

# Order Of Service – February 14, 2021

## ***Sweetening Our Hearts with Loving Kindness***

**Music for Contemplation:** *February Sea, Blossom / Meadow, and Reflection*, by George Winston, from the album *Winter Into Spring*, 1982. Photos by Steve Schmidt, Joseph Walters, Susan Jhirad and Andey Amata, and © Soul Matters.

### **Sound of the Bell**

**Prelude:** *Time After Time*, by Cyndi Lauper and Rob Hyman, pianist Molly Ruggles.

### **Opening Words**

#### **Welcome**

#### **Chalice Lighting**

#### **Covenant:**

Love is the heart of this church.

We commit to:

Being a diverse, welcoming community of mutual care and respect;

Supporting each other's spiritual journey and search for truth and meaning;

Promoting justice and serving the wider community.

We hold ourselves to this promise with compassion and understanding.

**Hymn:** *Filled With Loving Kindness*, traditional Buddhist meditation, music by Ian Riddle. (*Singing the Journey*, 1031). UUCM Choir.

May I be filled with loving kindness. May I be well. (2x)

May I be peaceful and at ease. May I be whole.

May you be filled with loving kindness. May you be well. (2x)

May you be peaceful and at ease. May you be whole.

May we be filled with loving kindness. May we be well. (2x)

May we be peaceful and at ease. May we be whole.

## **Candles of Joy, Sorrow and Milestones**

### **Meditation**

**Offering:** *Mourning Dove*, composer/pianist Molly Ruggles

**Reading:** *So Much Happiness* by Naomi Shihab Nye, from [Poets.org](https://www.poets.org).

**Sermon:** Sweetening our Hearts with Loving Kindness

**Metta Chant:** Lyrics excerpted from Buddhist prayer in Pali. Composer/piano/  
vocals: Molly Ruggles.

Let us be skilled in goodness, knowing the path of peace.  
Let us be able and upright, straightforward and gentle in speech.  
Humble, not conceited; contented and easily satisfied,  
and frugal in our ways and lives.

Let us be peaceful and calm, wise and humbly skillful.  
Let us not be proud or demanding in our nature.  
Let us not do the slightest thing that wise ones would later reprove,  
And wishing in gladness and in safety, may all beings be at ease.

**Closing Words:** *It's You I Like*, by Fred Rogers, from [The Neighborhood Archive](https://www.neighborhoodarchive.com)

**Postlude:** *Waltz, Op 64, no.3* (excerpt), composer Frédéric Chopin, pianist Molly Ruggles.

*Question for coffee-hour discussion: How will you practice loving kindness in your daily life?*