

Order of Service January 11, 2026

The Way It Is

Worship Leader: Seth Anderson-Matz

Worship Associate: Susan Chambers

Director of Lifespan Faith Formation: Macey Forsyth

Pianist: Jo Breckenridge

Worship Tech: Dan Possin

Prelude

Welcome and Announcements – Susan

Singing Bowl – Seth

Chalice Lighting – Susan 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.

Sung Call to Worship – “Loosen, Loosen” by Aly Halpert – Seth will lead congregation in singing

*Loosen, loosen, baby,
You don't have to carry
The weight of the world in your muscles and bones.
Let go, let go, let go.
(repeat)*

*Holy breath and holy name,
Will you ease, will you ease this pain?
(repeat)*

Come, let us worship together.

Hymn – STLT #67, “We Sing Now Together”

Time for All Ages – Labyrinth Meditation – Seth

Singing the Children Out

Joys and Sorrows – Susan

Pastoral Prayer

Silent Meditation

Singing Prayer

Offertory – Susan

Reading – Introduction to St. Teresa of Avila’s *The Interior Castle* by Mirabai Starr – Susan

Sermon – “The Way It Is” – Seth

Hymn: “Dona Nobis Pacem” – Seth will lead acapella

Closing Words: “Good Bones” by Maggie

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)

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.