

Soul Matters Theme: *The Path of Love*

Centering Quotation

“Loving only ourselves is escapism; loving only our opponents is self-loathing; loving only others is ineffective. All three practices together make love revolutionary, and revolutionary love can only be practiced in community.”

—Valarie Kaur (b. 1981), an American and Sikh activist, documentary filmmaker, lawyer, educator, and faith leader

Order of Service for February 5th, 2022: Living a Path of Love

Melissa Ketchum and Macey Forsyth, Preaching
Mae Gagnon, Reader
Kat Clements and Todd Schweim, Tech Squad
Diane Dobitz and Liz Kipp, Greeters
Nancy and Dennis Cramblit, Hospitality
Diane Langland and Korinne Spicer, Nursery

Opening Slideshow: Alanis Morissette - Empathy

Congregational Greeting in person and on Zoom

Welcome & Announcements

Bell Chime

Chalice Lighting: If you are viewing through Zoom, 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.

Recorded Music: “Mountain to Move” (2017) by Nick Mulvey, an English musician.

<https://youtube.com/watch?v=vKIngOqVbBc&feature=shares>

Reading: Excerpt from *A Day in the Life of Love (Pt 1)*, written by Stephen Levine, introduced and read by Macey Forsyth

Activity: “The Good Gossip” from *Transformation Soup* by Sark, Mae Gagnon reads instructions, Macey and Melissa ensure that groups come together

Story: *Love Grows Everywhere*, written by Barry Timms, illustrated by Tisha Lee, read by our Director of Children’s Faith Development, Macey Forsyth

Sorrows and Joys

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

Jeff Lowry.

Giving: With offertory

Meditation/Prayer: Written and read by Melissa Ketchum

Recorded Music: “Bigger Than Me” (2022) by Cloud Cult, an experimental indie rock band from Minnesota, active since 1995. <https://youtube.com/watch?v=uVnxl03nHiw&feature=shares>

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.

In-person Hospitality in the Fellowship Hall on the lower level