

# Good But Not Religious (GBNR)

OCTOBER 2020 - A monthly update on Keith Martin's work as a nonreligious chaplain and educator online

## FALL AND THANKSGIVING PRAYERS

Here are two nontheistic prayers for this time of year by Gretta Vosper, from her booklet "Holy Breath: Prayers for Worship and Reflection." There are links to them on [www.GoodButNotReligious.ca](http://www.GoodButNotReligious.ca).



### **A nontheistic prayer for Fall From *Holy Breath: Prayers for Worship and Reflection* by Gretta Vosper**

So often we stand in awe of life's beginnings—  
the tiny shoots of promise  
    breaking ground in Spring,  
the greedy chirping sound of nests that are full,  
life's renewal  
    in the clasp of an infant's fingers.  
In this season [Fall]  
as leaves that once knew  
    Spring's budding power  
    give way to brisk winds and cooler days,  
as we turn our heads skyward  
    and watch birds fly away  
as we feel ourselves changing,  
    growing older with the days,  
may we ever see that even in the letting go of life  
new beginnings pull at our imaginations.  
May we learn to give ourselves  
to those dreams of new life,  
even and especially in the midst of change and loss.  
Amen

Keith is visiting Guelph or Waterloo every other month to meet with students, alumni and faculty from U. of Guelph and U. of Waterloo who would like to stay

### **Thanksgiving (A nontheistic prayer) From *Holy Breath: Prayers for Worship and Reflection* by Gretta Vosper**

On this morning of Thanksgiving  
our hearts leap with joy  
at the wonder with which the world was created.  
We delight in the gifts the Earth provides.  
We rejoice that we can live,  
move and work amongst such beauty.  
We give thanks that,  
even in times we know as difficult,  
traumatic, life-shattering,  
when we pause and remember  
the deep connectedness  
we have with all of creation,  
even in those darkest moments,  
our hearts can well up from the depths  
with gratitude.  
May we be inspired this day  
with the beauty  
of the world in which we live and love  
that we, who too often forget to give thanks,  
might be stirred to living only in thanksgiving  
for all the passion that life shows to us.

Let our lives be turned into gifts—  
to each other, to ourselves, to our world.  
As those born into light, yet ever seeking it, we pray.  
Amen

connected. In September he had visits in Waterloo with a student, 2 alumni, and a faculty member, and was able to be a reference for one of them for an education fund.