

Order Of Service – March 14, 2021

Food Faith

Music for Contemplation: Movements from J. S. Bach, *Unaccompanied Cello Suites: Sarabande from Suite No. 3 in C Major, Prelude and Sarabande from Suite No. 4 in E-flat Major*. Photos by Mary MacNamee, Susan Jhirad and Steve Schmidt, and © Soul Matters.

Sound of the Bell

Prelude: *What a Wonderful World* by Bob Thiele and George David Weiss; Molly Ruggles, piano.

Opening Words: *Love After Love* by Derek Walcott

Welcome: Daniel McKanan

Chalice Lighting: *We Are Connected* by Rev. Leslie Takahashi, from [Worship Web](#)

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 #77: *Seek Not Afar for Beauty*, words by Minot Savage, music by Cyril Taylor; Nancy Kurtz, vocals, Molly Ruggles, piano

Seek not afar for beauty; lo, it glows
in dew-wet grasses all about your feet,
in birds, in sunshine, childish faces sweet,
in stars and mountain summits topped with snows.

Go not abroad for happiness; behold
it is a flower blooming at your door.
Bring love and laughter home, and evermore
joy shall be yours as changing years unfold.

In wonder-workings or some bush aflame,
we look for Truth and fancy it concealed;
but in earth's common things it stands revealed,
while grass and flowers and stars spell out the name.

Candles of Joy, Sorrow and Milestones

Meditation on Interconnectedness

Testimonial: Carole Bundy

Offering: *Mourning Dove*, Molly Ruggles, piano

Reading: *Decolonize Your Diet*, excerpt, by Luz Calvo & Catriona Rueda Esquibel

Music: *The Garden Song* by David Mallett; Carole Bundy, ukulele, Carole Bundy and Molly Ruggles, vocals.

Sermon: *Food Faith*

Hymn #1064: *Blue Boat Home*, words by Peter Mayer, music by Roland Hugh Prichard. Andey Amata, vocals, Molly Ruggles, piano.

Though below me, I feel no motion
Standing on these mountains and plains
Far away from the rolling ocean
Still my dry land heart can say
I've been sailing all my life now
Never harbor or port have I known
The wide universe is the ocean I travel
And the earth is my blue boat home

Sun my sail and moon, my rudder
As I ply the starry sea
Leaning over the edge in wonder
Casting questions into the deep
Drifting here with my ship's companions
All we kindred pilgrim souls
Making our way by the lights of the heavens
In our beautiful blue boat home

I give thanks to the waves upholding me
Hail the great winds urging me on
Greet the infinite sea before me
Sing the sky my sailor's song
I was born upon the fathoms
Never harbor or port have I known
The wide universe is the ocean I travel
And the earth is my blue boat home

Closing Words: Grace Lee Boggs

Postlude: *Blowin' in the Wind* by Bob Dylan; Brendan Shea, guitar, Linda Schwetz, vocals

Question for coffee-hour discussion: What one small change can you make to integrate your values in your relationship with food?