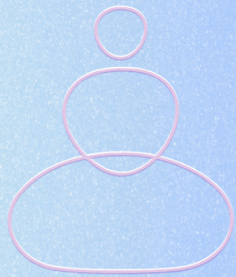


# “THE SCIENCE AND SPIRITUAL PRACTICE OF MEDITATION”

with Marilyn Huckenpoehler and Cindy Ericksen



July 20

10 AM

GATHERING MUSIC “Snake In The Hostas” by Lynn Biddick, piano.

RINGING THE CHIMES

WELCOMING AND ANNOUNCEMENTS If you are visiting us for the first time, we're glad you're here! Visit [uulacrosse.org/connect](http://uulacrosse.org/connect) to tell us about yourself.

CHALICE LIGHTING “The Light Within Us” by Brian C. Lee

*We light our chalice as a symbol of the Light within us and the life that flows through the world around us. It is our beacon as we search for truth. It is the warmth in our heart for love. And it is the energy that propels us to action. May we be kindled by our time together.*

OPENING SONG STJ#1031 “Filled with Loving Kindness” Lynn Biddick, piano.

OPENING WORDS “May Your Call Be Awakened” by Michelle LaGrave

GREET YOUR NEIGHBOR

TIME FOR ALL AGES “Aloka & The Band of Robbers” from *The Buddhist’s Apprentice at Bedtime* by Dharmachari Nagaraja. Read by Carmen Golay.

*Youth invited to go to RE Activities as congregation sings STLT #168 “One More Step”: One more step, / we will take one more step, / ‘til there is peace for us and everyone, / we’ll take one more step.*

COVENANT

*We are a caring community that inspires, nurtures, and empowers one another. With trust, respect, and compassion, we strive to listen deeply, communicate clearly, and act with love toward one another, our community, and the world.*

SHARING OF JOYS AND SORROWS

OFFERTORY Visit [uulacrosse.org/waystogive](http://uulacrosse.org/waystogive) to make pledge payments or contributions to our general fund and/or special collection. This month’s special collection is The Nature Place.

Music: Lynn Biddick, piano

READING Two selections by the Dalai Lama and Dr. Richard Davidson

TALK “The Science and Spiritual Practice of Meditation” with Marilyn Huckenpoehler and Cindy Ericksen.

CONGREGATIONAL RESPONSE

CLOSING SONG STJ #1009 “Meditation on Breathing” Lynn Biddick, piano.

CLOSING WORDS AND CHALICE EXTINGUISHING “Bring Happiness” by Barbara Cheatham

*Before we gather here again—*

*may each of us bring happiness into another's life;  
may we each be surprised by the gifts that surround us;  
may each of us be enlivened by constant curiosity —  
And may we remain together in spirit  
til the hour we meet again.*

POSTLUDE STJ#1031 “Filled with Loving Kindness” Lynn Biddick, piano.

COFFEE AND CONVERSATION

Join us Next Sunday at 10 AM  
A Celebration of UU Music!

An Intergenerational Service Led by Lynn Biddick and Carmen Golay