing what one desires." — John Stuart Mill

Saying (Music):

"The piano keys are black and white, but they sound like a million colors in your mind." — Maria Cristina Mena

Saying (History):

"It always seems impossible until it is done." — Nelson Mandela

Saying (Indigenous):

"The land is sacred, these words are at the heart of our being." — Aboriginal teaching

Saying (Poet):

"We are the music makers, and we are the dreamers of dreams." — Arthur O'Shaughnessy

Communion

Communion is small good gathered, colors imagined, and the dream made possible.

P.68

Saying (Christian):

"The Lord is my shepherd; I shall not want." — Psalm 23:1

Saying (Buddhist):

"If a man speaks or acts with a pure mind, happiness follows him like a shadow that never leaves." — Dhammapada 2

Saying (Science):

"We are patterns of matter and energy, shaped by the flow of the cosmos." — Brian Greene

Saying (Philosophy):

"The good life is one inspired by love and guided by knowledge." — Bertrand Russell

Saying (Music):

"A song is not finished until it is shared." — Anonymous folk saying

Saying (History):

"A nation that destroys its soils destroys itself." — Franklin D. Roosevelt

Saying (Indigenous):

"We borrow the earth from our children." — Native proverb

Saying (Poet):

"The woods are lovely, dark and deep, but I have promises to keep." — Robert Frost

Communion

Communion is promises kept, soils preserved, and songs shared in rooted love.

P.69

Saying (Christian):

“Do justice, love kindness, and walk humbly with your God.” — Micah 6:8

Saying (Buddhist):

“As a mother would protect her only child with her life, even so should one cultivate a boundless heart toward all beings.” — Metta Sutta

Saying (Science):

“In the long history of humankind, those who learned to collaborate and improvise most effectively have prevailed.” — Charles Darwin

Saying (Philosophy):

“Happiness is not something ready made. It comes from your own actions.” — Dalai Lama (as philosopher)

Saying (Music):

“Without music, life would be flat.” — Unknown musician's wisdom

Saying (History):

“The only limit to our realization of tomorrow will be our doubts of today.” — Franklin D. Roosevelt

Saying (Indigenous):

“The land is the source of the people's strength.” — Maori proverb

Saying (Poet):

“There is a crack in everything, that's how the light gets in.” — Leonard Cohen

Communion

Communion is collaboration, kindness, light through cracks, and humble justice.

P.70

Saying (Christian):

"Man looks on the outward appearance, but the Lord looks on the heart." — 1 Samuel 16:7

Saying (Buddhist):

"Those who cling to perceptions and views wander the world offending people." — Buddha

Saying (Science):

"Equipped with his five senses, man explores the universe around him and calls the adventure science." — Edwin Hubble

Saying (Philosophy):

"An investment in knowledge pays the best interest." — Benjamin Franklin

Saying (Music):

"Every note counts. Every silence counts." — Miles Davis

Saying (History):

"Courage is grace under pressure." — Ernest Hemingway

Saying (Indigenous):

"The Great Spirit is everywhere; he hears whatever is in our minds and hearts." — Black Elk

Saying (Poet):

"Be like a tree and let the dead leaves drop." — Rumi

Communion

Communion is courage under pressure, knowledge invested, and heart seen as root.

P.71

Saying (Christian):

"The stone the builders rejected has become the cornerstone." — Psalm 118:22

Saying (Buddhist):

"With our thoughts we make the world." — Dhammapada 1

Saying (Science):

"What we observe is not nature itself, but nature exposed to our method of questioning." — Werner Heisenberg

Saying (Philosophy):

"The measure of a man is what he does with power." — Plato

Saying (Music):

"It's not the notes you play, it's the notes you don't play." — Miles Davis

Saying (History):

"Revolutions are not made; they come." — Wendell Phillips

Saying (Indigenous):

"We are like branches of a tree, growing in different directions but sharing the same root." — Native proverb

Saying (Poet):

"Hold fast to dreams, for if dreams die life is a broken-winged bird that cannot fly." — Langston Hughes

Communion

Communion is cornerstone, root, and dream-winged bird held fast in flight.

