

“Before I can tell my life what I want to do with it, I must listen to my life telling me who I am.”

—Quaker educator and activist Parker Palmer

Order of Service for October 4, 2020: Listening for Yourself

Rev. Rita Capezzi—Unitarian Universalist Fellowship of Mankato (MN)

We Gather

Gathering Music: “Deep Listening” by American composer, accordionist, and a central figure in the development of experimental and post-war electronic art music Pauline Oliveros (1932-2016), with Stuart Dempster and Panaiotis https://www.youtube.com/watch?v=U_lpPDTUS4. Read more about Oliveros and the creation of her album at <https://crackmagazine.net/article/lists/10-works-that-will-begin-your-journey-into-deep-listening/>

Still to Come. . . After Worship to “Waiting in Vain” (instrumental) by Jamaican singer, songwriter, and musician Bob Marley (1945-81) <https://www.youtube.com/watch?v=U0j7lu49-h4>

Announcements to “Don’t Worry, Be Happy” (instrumental) by African American jazz vocalist Bobby McFerrin (1950-) <https://www.youtube.com/watch?v=NO-Nbb-Dcsc> See the Weekly Update for all the relevant news <https://mailchi.mp/ee0db4f1377a/your-september-30-weekly-update-is-here-4625226?e=7c056a9674>

Bell Chime

We Invite and Welcome

Singing: #188 (gray hymnal) “Come, Come, Whoever You Are” [words adapted from 13th Century Persian poet and Islamic mystic Rumi, with music by Unitarian Universalist minister the Rev. Lynn Ungar]. Vocals by Jessie Downs and Helen Lowry, accompanied by Jonathan Vogtle (all of the Unitarian Universalist Church of Buffalo, NY).

Welcome

Special Announcements

Chalice Lighting (Please light at home your own chalice or candle. 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.

We Orient to Worship/Worth-Shaping

Centering Music: “If I Could Talk to a Younger Me” by American banjo player Béla Fleck (1950-) and spouse American clawhammer banjo player and singer Abigail Washburn (1977-) <https://www.youtube.com/watch?v=D0icxjcyCpw>

Story: *Breathe and Be: A Book of Mindfulness Poems* by Kate Coombs, illustrated by Anna Laitinen <https://www.amazon.com/Breathe-Be-Book-Mindfulness-Poems/dp/1622039378>. Read by Director of Children’s Faith Development Macey Forsyth <https://youtu.be/znNqox199K0>

Reading: “Listening with the Heart” by Unitarian Universalist minister the Rev. Gary Kowalski

<https://www.uua.org/worship/words/meditation/listening-heart>

We Participate in Religious Community

Offering: With offertory #402 “From You I Receive” sung by the Rev. Kristin Grassel Schmidt

<https://youtu.be/k7a0Lei2OCA>

Meditation: “Cradling Work” from African and Oceanic societies, adapted by Basque-American cultural anthropologist, educator, author, lecturer and consultant Dr. Angeles Arrien (1940-2014).

Bell Chime

Sorrows and Joys: Please type into the Chat, and Rev. Rita will read aloud

Singing: To the tune of #1002 (teal hymnal); accompanied by Jeff Lowry

We Take a Deeper Dive

Homily: Listening for Yourself

Hymn: #112 “Do You Hear?” Vocals by Helen Lowry, with accompaniment by Jonathan Vogtle (both of Unitarian Universalist Church of Buffalo, NY)

We Shift to Companionship

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,” 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.

Congregational Greeting (everyone will be invited to unmute)

Coffee “Hour”: One 15-minute and two 10-minute long gatherings to meet, talk, and connect.