

# “Meditation, Resilience, and Cognitive Decline”

with Sharon Lukert

January 11

10 AM

GATHERING MUSIC “Prelude #3” 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 “To Speak When Silence Feels Safer” by Rev. Michelle Collins  
*This flame burns for the courage we find when fear makes sense. Not the absence of doubt but the choice to act anyway. We light it for those who speak when silence feels safer and those who act when invisibility beckons.*

OPENING SONG STLT #55 “Dark of Winter” Lynn Biddick, piano.

OPENING WORDS “And Yet You Persist” by Rev Gretchen Haley

GREET YOUR NEIGHBOR

TIME FOR ALL AGES *Bella & the Magic Soup* from “The Buddha's Apprentice”. 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](http://uulacrosse.org/waystogive) to make pledge payments or contributions to our general fund and/or special collection. This month's special collection is for The St. Clare Health Mission.

**Music:** “The Sleigh Drive” by Sergei Bortkievich. Lynn Biddick, piano.

READING “Forget Me Not” by Jo Sharples

TALK “Meditation, Resilience, and Cognitive Decline” with Sharon Lukert

CONGREGATIONAL RESPONSE

CLOSING SONG STLT #108 “My Life Flows On In Endless Song” 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 #108 “My Life Flows On In Endless Song” Lynn Biddick, piano.

COFFEE AND CONVERSATION

Join us Next Sunday at 10:00 AM

“The Man, the Dream, the Movement”  
by Rev Clyde Grubbs and Mary Jane Holden  
Lay-led Service