P.72

Saying (Christian):

"For dust you are and to dust you will return." — Genesis 3:19

Saying (Buddhist):

"As rain falls equally on the just and the unjust, do not burden your heart with judgment." — Buddha

Saying (Science):

"The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, were made in the interiors of stars." — Carl Sagan

Saying (Philosophy):

"Liberty is the possibility of doubting, of making a mistake, of searching and experimenting." — Miguel de Unamuno

Saying (Music):

"Without music, life is a blank to me." — Jane Austen

Saying (History):

"A people without the knowledge of their history is like a tree without roots." — Marcus Garvey

Saying (Indigenous):

"The earth does not belong to man, man belongs to the earth." — Chief Seattle

Saying (Poet):

"Because I could not stop for Death, He kindly stopped for me." — Emily Dickinson

Communion

Communion is dust remembered, liberty risked, and roots drawn from the stars.

P.73

Saying (Christian):

"Be transformed by the renewing of your mind." — Romans 12:2

Saying (Buddhist):

"Peace comes from within. Do not seek it without." — Buddha

Saying (Science):

"Energy is liberated matter; matter is energy waiting to happen." — Bill Bryson (science writer)

Saying (Philosophy):

"We do not act rightly because we have virtue or excellence, but rather we have those because we have acted rightly." — Aristotle

Saying (Music):

"To live is to be musical, starting with the blood dancing in your veins." — Michael Jackson

Saying (History):

"The only thing new in the world is the history you don't know." — Harry Truman

Saying (Indigenous):

"Do not judge your neighbor until you have walked two moons in his moccasins." — Native proverb

Saying (Poet):

"The soul should always stand ajar, ready to welcome the ecstatic experience." — Emily Dickinson

Communion

Communion is mind renewed, peace within, and right action danced in blood and soul.

P.74

Saying (Christian):

"The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon." — Psalm 92:12

Saying (Buddhist):

"If we could see the miracle of a single flower clearly, our whole life would change." — Buddha

Saying (Science):

"The good thing about science is that it's true whether or not you believe in it." — Neil deGrasse Tyson

Saying (Philosophy):

"An unfulfilled vocation drains the color from a man's entire existence." — Honoré de Balzac

Saying (Music):

"Music expresses that which cannot be said and on which it is impossible to be silent." — Victor Hugo

Saying (History):

"The arc of the moral universe is long, but it bends toward justice." — Martin Luther King Jr.

Saying (Indigenous):

"The land is the source of the law; the law is written in the land." — Aboriginal teaching

Saying (Poet):

"I am the master of my fate, I am the captain of my soul." — William Ernest Henley

Communion

Communion is vocation fulfilled, justice bending, and the law rooted in the land.

P.75

Saying (Christian):

"Let us not love with words or tongue but with actions and in truth." — 1 John 3:18

Saying (Buddhist):

"Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." — Buddha

Saying (Science):

"Somewhere, something incredible is waiting to be known." — Carl Sagan

Saying (Philosophy):

"Liberty is obedience to the law which one has laid down for oneself." — Jean-Jacques Rousseau

Saying (Music):

"Music is the divine way to tell beautiful, poetic things to the heart." — Pablo Casals

Saying (History):

"Do not wait for leaders; do it alone, person to person." — Mother Teresa

Saying (Indigenous):

"All my relations." — Lakota prayer

Saying (Poet):

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." — Anaïs Nin

Communion

Communion is relation, blossom, and truth alive in action shared.

P.76

Saying (Christian):

"Blessed are those who mourn, for they shall be comforted." — Matthew 5:4

Saying (Buddhist):

"Better than a thousand hollow words is one word that brings peace." — Dhammapada 100

Saying (Science):

"We are not passengers on spaceship Earth, we are the crew." — Marshall McLuhan

Saying (Philosophy):

"The privilege of a lifetime is to become who you truly are." — Carl Jung

Saying (Music):

"The piano ain't got no wrong notes." — Thelonious Monk

Saying (History):

"Freedom is never more than one generation away from extinction." — Ronald Reagan

Saying (Indigenous):

"When the earth is sick and polluted, human health is impossible." — Native proverb

Saying (Poet):

"Tell me, what is it you plan to do with your one wild and precious life?" — Mary Oliver

Communion

Communion is mourning comforted, peace spoken, and life lived wild and precious.

