

# Drawing as Meditation

Zentangle and Similar Doodle Art to Relax and Calm Your Mind



with  
Jill Rippe

August 10  
10 AM

GATHERING MUSIC “Fawns and Lilies” 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 “How Far I’ll Go” by Lin-Manuel Miranda. Performed by Auli’i Cravalho, video by rysposito.

OPENING WORDS “Invitation” and “Frozen Dream” by Shel Silverstein

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.*

GREET YOUR NEIGHBOR

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 & MEDITATION by Pablo Picasso

PRESENTATION Drawing as Meditation: Zentangle and Similar Doodle Art to Relax and Calm Your Mind with Jill Rippe

CLOSING SONG STLT #131 “Love Will Guide Us” 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 Lynn Biddick, piano.

COFFEE AND CONVERSATION

Join us Next Sunday at 10 AM!

“Seeds of Peace” with Ethan Swizdor