

Order of Service September 14, 2025

Breaking Up is Hard to Do

Worship Leader: Seth Anderson-Matz

Worship Associate:

Director of Lifespan Faith Formation: Macey Forsyth

Pianist: Jo Breckenridge

Worship Tech: Dan Possin

Prelude

Welcome and Announcements – Worship Associate

Singing Bowl – Worship Associate

Chalice Lighting – Worship Associate reads, Seth lights

If you are viewing through Zoom, please type into the Chat that a chalice is lit on [your street], and join in saying these words:

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.

Call to Worship – “Heavy” by Mary Oliver – Seth

*That time
I thought I could not
go any closer to grief
without dying*

*I went closer,
and I did not die.
Surely God
had his hand in this,*

*as well as friends.
Still, I was bent,
and my laughter,
as the poet said,*

*was nowhere to be found.
Then said my friend Daniel,*

*(brave even among lions),
"It's not the weight you carry*

*but how you carry it—
books, bricks, grief—
it's all in the way
you embrace it, balance it, carry it*

*when you cannot, and would not,
put it down."
So I went practicing.
Have you noticed?*

*Have you heard
the laughter
that comes, now and again,
out of my startled mouth?*

*How I linger
to admire, admire, admire
the things of this world
that are kind, and maybe*

*also troubled —
roses in the wind,
the sea geese on the steep waves,
a love
to which there is no reply?*

Come, let us worship together.

Hymn – STLT #128, "For All That is Our Life"

Story for All Ages – *The Invisible String* by Patricia Karst — Macey

Singing the Children Out

Joys and Sorrows – Worship Associate

Pastoral Prayer

We lift up these prayers as an act of love and solidarity. May we all be held in the tender embrace of beloved community, and may our hearts be well tended by the love and care we share.

Amen.

Silent Meditation

Singing Prayer

Offertory – Worship Associate

Reading – “to do list (after the break-up)” by Rupi Kaur – Seth

1. take refuge in your bed
2. cry. till the tears stop (this will take a few days).
3. don't listen to slow songs.
4. delete their number from your phone even though it is memorized on your fingertips.
5. don't look at old photos.
6. find the closest ice cream shop and treat yourself to two scoops of mint chocolate chip. the mint will calm your heart. you deserve the chocolate.
7. buy new bed sheets.
8. collect all the gifts, t-shirts, and everything with their smell on it and drop it off at a donation center.
9. plan a trip.
10. perfect the art of smiling and nodding when someone brings their name up in conversation.
11. start a new project.
12. whatever you do. do not call.
13. do not beg for what does not want to stay.
14. stop crying at some point.
15. allow yourself to feel foolish for believing you could've built the rest of your life in someone else's stomach.

16. breathe.

Sermon – “Breaking Up is Hard to Do” — Seth

Sing Along – [“I Will Survive” by Gloria Gaynor](#) — Seth will introduce and lead

Chalice Extinguishing — Worship Associate reads, Seth extinguishes

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. (Elizabeth Selle Jones)

Seth’s “Breaking Up With Empire” Playlist

For bulletin and slideshow: “Breaking Up With Empire” Playlist – Seth will talk about this before the benediction (QR codes also attached to this email as PNG files)



Benediction – Seth

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 longtime sun shine upon you
All love surround you
And the pure pure light that’s within you
Guide your way home.*

Zoom participants: Please feel free to stay online for a time of gathering to meet, talk, and connect. (If the group online is large enough, we will invite you to join breakout rooms for small group connection.)

In-person participants: Please stay for refreshments in the Fellowship Hall on the lower level following the worship service.