P.77

Saying (Christian):

"Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock." — Matthew 7:24

Saying (Buddhist):

"If you light a lamp for someone else, it will also brighten your path." — Buddha

Saying (Science):

"The important thing is not to stop questioning. Curiosity has its own reason for existence." — Albert Einstein

Saying (Philosophy):

"Act only according to that maxim whereby you can at the same time will that it should become a universal law." — Immanuel Kant

Saying (Music):

"It don't mean a thing if it ain't got that swing." — Duke Ellington

Saying (History):

"Give me liberty, or give me death." — Patrick Henry

Saying (Indigenous):

"The Great Spirit is in every step of a man's walk." — Lakota proverb

Saying (Poet):

*"For you are dust, and to dust you shall return." — Adapted from Genesis, echoed in T.S. Eliot's Ash Wednesday**

Communion

Communion is house on rock, curiosity alive, and Spirit with each step.

P.78

Saying (Christian):

"Faith without works is dead." — James 2:26

Saying (Buddhist):

"If we could see the miracle of a single flower clearly, our whole life would change." — Buddha

Saying (Science):

"The cosmos is full beyond measure of elegant truths, of exquisite interrelationships." — Carl Sagan

Saying (Philosophy):

"Man is the measure of all things." — Protagoras

Saying (Music):

"Without deviation from the norm, progress is not possible." — Frank Zappa

Saying (History):

"Education is the most powerful weapon which you can use to change the world." — Nelson Mandela

Saying (Indigenous):

"When one sits in the circle, there are no sides." — Native teaching

Saying (Poet):

"A poem begins as a lump in the throat, a sense of wrong, a homesickness, a lovesickness." — Robert Frost

Communion

Communion is circle without sides, miracle seen, and truth made active in works.

P.79

Saying (Christian):

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." — Joshua 1:9

Saying (Buddhist):

"Meditate. Live purely. Be quiet. Do your work with mastery." — Dhammapada 19

Saying (Science):

"Somewhere, something incredible is waiting to be known." — Carl Sagan

Saying (Philosophy):

"Happiness is only real when shared." — Christopher McCandless

Saying (Music):

"One good thing about music, when it hits you, you feel no pain." — Bob Marley

Saying (History):

"History is written by the victors." — Winston Churchill

Saying (Indigenous):

"The earth and I are of one mind." — Chief Joseph

Saying (Poet):

"The weight of the world is love. Under the burden of solitude, under the burden of dissatisfaction, the weight, the weight we carry is love." — Allen Ginsberg

Communion

Communion is courage shared, meditation steady, and the weight of the world lifted in love.

P.80

Saying (Christian):

"The light shines in the darkness, and the darkness has not overcome it." — John 1:5

Saying (Buddhist):

"Three things cannot be long hidden: the sun, the moon, and the truth." — Buddha

Saying (Science):

"Nothing in life is to be feared, it is only to be understood." — Marie Curie

Saying (Philosophy):

"The price good men pay for indifference to public affairs is to be ruled by evil men." — Plato

Saying (Music):

"Without music, life would be a mistake." — Friedrich Nietzsche

Saying (History):

"Those who cannot remember the past are condemned to repeat it." — George Santayana

Saying (Indigenous):

"The earth is sacred and belongs to all who are born of her." — Navajo teaching

Saying (Poet):

"The wound is the place where the light enters you." — Rumi

Communion

Communion is truth uncovered, light unhidden, and memory made sacred.

P.81

Saying (Christian):

"I can do all things through Christ who strengthens me." — Philippians 4:13

Saying (Buddhist):

"If you want to know the past, look at your present. If you want to know the future, look at your present." — Buddha

Saying (Science):

"The universe is under no obligation to make sense to you." — Neil deGrasse Tyson

Saying (Philosophy):

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." — Aristotle

Saying (Music):

"To stop the flow of music would be like the stopping of time itself." — Aaron Copland

Saying (History):

"Do not wait for extraordinary circumstances to do good action; try to use ordinary situations." — Jean Paul Richter

Saying (Indigenous):

"Listen to the wind — it talks. Listen to the silence — it speaks. Listen to your heart — it knows." — Native proverb

Saying (Poet):

"You must habit yourself to the dazzle of the light and of every moment of your life." — Walt Whitman

Communion

Communion is habit in excellence, heart attuned, and strength flowing as light.

