

Sunday, February 13, 2022

Unitarian Universalist Church of Medford

Be More Loving

Sharing Their Ministry in Today's Service:

Guest Worship Leader: Zeenat Potia

Worship Associate: Susan Jhirad

Music: Russell Tripp, piano and organ; Andey Amata, guitar and vocals; Susan Jhirad, vocals

Tech Volunteers: Steve Schmidt, Carolyn Cronin, Ann and Robert Heintz

We are glad you are among us today.

To honor and be present to this sacred space and time,
please silence your cell phones.

“I learned a long time ago the wisest thing I could do was be on my own side.”~Maya Angelou

Morning Song

Hymn #1031 Filled with Loving Kindness *trad. Buddhist; Ian W. Riddell*

Hymn #95 There is More Love Somewhere *unknown African-American composer(s) of the Georgia Sea Islands*

Breathing In, Breathing Out

Thich Nhat Hanh; Betsy Rose

Breathing in, breathing out
Breathing in, breathing out
I am blooming as a flower
I am fresh as the dew
I am solid as a mountain
I am firm as the earth
I am free (I am free) (I am free)

Breathing in, breathing out
Breathing in, breathing out
I am water reflecting
What is real, what is true
And I feel there is space
Deep inside of me

I am free (I am free) (I am free)

Breathing in (I am free), breathing out (I am free)

Breathing in (I am free), breathing out (I am free)

Breathing in (I am free), breathing out (I am free)

Breathing in (I am free), breathing out (I am free)

I am free (I am free), I am free

The Bell Sounds and Candles Are Lit

Prelude **No Matter If You Live Now Far or Near** *unknown Indian*
composer(s), harmony by Frederic Mathil

Call to Worship **from “Let it Go”** *e. e. cummings*

Welcome and Greeting

Chalice Lighting *Christina Feldman*

***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 #315** **This Old World** *American folk hymn*

A Time for All Ages

Song of Blessing

Go now in peace, go now in peace.

May the light of love surround you

everywhere, everywhere you may go.

Opportunity for Generosity:

Love Knocks and Waits for Us to Hear

Daniel Charles Damon

Offering response:

We are grateful for these gifts we have received,

that sustain us and affirm the ministries of our church community.

***Hymn #34 Though I May Speak with Bravest Fire**

*Hal Hopson, trad.
English melody*

Candles of Joys, Sorrows and Milestones

Meditation

Special Music No Better Time To Love

Betsy Rose

Sermon *Be More Loving*

***Hymn: Breathing In, Breathing Out** (Lyrics above under Morning Song)

***Community Closing and Benediction**

Postlude Hymn medley

***You are invited to rise as you are able.**