## "Cultivating Compassion" with John McHugh



October 19 10 AM

GATHERING MUSIC STLT #123 "Spirit of Life" 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 to tell us about yourself.

CHALICE LIGHTING "The Wisdom to know" by Rev. Michelle Collins

We light this chalice as we learn to hold both tenderness and strength. May this flame illuminate the wisdom to know when compassion calls us to offer comfort and when it demands our courageous action.

OPENING SONG STLT #346 "Come, Sing a Song with Me" Lynn Biddick, piano.

OPENING WORDS "With Dirt on Our Hands" by Rev. Dr. David Breeden

**GREET YOUR NEIGHBOR** 

CHOIR SONG "Connected" by Brian Tate. Lynn Biddick, piano.

TIME FOR ALL AGES told 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 <u>uulacrosse.org/waystogive</u> to make pledge payments or contributions to our general fund and/or special collection. This month's special collection is "Baskets of Belonging": <u>Checks written to UU La Crosse</u>.

Music: "Prelude No. 3 in E Minor" by Robert Vandall. Lynn Biddick, piano.

READING AND MEDITATION "The Wise Woman's Stone"

TALK "Cultivating Compassion" with John McHugh

**CONGREGATIONAL RESPONSE** 

CLOSING SONG STJ #1012 "When I Am Frightened" 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 STLT #131 "Spirit of Life" Lynn Biddick, piano.

COFFEE AND CONVERSATION

Join us Next Sunday at 10:00 AM

"Transitions via Sierra Leone: Perspectives on Humanity" with Matthew Christen