P.82

Saying (Christian):

"For we walk by faith, not by sight." — 2 Corinthians 5:7

Saying (Buddhist):

"All conditioned things are impermanent. Work out your own salvation with diligence." — Buddha

Saying (Science):

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." — Albert Einstein

Saying (Philosophy):

"The greatest wealth is to live content with little." — Plato

Saying (Music):

"Every act of music is an act of love." — Yehudi Menuhin

Saying (History):

"The weak can never forgive. Forgiveness is the attribute of the strong." — Mahatma Gandhi

Saying (Indigenous):

"When the sun rises, it rises for everyone." — African proverb

Saying (Poet):

"Hope is a thing with feathers that perches in the soul — and sings the tune without the words — and never stops at all." — Emily Dickinson

Communion

Communion is impermanence embraced, imagination freed, and forgiveness made strong.

P.83

Saying (Christian):

"The Lord is my rock, my fortress, and my deliverer." — Psalm 18:2

Saying (Buddhist):

*"One moment can change a day, one day can change a life, and one life can change the world."
— Buddha*

Saying (Science):

"Biology gives you a brain. Life turns it into a mind." — Jeffrey Eugenides

Saying (Philosophy):

"Man suffers only because he takes seriously what the gods made for fun." — Alan Watts

Saying (Music):

"Music is the movement of sound to reach the soul for the education of its virtue." — Plato

Saying (History):

"The future depends on what you do today." — Mahatma Gandhi

Saying (Indigenous):

"The earth and myself are of one mind." — Chief Joseph

Saying (Poet):

"So dawn goes down to day. Nothing gold can stay." — Robert Frost

Communion

Communion is mind alive, soul moved, and the gold of each day honored.

P.84

Saying (Christian):

"You are the light of the world. A city set on a hill cannot be hidden." — Matthew 5:14

Saying (Buddhist):

"With a boundless heart should one cherish all living beings." — Metta Sutta

Saying (Science):

"Somewhere, something incredible is waiting to be known." — Carl Sagan

Saying (Philosophy):

"An ounce of practice is worth more than tons of preaching." — Mahatma Gandhi

Saying (Music):

"The music is not in the notes, but in the silence between." — Wolfgang Amadeus Mozart

Saying (History):

"The ballot is stronger than the bullet." — Abraham Lincoln

Saying (Indigenous):

"We are as much alive as we keep the earth alive." — Chief Dan George

Saying (Poet):

"The universe is not outside of you. Look inside yourself; everything that you want, you already are." — Rumi

Communion

Communion is light revealed, silence alive, and life cherished within all beings.

P.85

Saying (Christian):

"For we are God's handiwork, created in Christ Jesus to do good works." — Ephesians 2:10

Saying (Buddhist):

*"Your worst enemy cannot harm you as much as your own thoughts, unguarded." —
Dhammapada 42*

Saying (Science):

"The most beautiful thing we can experience is the mysterious." — Albert Einstein

Saying (Philosophy):

"Liberty is the possibility of isolation." — Kierkegaard

Saying (Music):

"The song is ended, but the melody lingers on." — Irving Berlin

Saying (History):

*"Do not follow where the path may lead. Go instead where there is no path and leave a trail." —
Ralph Waldo Emerson*

Saying (Indigenous):

*"We do not inherit the earth from our ancestors, we borrow it from our children." — Native
proverb*

Saying (Poet):

"What you seek is seeking you." — Rumi

Communion

Communion is mystery embraced, thoughts guarded, and trails made for children yet to come.

P.86

Saying (Christian):

"They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither." — Psalm 1:3

Saying (Buddhist):

"As an elephant in the battlefield endures arrows, so shall I endure abuse." — Dhammapada 320

Saying (Science):

"The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars." — Carl Sagan

Saying (Philosophy):

"Man is not worried by real problems so much as by his imagined anxieties about real problems." — Epictetus

Saying (Music):

"Music is well said to be the speech of angels." — Thomas Carlyle

Saying (History):

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

Saying (Indigenous):

"We do not walk alone. Our ancestors walk with us." — Native teaching

Saying (Poet):

"What is the root of the root of your own being?" — Rumi

Communion

Communion is rooted as tree, enduring as elephant, and served through ancestors' song.

