A Warm Welcome to Our Guests

Thank you for joining us this morning! We recognize that you have many choices and we are grateful you chose to be with us. We invite you to sign the guest book in the vestibule, and to learn more about our church community, please visit our website: ***www.uumedford.org***; Facebook: ***Unitarian Universalist Church of Medford***; email: office@uumedford.org; or telephone (781) 396-4549.

UU Church of Medford welcomes everyone and is recognized by the Unitarian Universalist Association as a Welcoming Congregation. This means that we are a church that is inclusive and expressive of the concerns of gay, lesbian, bisexual, and transgender persons at every level of congregational life.

Church Staff Ministries:

Rev. Bruce Taylor, Minister: minister@uumedford.org
Molly Ruggles, Music Director: music@uumedford.org
Mimi Olivier, Director of the Children's Program: dre@uumedford.org
Brenda Bonetti, Church Office Admin.: uumedford@uumedford.org
Jim Costello, Sexton

Sharing Their Ministry in Today's Service:

Guest Minister: Zeenat Potia
Worship Associate: Susan Jhirad
Music: Molly Ruggles & UUCM Choir
Tech Volunteers: April Evans, Andey Amata, Carol Schachet

Sunday, January 29, 2023

Unitarian Universalist Church of Medford

Sacred Time: Meeting Each Moment with Care

We are glad you are among us today.

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

"Let me respectfully remind you life and death are of supreme importance. Time swiftly passes by and opportunity is lost. Each of us should strive to awaken. Awaken. Take heed. This night your days are diminished by one. Do not squander your life." *– Zen evening gatha (chant)*

Morning Songs

***Hymn #183 The Wind of Change Forever Blown**
Music: Johann Hermann Schein; words Sarojini Naidu

***Hymn #1070 Mother I Feel You**
Windsong Dianne Martin

***Hymn #1059 May Your Life Be As a Song**
Words: Jim Scott; music: Yuri Zaritsky

The Bell Sounds and Candles Are Lit

Prelude Hévénu Shalōm *Israeli Folk Tune*

Call to Worship On the Value of Time *Joe Lassiter*

Welcome and Greeting The Word *Tony Hoagland*

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 #181 No Matter If You Live Now Far or Near**
Music: Old Indian Song; words Satta Nopata

Time for All Ages *Zeenat Potia*

Children's Parting Song: Go in Peace
Words: Li Kynvi; music: Andey Amata and Molly Ruggles

Our beloveds, we are with you; go in peace.
May the spirit of love surround you; go in peace.
(repeat)

Opportunity for Generosity:

Music Momele *Parish, Alstone & Goodhart*

Offering response:

We are grateful for these gifts we have received,
that sustain us and affirm the ministries of our church community.

Anthem We Shall Be Known *Ma Muse (Thrive Choir)*
UUCM Choir

Candles of Joys, Sorrows and Milestones

Prayer or Meditation They Are Not Long *Ernest Dowson*

Silent Meditation

***Hymn #1031 Filled With Loving Kindness**
Music: Ian W. Ridell, adapted Mark Hayes; word: Buddhist meditation

Sermon Sacred Time: Meeting Each Moment with Care

Hymn #1010 We Give Thanks *Wendy Luella Perkins

***Community Closing and Benediction Meeting Again**
Thích Nhất Hạnh

Postlude Lost In Meditation *Duke Ellington*

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