

**You know, a lot of people don't love themselves. And they go through life with deep and haunting emotional conflicts. So the length of life means that you must love yourself. And you know what loving yourself also means? It means that you've got to accept yourself.**

--Rev. Dr. Martin Luther King Jr.

### **Order of Service for February 20, 2022: Love the One You're With**

Rev. Rita Capezzi, Preaching  
Marlene Stein-Greiner, Worship Associate  
Diane Langland and Deb Fitzloff, Greeters  
Elora Greiner, Zoom Host  
Diane Langland, Hearing Assist  
Treselia Greiner and Jeff Lowry, Tech Squad

### **We Gather and Invite**

**Opening Slideshow:** To #1004 "Buscar el Amor" (teal hymnal), words and music by Salvador Cardenal Barquero (1960-2010), a Nicaraguan singer-songwriter, poet, and ecologist. Performed by Liam Allen, Taryn Goehrig, Michael Harris, Helen Lowry, and Jon Vogtle, all courtesy of the Unitarian Universalist Church of Buffalo (NY). See the current Weekly Update for all the Fellowship News <https://mailchi.mp/f1cba1b23990/february-16-2022-weekly-updates?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:** "The Longing for Something More" by the Rev. Gretchen Haley, White minister serving the Foothills Unitarian Church of Fort Collins (CO)

<https://www.uua.org/worship/words/opening/longing-something-more>

### **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.*

**Story:** "At the Kitchen Table" by Rita Capezzi, with inspiration from bell hooks

**Reading:** Excerpt from *All About Love: New Visions* by bell hooks

**Homily:** Love the One You're With

**Music:** "If You Want to Sing Out, Sing Out" (1970) by Cat Stevens (1948- ), a British singer-songwriter and multi-instrumentalist <https://www.youtube.com/watch?v=NDq36YD1ESM>. Performed by Paul Zanolli, with Taryn Goehrig and Helen Lowry, all courtesy of the Unitarian Universalist Church of Buffalo (NY).

**With Generosity, We Build Our Community Larger**

**Meditation/Prayer:** “A Prayer for Humility” by the Rev. Alex Jensen, White minister serving the Unitarian Universalist Congregation of Grand Traverse, MI  
<https://www.uua.org/worship/words/prayer/prayer-humility>

**Sorrows and Joys**

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

**Stewardship Spotlight** with Deb Fitzloff <https://flipgrid.com/a69de902>

**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>

**Reflection:** Love

**Hymn:** #34 “Though I May Speak with Bravest Fire” (gray hymnal). With words from Hal Hopson set to traditional music. Performed by Liam Allen, Taryn Goehrig, Michael Harris, Helen Lowry, and Jon Vogtle, all courtesy of the Unitarian Universalist Church of Buffalo (NY).

<https://www.youtube.com/watch?v=C6GncwqJ1N4>

**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.*

**Postlude:** “Love the One You’re With” (1970) by Stephen Stills (1945- ), White American singer song-writer. Performed by Helen Lowry, with Taryn Goehrig and Paul Zanolli, all of courtesy of the Unitarian Universalist Church of Buffalo (NY)

**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.