

“Self Care is Service”

November 9
10 AM



with
Sally Strosahl

GATHERING MUSIC “Prelude No. 2 in C Minor” by J.S. Bach. Brayden Nguyen, 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 “Miracles in Mundane Moments” by Rev. Michelle Collins

We light this chalice for eyes that see miracles in mundane moments. May this flame remind us that gratitude grows not through waiting for extraordinary gifts but through noticing the ordinary blessing surrounding us daily.

OPENING SONG STJ #1002 “Comfort Me” Brayden Nguyen, piano.

OPENING WORDS “Come Into this Circle of Community. Come Into this Sacred Space” by Andrew Pakula

GREET YOUR NEIGHBOR

TIME FOR ALL AGES “Gratitude in the Small Things” 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 uulacrosse.org/waystogive to make pledge payments or contributions to our general fund and/or special collection. This month’s special collection is for New Horizons Shelter & Outreach Center Holiday Program.

Music: “May-Night” by Selim Palmgren. Brayden Nguyen, piano.

MEDITATION MUSIC “I Will Be Gentle with Myself” by Karen Drucker and Robyn Posin. Brayden Nguyen, piano.

TALK “Self Care is Service” with Sally Strosahl

CONGREGATIONAL RESPONSE

CLOSING SONG “Let Love Lead” by Craig Toungate and Susan Lincoln. Brayden Nguyen, piano.

CHORUS: Let Love Lead, Let Love Lead, (repeat); For you will get whatever you need; When you let love lead

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 “Prelude Op. 28, No.6” by Frédéric Chopin. Brayden Nguyen, piano.

COFFEE AND CONVERSATION

Join us Next Sunday at 10:00 AM

“Helping to Eliminate Senior Poverty through Tax Aide”
with Joan Wolf