

Lara Glass:

Good morning.

Group:

Morning.

Lara Glass:

Welcome to morning prayers. Please stand as you are able for a responsive reading from your Black Appleton Psalter book, Psalm number 16 found on page 8.

Lara Glass:

Preserve me, O God: for in thee do I put my trust.

Congregation:

O my soul, thou hast said unto the Lord, Thou art my Lord: my goodness extendeth not to thee.

Lara Glass:

But to the saints that are in the earth, and to the excellent, in whom is all my delight.

Congregation:

Their sorrows shall be multiplied that hasten after another god: their drink offerings of blood will I not offer, nor take up their names into my lips.

Lara Glass:

The Lord is the portion of mine inheritance and of my cup: thou maintainest my lot.

Congregation:

The lines are fallen unto me in pleasant places; yea, I have a goodly heritage.

Lara Glass:

I will bless the Lord, who hath given me counsel: my reins also instruct me in the night seasons.

Congregation:

I have set the Lord always before me: because he is at my right hand, I shall not be moved.

Lara Glass:

Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.

Congregation:

For thou wilt not leave my soul in hell; neither wilt thou suffer thine Holy One to see corruption.

Lara Glass:

You may be seated.

Choir:
(Singing)

Jon Jachimowicz:
Good morning.

Congregation:
Good morning.

Jon Jachimowicz:
I will read "The More Loving One" by W.H. Auden.

Jon Jachimowicz:
Looking up at the stars, I know quite well that for all they care I can go to hell, but on earth indifference is the least we have to dread from men or beast. How should we like it were stars to burn with a passion for us we could not return? If equal affection cannot be. Let the more loving one be me. Admirer as I think I am of stars that do not give a damn, I cannot. Now I see them, say I missed one terribly all day. Were all stars to disappear or die, I should learn to look at an empty sky and feel its total dark sublime, though this might take me a little time.

Jon Jachimowicz:
Many of us are here, I think, because we've heeded the call to pursue our passion, but many of us are struggling to pursue our passion. Did you know that the German word for passion, "leidenschaft," literally translates to the ability to endure hardship? It turns out it's actually really hard to pursue your passion. The research I've been doing over the last few years has focused on unpacking why pursuing passion is so difficult and what we can do better. Here's what I learned. We often treat passion as fixed. We hope that we find our passion and expect that once we do, we'll continue being passionate in the future. But passion isn't fixed like that. It comes and goes. There will be times when you fall out of passion, becoming less passionate than you used to be, and there will be times when you regain your passion, becoming more passionate than you once were.

Jon Jachimowicz:
Falling in and out of passion is inevitable. It's completely normal when it happens, but this dynamic view of passion informs our pursuit of it in three different ways. First, passion needs maintenance. We need to look after ourselves to make sure we're even in a position to pursue a passion. This might mean different things to different people, but here's a few things I found mattered to me that I get enough sleep, exercise, food, am I overstretched, stressed out? Do I feel like I belong to my community? Am I spending time with my friends and family? If we don't lay the foundation for our self, pursuing passion becomes that much more challenging. We need to nourish ourselves if we want to pursue our passion.

Jon Jachimowicz:
Second, falling out of passion isn't the end of the world. It happens to everyone at different points in their lives, and it hurts. It really hurts to realize that what you once cared about so deeply, no longer sparks the same passion that you once felt. So be kind to yourself when you fall out of passion. It doesn't mean there's something wrong with you or your pursuit of passion. Instead, view it as an opportunity to

reflect. Perhaps you've lost sight of the reasons why you do what you do. Perhaps you're disconnected from those you originally intended to benefit. Perhaps you've gotten distracted by some external incentives rather than focusing inward and centering on why you embarked on this pursuit in the first place before giving of your past self and use this moment to change course for your future self.

Jon Jachimowicz:

Third, recognize the pursuing your passion does not mean that every single day will be marked by feeling passionate. This might sound strange, but when you are pursuing your passion, most days you might not feel like it. That's what it means to pursue your passion. It's not marked by constant excitement and elation, but instead an understanding that what you are pursuing reflects what you care about. Every day won't feel amazing, but some days might.

Jon Jachimowicz:

Finally, recognize that passion isn't everything. It's a privilege to be in an institution like Harvard that enables us to pursue our passion, but there may be times in our lives and in the lives of others where that's just not feasible, when immediate concerns drive what we do, rather than some lofty goal to pursue passion. And again, it's completely okay if that happens. There's a time and place to pursue passion. And if it's neither the right time nor the right place, don't give yourself a hard time. This is part of what it means to pursue your passion? So go out today, please go vote, wash your hands and be passionate. Thank you.

Lara Glass:

Please join me in offering the Lord's prayer printed on the reverse of your order of worship.

Lara Glass:

Our father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil for thine is the kingdom and the power and the glory forever and ever. Amen.

Lara Glass:

Please stand as you are able to sing from your Crimson Memorial church hymnal. Hymn number 142, Eternal Lord of Love Behold your Church. Number 142.

Congregation/Choir:

(Singing)

Lara Glass:

In the words of John O'Donoghue, maybe we live this day, compassionate of heart, clear in word, gracious and awareness, courageous in thought, and generous in love. Amen.