

**“Self-Compassion:
Mindfulness Practice for an Imperfect,
Joyful Life in an Imperfect, Beautiful
World”**

**August 23
10 AM**

Cindy Ericksen & Marilyn Huckenpoehler

GATHERING MUSIC “Moonlit Morning” 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 by John O'Donohue

May you know compassion when the light is fragile. May your body find rest, May your mind find stillness, And may your spirit find courage to keep unfolding.

OPENING SONG STLT #188 “Come, Come, Whoever You Are” Lynn Biddick, piano

OPENING WORDS “To Remind Ourselves What Is Real” by Elena Westbrook

TIME FOR ALL AGES Pebble Meditation With 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.

GREET YOUR NEIGHBOR

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 The Center.

Music: “Morning Mood” by Lynn Biddick, piano.

READING AND SILENT REFLECTION “Blessed, Just by Being” by Cara Fortner

TALK “Self-Compassion: Mindfulness Practice for an Imperfect, Joyful Life in an Imperfect, Beautiful World” with Cindy Ericksen and Marilyn Huckenpoehler

CONGREGATIONAL RESPONSE

CLOSING SONG STJ #1053 “How Could Anyone” 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 #1053 “How Could Anyone” Lynn Biddick, piano

COFFEE AND CONVERSATION

Join us Next Sunday at **9:30 AM**

Great River Folk Fest Service at Riverside Park
with Vance Gilbert