

**Rev. Dr. Rita Capezzi**

Nov 2, 2020

**Announcements and greeting**

**Chimes and brief quiet music** “Now we will enter a space of worship”

**Chalice Lighting**

We gather this hour as people of faith, with joys and sorrows, gifts and needs. We light this beacon of hope, sign of quest for truth and meaning, in celebration of the life we share together.

**Opening words**

**Opening Hymn: #1030 Siyahamba**

**Story for All Ages**

<https://www.youtube.com/watch?v=znNqox199K0>

Breathe and Be: A Book of Mindfulness Poems by Kate Coombs, illustrated by Anna Laitinen. Read by Macey Forsyth, Director of Children’s Faith Development at the Unitarian Universalist Fellowship of Mankato (MN)

**Joys and Sorrows**

**Offering**

**Centering and Shared Silence**

**Meditation Hymn: #123 Spirit of Life**

**Sermon** When Holding Nothing Back *IS* Healing

**Music for Reflection:** “High Hopes”

**Benediction**

**Closing Hymn: #1074 Turn the World Around**

**Extinguishing the Chalice**

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.