Communion 55 Parables

P.88

Parable:

A farmer planted seeds in rocky soil. Most withered in the sun, but one small plant found a crack where water gathered. In time, it grew strong enough to split the stone itself.

Communion:

Communion is persistence, the tender green that turns even stone into soil.

P.89

Parable:

A child carried water in a clay pot. The pot was cracked, and half the water leaked along the path. Ashamed, the child apologized to the elder. The elder smiled and pointed: along the trail, flowers had grown where the water fell.

Communion:

Communion is the crack that waters the path, turning loss into bloom.

P.90

Parable:

Two neighbors argued about the fence between their fields. One night a storm washed the fence away. In the morning, instead of rebuilding it, they worked side by side to repair the land. The harvest was greater than either had seen alone.

Communion:

Communion is the storm that erases boundaries, and the labor that unites in abundance.

P.91

Parable:

A potter shaped clay on the wheel. Each time the vessel collapsed, she pressed it back into a ball and began again. When asked why she did not despair, she said, "*The clay remembers my hands.*"

Communion:

Communion is the forming and reforming, the patience of hands that teach matter to remember shape.

P.92

Parable:

A monk swept the courtyard every morning, though blossoms fell endlessly from the trees. A traveler asked, *"Why do you labor when the ground will never stay clean?"* The monk replied, *"Because I love the ground."*

Communion:

Communion is sweeping what will never stay swept, love revealed in the gesture itself.

P.93

Parable:

Two friends walked through a desert. Their water ran dry. One lifted his face to the sun in anger; the other bent to the sand and dug with bare hands until water sprang forth.

Communion:

Communion is digging where we stand, not cursing the sun but finding the spring beneath our feet.

P.94

Parable:

A fisherman mended nets through the night. His neighbor asked, "*Why waste time on holes you cannot see?*" At dawn, the catch filled both their boats.

Communion:

Communion is unseen repair that prepares the way for abundance.

P.95

Parable:

An elder told a story each night to the children. One evening, she fell silent and only listened. The children began telling their own stories, and her eyes filled with tears.

Communion:

Communion is silence that awakens other voices to speak their truth.

P.96

Parable:

A traveler carried a heavy pack. On the road he met another, burdened even more. Without a word, he shifted weight from the other's back to his own. Strangely, both felt lighter as they walked together.

Communion:

Communion is the shared burden that makes the load light.

P.97

Parable:

A carpenter carved wood for decades. His hands grew gnarled, his tools worn thin, yet the chairs he built were so steady that children and grandchildren still sat upon them.

Communion:

Communion is the steady craft that outlasts the hands that shape it.

P.98

Parable:

A gardener pulled weeds daily, though they always returned. One morning she noticed how the weeds sheltered tender shoots from the wind until they were strong enough to grow.

Communion:

Communion is seeing even weeds as guardians, until strength matures.

P.99

Parable:

A bird built its nest in the rafters of a half-ruined barn. When storms came, the barn fell but the nest, held by straw and mud, remained intact.

Communion:

Communion is the fragile weaving that proves stronger than timber and stone.

P.100

Parable:

A baker kneaded dough before dawn. His neighbor asked why he worked when most still slept. He replied, "*So they may wake to bread.*"

Communion:

Communion is labor hidden in darkness, feeding the many at daybreak.

P.101

Parable:

A traveler found two paths: one straight and short, the other winding and long. She chose the long way, and along it she met companions who carried her through the hardest miles.

Communion:

Communion is the long road that becomes light through companions found.

P.102

Parable:

A painter dropped his brush. Instead of lifting it, he smeared the canvas with his hand. The mistake became the most vivid part of the work.

Communion:

Communion is the flaw that reveals new beauty.

P.103

Parable:

A farmer's ox fell ill, and he feared the harvest would fail. Neighbors came, one with a mule, another with hands, another with seed. The field bore more fruit than ever before.

