

“To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do you will sink and drown. Instead, you relax, and float.”

—Alan Watts (1915-1973), an English philosopher, writer, and speaker known for interpreting and popularizing Indian and Chinese traditions of Buddhist, Taoist, and Hindu philosophy for a Western audience

Order of Service for March 6, 2022:

Rev. Rita Capezzi, Preaching
Carrie Rice, Worship Associate
Deb Fitzloff and Linda Ganske, Greeters
Elora Greiner, Zoom Host
Cathi Fouchi, Hearing Assist
Treselia Greiner and Mark Spangler, Tech Squad

We Gather and Invite

Opening Slideshow: To “Reverie” (1890) written and performed by Claude Debussy (1862-1918), a White French composer among the most influential of the late 19th and early 20th centuries
<https://www.youtube.com/watch?v=gQRe8vir9oQ>

See the current Weekly Update for all the Fellowship News

<https://mailchi.mp/cfcb7ee66140/march-2-2022-weekly-update?e=7c056a9674>

Greetings from the Whole Congregation (everyone on Zoom is invited to unmute)

Let's all make a joyful noise!

Bell Chime

Call to Worship: “Renewing Faith: A Call to Worship” by the Rev. Dr. David Breeden, serving as Senior Minister of the First Unitarian Society of Minneapolis

Welcome

Special Announcements

We Worship by Deepening and Shaping-Worth

Chalice Lighting: Please type into the Chat that a chalice is lit on [your street]:

We are a welcoming people of diverse beliefs who commit to nourish the spirit, broaden the mind, nurture the earth, and build community. May this flame we kindle remind us to strive, today and every day, to love beyond belief.

Reading: An excerpt from *You Are Here: Discovering the Magic of the Present Moment* (2001) by Thich Nhat Hanh (1926-2022), a Vietnamese Thiền Buddhist monk, peace activist, prolific author, poet, teacher, and founder of the Plum Village Tradition, historically recognized as the main inspiration for engaged Buddhism

Homily: Faith in Yourself

Music: “Look Up” (2020) written and performed by Joy Oladokun (1992-), an American singer-songwriter who identifies as a Queer Woman of Color.

<https://www.youtube.com/watch?v=vLK8sSHDbYs>

Meditation/Prayer: “I Would Like to Be Buried Alive” (2018) by Jess Reynolds, a White Queer writer

involved with the Unitarian Universalist Society of Sacramento.

With Generosity, We Build Our Community Larger

Sorrows and Joys

Singing Prayer: To the tune of #1002 (teal hymnal) by Mimi Borstein. Sung and accompanied by Jeff Lowry.

Stewardship Spotlight with Todd Schweim <https://flipgrid.com/s/oYWh86jmcxeU>

Annual Pledge Campaign Update

Giving: With offertory #402 (gray hymnal) "From You I Receive" by Joseph and Nathan Segal (brothers and both rabbis who wrote and sang together in the 1960s-1980s; sung by white Unitarian Universalist minister the Rev. Kristin Grassel Schmidt. <https://youtu.be/k7a0Lei2OCA>
Please note there is a Second Collection this Month for the ECHO Food Shelf.

Story: "A Heavy Load" in *Zen Shorts* (2005) Zen and Tao stories adapted and illustrated by Jon J. Muth (1960-), a White American author and illustrator of children's books, comics, and graphic novels <https://youtu.be/JTY8DGI-frY>

Reflection: Look Up, Cry Out

Hymn: #86 "Blessed Spirit of My Life" (gray hymnal), by Shelley Jackson Denham and performed by Jessie Downs, Helen Lowry, and Jon Vogtle, all courtesy of the Unitarian Universalist Church of Buffalo (NY)

Chalice Extinguishing

We extinguish this flame, but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.

Singing Benediction: "Longtime Sun," the final three minutes of "A Very Cellular Song" written by Mike Heron and performed by The Incredible String Band on their 1968 album *The Hangman's Beautiful Daughter*. Sung by UUFM Choir and Congregation accompanied by Nancy Cramblit.

May the longtime sun shine upon you/ All love surround you/And the pure pure light that's within you/Guide your way home.

Zoom Break Out Rooms: A time for gathering to meet, talk, and connect. Please accept the invitation to join a room. Rev. Rita will be in the Main Room if you wish to speak with her later. In-person congregation may gather outside or tune into Zoom.