

# WHAT'S SO AMAZING ABOUT GRACE?

## *AMAZING GRACE*

In Cherokee

Performed by *Wallela*

u ne la nv l u we tsi  
i ga go yr he i  
hna quo tso sv wi you lo se  
i gag u yv ho nv

a se no l u new tse i  
i yu no du le nv  
ta line dv tsi lu tsi li  
u dv ne u ne tsv

e lo nig v ni li squa di  
ga lu tsv he i yu  
ni ga did a ye di go i  
a ni e lo hi gv

u na da nv ti a ne hv  
do day a nv hi li  
tsa sv hna quo ni go hi lv  
do hi wa ne he sdi

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Chaplain, Resolutions Hospice

October 7, 2012

## GRACE IN VARIOUS TRADITIONS

### HINDUISM

Grace is the ultimate key required for spiritual self-realization  
and the only way to transcend the bondage  
of a lifetime of karma.

Yoga Vasistha

### JUDAISM

Grace is the moral quality of kindness.  
Strong's Exhaustive Concordance of the Bible

### CHRISTIANITY

Grace is the empowering presence of God  
enabling you to be and do what he has called you to do.

James Ryle  
Pastor, author

### ISLAM

Paradise is something of immense value;  
a person cannot earn it by virtue of his deeds alone,  
but by the grace of Allah.

Dr. Umar Al-Ashqar  
Dean, Faculty of Islamic Law at the University in Zarqa, Jordan

### TAOISM

Our mission is to return to a natural way of life,  
unencumbered by complicated social institutions  
and intellectual ideas.  
Doing so will return us to a state of natural grace—Tao.

Deng Ming-Dao

### ATHEISM (Saying Grace with Family)

Say something secular and devoid of religious overtones,  
but acknowledging the value of nature and the human effort  
which has gone into bringing  
both family and food to the meal.

Austin Cline

## STAGES OF CHANGE (WHAT MAKES GRACE AMAZING)

### PRECONTEMPLATION

Individuals in precontemplation stage have no intention of changing their behavior for the foreseeable future. They are not thinking about changing their behavior, and may not see the behavior as a problem when asked.

### CONTEMPLATION

The person is aware a problem exists and seriously considers action, but has not yet made a commitment to an action.

### PREPARATION

The person is intent upon taking action soon and often reports some steps in that direction. This stage is a combination of behavior actions and intentions.

### ACTION

The person is aware a problem exists and actively modifies her/his behavior, experiences, and environment in order to overcome the problem. Commitment is clear and a great deal of effort is expended towards making changes.

### MAINTENANCE

The person has made a sustained change wherein a new pattern of behavior has replaced the old. Behavior is firmly established and threat of relapse becomes less intense

## AMAZING GRACE

CLAIM: *Amazing Grace* was written by John Newton, a slave trader, immediately after he survived a horrific storm at sea. His survival prompted him to foreswear his former evil ways and accept God into his life.

1748—storm at sea

1764—ordained as a priest in the Church of England

1772—penned *Amazing Grace*

1780—began his fight against slavery

1807—Newton's death

Martin, B. *John Newton: A Biography*. London: Heinemann, 1950.

Pollock, J. *Amazing Grace: John Newton's Story*. San Francisco: Harper & Row, 1981

CLAIM: Chaplain Shirley was aware of the plight of African Americans in the South at a very young age and began to seek guidance from God and immediately became an activist in the Civil Rights Movement.

1950—played games that included the “n.....” word

1962—growing awareness of Brown vs. Board of Education, Rosa Parks, Freedom Riders

1964—became a proponent of the Civil Rights Act

1989—became a social worker and began active role in issues of equality

## Χαίρω (Chairo)

TO REJOICE  
BE GLAD  
DELIGHTED

Gratitude is heaven itself.

William Blake

Let us all resolve:

First to attain the grace of silence;  
Second to deem all fault-finding that does no good a sin;  
Third, to practice the grace and virtue of praise.

Harriet Beecher Stowe

A thankful person is thankful under all circumstances.  
A complaining soul complains even if he lives in paradise.

Baha'u'llah



Mother, Father, God,  
For the sacred circle of family and friendship,  
we thank you and ask that, with your guidance,  
we may widen and deepen those circles  
by touching others with love and understanding. Blessed be.

Sue Patton Thoele

He or she who knows that enough is enough  
will always have enough.

Lao Tzu

Thank you for the reflection of Your Smile in all we see.

Kenneth Kurtz

Thank you for the wind and rain  
and sun and pleasant weather,  
thank you for this our food  
and that we are together.

Mennonite blessing

Ryan, M. (editor). *A Grateful Heart: Daily Blessings for the Evening Meal from Buddha to the Beatles*. Berkeley, CA: Conari Press, 1994.

2/ All you need is love!!

Always we hope  
someone else has the answer.  
some other place will be better,  
some other time it will all turn out.

This is it.  
No one else has the answer.  
No other place will be better,  
and it has already turned out.

At the center of your being you have the answer;  
you know who you are and you know what you want.

There is no need  
to run outside  
for better seeing.

Nor to peer from a window.

Rather abide at  
the center of your being;  
for the more you leave it  
the less you learn.

Search your heart  
and see  
the way to do  
is to be.

*Lao Tzu*, translator unknown