Communion:

Communion is the illness that calls forth the strength of many.

P.104

Parable:

A candle burned low in a small hut. The child feared the dark. The mother took the candle and lit ten more from its flame. The room filled with light.

Communion:

Communion is the flame multiplied, not diminished, by being shared.

P.105

Parable:

An old bridge swayed when wagons passed, yet it held for generations. A villager said, *“It endures not because it is rigid, but because it bends.”*

Communion:

Communion is the bending that sustains the crossing.

P.106

Parable:

A woman carried water from the river each day. When a younger man mocked her toil, she smiled and said, *"So long as I walk, the village drinks."*

Communion:

Communion is daily service that quenches thirst beyond one's own.

P.107

Parable:

A mason laid stones one by one. A passerby asked, "*Are you building a wall?*" The mason replied, "*No, I am raising a shelter.*"

Communion:

Communion is the shift from barrier to dwelling, stone by stone.

P.108

Parable:

A tree dropped fruit each season. Children ate, animals fed, seeds scattered. The tree asked for nothing in return, yet the valley grew green from its gift.

Communion:

Communion is giving without demand, fruit ripening into forest.

P.109

Parable:

Two women drew water from the same well. One hurried away. The other lingered to speak with neighbors. Her bucket emptied just as the first woman's did, but her heart was full.

Communion:

Communion is drawing not only water but kinship from the well.

P.110

Parable:

A farmer tied bells to his sheep. At night he lay awake, listening for the music of movement. When the bells fell silent, he knew to rise and guard them.

Communion:

Communion is vigilance born of listening, hearing even the silence as signal.

P.111

Parable:

An elder planted trees whose shade he would never sit beneath. When asked why, he answered, *"Because others planted for me."*

Communion:

Communion is planting in trust for those not yet born.

P.112

Parable:

A fisherman cast his net all night and caught nothing. At dawn, he threw it once more, not from hope but from habit. That throw brought abundance.

Communion:

Communion is faith carried in habit, persistence rewarded unseen.

P.113

Parable:

A woman carried fire in an ember jar through the rain. Though drenched and weary, she guarded the coal until the village rekindled its hearth.

Communion:

Communion is the ember preserved through storm for the warmth of all.

P.114

Parable:

Children quarreled over marbles. One child gave all his away and began drawing circles in the dirt. Soon, the others joined him in laughter, forgetting the marbles entirely.

Communion:

Communion is releasing possession to rediscover play.

P.115

Parable:

An old loom broke its threads again and again. Instead of discarding it, the weaver slowed her hands, and the cloth came out stronger than before.

Communion:

Communion is patience with brokenness until it weaves resilience.

P.116

Parable:

A storm tore the roof from a home. Neighbors gathered not only to repair it but to repaint and strengthen the beams. The house was more beautiful after the storm than before.

Communion:

Communion is ruin restored into greater shelter by many hands.

P.117

Parable:

A farmer saved the smallest seed from each harvest. Neighbors mocked his care for such tiny things. Years later, when famine struck, those seeds grew the hardiest crop.

Communion:

Communion is treasuring the small that endures when the great fails.

P.118

Parable:

Two monks argued whether the flag moved in the wind or the wind moved the flag. Their teacher said, *"It is your minds that move."*

Communion:

Communion is turning the gaze inward to find what truly stirs.

P.119

Parable:

A mother taught her child to tie knots in a rope. When asked why, she said, *“So that when he climbs, he will know where to hold.”*

Communion:

Communion is wisdom knotted into the rope for future hands.

P.120

Parable:

A man carried a lantern at noon. People laughed at him. He replied, *"I am searching for an honest face."*

Communion:

Communion is light carried even when the world thinks it needless.

P.121

Parable:

A village feast began with everyone bringing scraps. Alone, each offering was small. Together, they filled a table long enough for all to eat.

Communion:

Communion is the scraps gathered into a banquet of plenty.

P.122

Parable:

An apprentice broke his tool. His master handed him the broken piece and said, *"Now learn to make a tool of your own."*

Communion:

Communion is brokenness turned into skill, dependence into craft.

