

**“When one is still and listens, one begins to be in touch with a mysterious element that is within each of us, which can transform and shape us and can help to transform the world.”**—William Segal (1904-2000), American magazine publisher and self-taught artist

**Order of Service for December 13, 2020:** Stillness Inside and Out

Rev. Rita, Capezzi preaching

Macey Forsyth, Elora Greiner, and Treselia Greiner providing Zoom worship support

### **We Gather**

**Gathering Music:** “Stillness—Part 2” from the Congress Music Factory [Stillness - Part 2 - YouTube](#)

**Still to Come. . . After Worship** to “Skating” from *A Charlie Brown Christmas* by the Vince Guaraldi Trio  
[Vince Guaraldi Trio - Skating - YouTube](#)

**Announcements** to “Waiting in Vain” (instrumental) by Jamaican singer, songwriter, musician, and tireless justice advocate Bob Marley (1945-81) <https://www.youtube.com/watch?v=U0j7lu49-h4> See the Weekly Update for all the relevant news

**Bell Chime**

### **We Invite and Welcome**

**Singing:** #188 (gray hymnal) “Come, Come, Whoever You Are” [words adapted from 13<sup>th</sup> 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 courtesy of the Unitarian Universalist Church of Buffalo, NY). We are reminded that the original poem includes the line “though we’ve broken our vows a thousand time,” a call to humility, forgiveness, and repair.

**Welcome**

**Special Announcements**

### **We Orient to Worship/Worth-Shaping**

**Chalice Lighting** with Kathy Brynaert and Tony Filipovitch

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:** *The Gift of Nothing* by Patrick McDonnell, read by our Director of Children’s Faith Development Macey Forsyth <https://youtu.be/GS4HdvhzkzM>

**Music:** #319 (gray hymnal) “Voice Still and Small” words and music by John Corrado; vocals and guitar by Matt Spaulding courtesy of the UU Church of Buffalo, NY

**Video:** Jellyfish Meditation! From Ocean Wise with music by Infinity Ripple, “Panacea”

<https://www.youtube.com/watch?v=Xw7wz9PFrw> It is the Ocean Wise vision to achieve a world in which oceans are healthy and flourishing. Learn more at <https://ocean.org>

**Reading:** “Keeping Quiet” by Chilean poet-diplomat and politician who won the 1971 Nobel Prize for Literature Pablo Neruda (1904-1973) [Keeping Quiet, by Pablo Neruda | Awakin.org](#)

### **We Co-Create Religious Community**

**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 and sung by Unitarian Universalist minister the Rev. Kristin Grassel Schmidt <https://youtu.be/k7a0Lei2OCA>)

**Meditation:** "If You Knew" by American poet Ellen Bass (1947- ) [If You Knew - Ellen Bass](#)

**Bell Chime**

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

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

### **We Take a Deeper Dive**

**Homily:** Stillness Inside and Out

**Hymn:** #112 "Do You Hear?" lyrics by religious educator Emily thorn to a traditional shape note tune. Sung by Helen Lowry with accompaniment by Jonathan Vogtles, both courtesy of the UU Church of Buffalo, NY

### **We Shift to Companionship in the Wider World**

**Chalice Extinguishing** with Kathy Brynaert and Tony Filipovitch

*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.*

**Congregational Greeting** (everyone will be invited to unmute)

**Coffee "Hour":** A time for gathering to meet, talk, and connect.