

Soul Matters Monthly Theme: What does it mean to be a Community of Vulnerability?

If I'm able to say, 'I'm feeling vulnerable,' rather than, say, 'YOU'RE MAKING ME MAD,' then there is much more room for connection and healing.

—Rev. Megan Foley, UUA Central East Regional Lead

Order of Service for March 5, 2023: Vulnerability and Change

Rev. Rita Capezzi, Preaching

Diane Langland, Worship Associate

Director of Children's Faith Development Macey Forsyth, Storyteller

Jeff Lowry, Tech Squad

Keri Johnson and Julia Hamann, Nursery

Melissa Kjarum, Children's Chapel

Alicia Bayer and Cindy Backman, Hospitality

Announcements Slideshow To "Here Comes the Sun" (1969) music and words by George Harrison, performed by Nina Simone (1933-2003), a Black American singer, songwriter, pianist, and civil rights activist <https://www.youtube.com/watch?v=T9gMsdNQSUM>

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

Let's all make a joyful noise!

Welcome and Announcements

Bell Chime

Chalice Lighting: For those attending by 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.

Hymn: #86—"Blessed Spirit of My Life" (gray hymnal), words and music by Shelley Jackson Denham and performed by Helen Lowry, Jessie Downs, and Jon Vogles, all courtesy of the Unitarian Universalist Church of Buffalo <https://farfringe.com/stlt86-blessed-spirit-of-my-life/>

Reading: "Found While Lost" by the Rev. Erik Martínez Resly, Lead Organizer of The Sanctuaries, a diverse arts community with soul in Washington, DC. <https://www.uua.org/worship/words/reflection/found-while-lost>

Story: *A New Kind of Wild* (2020) written and illustrated by Zara Gonzales Hoang, who described herself as growing up in Minnesota "a mixed-race Latina Jew in a sea of Scandinavians," now living and working in Washington, DC <https://www.youtube.com/watch?v=HK7IteUjI3U>

Sending the Young Ones to Faith Development Activities

Prayer/Meditation: "You will Lose Everything" by Jeff Foster (b. 1980), a White author, spiritual teacher, and public speaker from England <https://www.lifewithoutacentre.com/writings/you-will-lose-everything/>

Sorrows and Joys

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

Comfort me, share my joy/ Comfort me, Oh my soul. (2x)

Giving/Offertory: "Find the Light" (2012) David Ramirez, a White American Americana musician

from Austin, Texas https://www.youtube.com/watch?v=BKS2_DdrV5s

<https://genius.com/David-ramirez-find-the-light-lyrics>

Sermon

Hymn: #38 "Morning Has Broken" (gray hymnal), words by Eleanor Farjeon to a Gaelic melody and

performed by Jeffrey Lowry, Helen Lowry, and Nancy Cramblit [https://farfringe.com/stlt38-](https://farfringe.com/stlt38-morning-has-broken/)

[morning-has-broken/](https://farfringe.com/stlt38-morning-has-broken/)

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.

May the long time sun shine upon you/All love surround you

And the pure, pure light that's within you/ Guide your way home (2x)

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

On Zoom: A time to meet, talk, and connect.