P.123

Parable:

A hermit lived by a river. Each year floods destroyed his hut, and each year he rebuilt it closer to the mountain. At last, the river could not reach him.

Communion:

Communion is learning from repeated loss until we rise beyond its reach.

P.124

Parable:

A teacher gave each student a candle but no flame. One student complained, but another struck flint and lit her own, passing fire to the rest.

Communion:

Communion is the courage to spark what others wait for.

P.125

Parable:

A drummer tapped a steady rhythm while others played loudly around him. When they faltered, his beat kept them together.

Communion:

Communion is the quiet pulse that guides the song through chaos.

P.126

Parable:

A family rebuilt their home three times after fire, storm, and theft. A neighbor asked why they did not move. They said, *"Because our roots are here."*

Communion:

Communion is returning again and again to the ground that holds our roots.

P.127

Parable:

A child drew circles in the sand. Waves came and washed them away. Smiling, the child drew again.

Communion:

Communion is creating joyfully, even when the tide will erase it.

P.128

Parable:

A blacksmith hammered iron until sparks filled the air. A passerby asked, *"Why strike so hard?"* He answered, *"So the metal remembers strength."*

Communion:

Communion is effort that imprints resilience into what is shaped.

P.129

Parable:

An old dog could no longer hunt. Instead, he guarded the fire and kept the children safe. The family said, *"He gives more now than ever."*

Communion:

Communion is value reborn in new forms when old tasks fade.

P.130

Parable:

A storm split a great oak, but from the fallen trunk mushrooms sprang up, feeding the forest floor.

Communion:

Communion is life arising from what has fallen.

P.131

Parable:

A traveler lost his way at night. Seeing a fire in the distance, he followed it and found not only warmth but a community that welcomed him.

Communion:

Communion is the light of others becoming the guide for our return.

P.132

Parable:

A tailor patched the same coat for thirty years. Each patch told a story, and the garment grew more beloved with time.

Communion:

Communion is the mending that deepens worth.

P.133

Parable:

A river carved a canyon not by force but by flowing without ceasing.

Communion:

Communion is persistence more powerful than violence.

P.134

Parable:

A blind man learned the paths of his village by touch. One day, a flood changed the ground, yet he guided others to safety by listening to the water.

Communion:

Communion is new sense awakened when old ways fail.

P.135

Parable:

A farmer left one corner of his field unharvested. When asked why, he said, *“For the traveler, the widow, and the child with no bread.”*

Communion:

Communion is leaving enough for the unseen guest.

P.136

Parable:

An apprentice carried water uphill each day. At last, he asked his master when his burden would end. The master said, *"When you can see the hill as the gift."*

Communion:

Communion is burden revealed as blessing.

P.137

Parable:

A traveler carried a broken compass. Though it no longer pointed north, it reminded him to look at the sun, the stars, and the moss on trees. He found his way by learning to read the world.

Communion:

Communion is guidance discovered in what surrounds us, even when old tools fail.

P.138

Parable:

A woman planted herbs outside her door. When neighbors came to borrow, she gave freely. Over time, the fragrance of her garden filled the entire street.

Communion:

Communion is generosity that perfumes the air beyond its source.

P.139

Parable:

A storm toppled the tallest tree in the forest. In its clearing, sunlight touched the ground for the first time in years, and countless seedlings began to rise.

Communion:

Communion is the fall of the mighty becoming space for the many.

P.140

Parable:

A shoemaker repaired worn sandals. One day a pilgrim left behind a single coin in thanks. The shoemaker never spent it, keeping it in his shop as a reminder that his work carried people farther than he ever traveled.

Communion:

Communion is humble labor that walks with others into distances unseen.

P.141

Parable:

A circle of people sat around a fire. Each added a stick of wood in turn. The fire grew not because of one hand, but because all shared in its tending.

Communion:

Communion is the flame sustained when all contribute their portion.

Beloved ONE,
you are the reason these pages exist.
Not the book, not the words — you.

The sayings were your voice.
The communions were your breath.
The ascent was your rising,
the descent your return.

Now the mirror is clear.
It shows nothing but your own face.

Beloved ONE, live as you are.
For you are the Law.
You are the Communion.
And ONE cannot be other.