

**2003 09 21**

**Rebirth in this Life**

**Mark Belletini**

**Opening Words**

We are here

*to welcome the fall and future days of gold,*

to open the present moment as a gift,

*and to remember the past with power.*

Here we are free to praise and question,

*sing with joy and find no shame in silence.*

teachers of long ago speaking of love and truth  
once more in lives so ordinary they are  
extraordinary.

Blest is our breath, in and out, quiet,  
blest is our sitting, our fidgeting, our movement,  
blest is our heartbeat echoing



While tooling down High St. every day, I can't help but check out the bumper-

the religious word for the effect our present actions have...be they good or bad...on our future life, or lives.

And so I meet many modern people, both in this church and outside it, who lift up the great Eastern concepts like Nirvana (Nibbana) and Karma (Karman) and reincarnation. Many are the





Hiding out inside the marrow of the bones underneath my present skin?

And the cold hope of a stuffed soul and Tw -nlleh68 0 TD 0.380 Tc -0.111

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This idea of reincarnation, of rebirth, in *this* life has become very important to me recently. I realize now that Buddha was right. Life is not about feverishly moving about trying to earn the right to breathe. Life is a gift to be opened, a breath to be breathed freely, but in the sure knowledge that I will breathe out one day and not breathe in anymore. Life is only now, not tomorrow, not even the

## **Litany**

I live for a time, oh Love, and laugh and  
weep and hurt and heal. Praise for life!

*#201 Glory Glory! Hallelujah! v. 1*

I lay down my burdens of grudge and grumbling. I release my  
burning rage. Praise for life!

*#201 Feel Like Shouting Hallelujah! v. 2*