

The Unitarian Universalist Church



Centering, De-centering, Re-centering
October 4, 2020 at 10:00 a.m.
Rev. Mitra Rahnema

Order of Service

Prelude "Variations on *Dona nobis pacem*" *Thomas*

Sing #360 "Here We Have Gathered" *Carpenter/psalter*

Welcome

Covenant Love is the spirit of this church,
and reason is its guide.
To dwell together in peace,
to seek truth in freedom,
and to serve human need:
this is our covenant.

Sung Response May love shine forth through us today
May light of reason guide our way
May beauty, truth, and joy become
A flame that burns in everyone.

Invocation

Musical Response "Winds Be Still" *Kimball/Wesley*

Story "The Snurtch" by Sean Ferrell *Lindsay*

Offertory *Songs without Words* (Op. 30, No. 3) *Mendelssohn*

Testimony *Nikki Ticknor*

Singing #86 "Blessed Spirit of My Life"
Shelley Jackson Denham

Reading

Litany of Presence: Read only the ones that you resonate with on this day:
I Am.....

I am hopeful.

I am hurt.

I am frazzled.

I am excited.

I am rested.

I am gloomy.

I am yearning.

I am angry.

I am happy.

I am comforted.

I am hungry.

I am content.

I am sated.

I am challenged.

I am lonely.

I am afraid.

I am pleased.
I am worried.
I am optimistic.
I am loving.
I am encouraged.
I am nervous.
I am frustrated.
I am overjoyed.
I am anxious.
I am confident.

I am dismayed.
I am authentic.
I am energized.
I am overwhelmed.
I am exhausted.
I am sad.
I am undaunted.
I am invested.
I am prepared.
I am open.

"This Place Where You Are Right Now" by Hafiz

Centering

Anthem

"Meditation on Breathing"
Sung by Unfolding (Sarah Jebian and Laura Weiss)

Jones

Message

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Singing #90

"From All the Fret and Fever of the Day"

Beardsley/Taylor

***Benediction and Closing Blessing**

Scott

"Go your way in peace,
Wander as you may;
Blessed is the path you take;
May love guide you on your way."



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Our Mission: We care for ourselves, each other, and our neighbors and risk acting for justice. Our connections create self-acceptance, empathy, and empowerment in this inclusive and diverse community.

As a **Welcoming Congregation** we affirm and promote the inherent worth and dignity of every person irrespective of race, creed, ethnicity, national origin, age, gender, gender identity or expression, sexual orientation, or physical or mental ability.

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