

Sunday, November 16th, 2025

**Unitarian Universalist
Church of Medford**

**My Teacher Thay: Thich
Nhat Hanh
Susan Jhirad**



*Humankind has become a very dangerous species. We need people who can sit still,
who can walk peacefully. We need people like that to save us.* Thich Nhat Hanh

Morning Song:

Hymn #1009: When Our Heart is in a Holy Place

Words: Joyce Polley; Music: Joyce Polley

Hymn #1028: The Fire of Commitment

Words: Mary Katherine Morn; Music: Jason Shelton

The Bell Sounds and Candles Are Lit

Prelude: Improvisation

Sage Fogle

Call to Worship: The Three Gems" from *Being Peace*

Thich Nhat Hanh

Welcome and Greeting

Chalice Lighting:

Albert Schweitzer

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 #1009: Meditation on Breathing. Words: Sarah Dan Jones; Music: Sarah Dan Jones

A Time for All Ages: Four Stones Meditation

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)

Our Story: Thanksgiving Potluck

Cathy Collins

Opportunity for Generosity: Chorale #102

JS Bach

Offering Response

We are grateful for these gifts we have received,

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

Candles of Joys, Sorrows and Milestones

Meditation: Exercises in Mindfulness.

from *The Miracle of Mindfulness*, Thich Nhat Hanh

Sermon: My Teacher Thich Nhat Hanh (aka Thay

Hymn Songs by Thich Nhat Hanh

Breathing in, Breathing out

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.

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.

I have arrived, I am home

I have arrived, I am home, in the here and in the now. I am solid, I am free, I am solid, I am free, in the ultimate I dwell; in the ultimate I dwell.

Happiness is here and now

Happiness is here and now, I have dropped my worries- nowhere to go, nothing to do, no longer in a hurry.

Happiness is here and now, I have dropped my worries- somewhere to go, something to do, but I don't need to hurry.

Community Closing

Postlude: When Our Heart is in a Holy Place

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.

For more information about the church:

Website: **www.uumedford.org**

Facebook: **Unitarian Universalist Church of Medford**

Email: **office@uumedford.org**

Telephone: **(781) 396-4549**

Welcoming Congregation

The Unitarian Universalist Church of Medford 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

Nitai Wilson: Children's Program Director: dcp@uumedford.org

Sage Fogle: Music Director: music@uumedford.org

Lindsey Greene: Coordinator of Worship and Community Life:
coordinator@uumedford.org

Church Office: office@uumedford.org
Jason Brown: Sexton

Sharing Their Ministry in Today's Service

Service Leader: **Susan Jhirad**

Music: **Sage Fogle**

Tech Volunteers: **April Evans, Andey Amata, Nate Douglas**

Next Week: Rev. Hank Peirce