

Unitarian Universalist Church of Columbia, Missouri

Sunday, January 10, 2020

10:30am

Join us on Zoom: <https://zoom.us/j/380411489>

Welcome – Rev. Molly Housh Gordon

Prelude - “Malaguena (Girl from Malaga)” by Michael Lucarelli

Opening Words

Gathering Hymn #1009 - “Meditation on Breathing” by Sarah Dan Jones,
performed by the choir of the First Unitarian Society of Denver

Breathe in, breathe out.

*When I breathe in,
I'll breathe in peace.*

*When I breathe out,
I'll breathe out love.*

Words of Affirmation & Chalice Lighting

You can find an online chalice at <https://worshipweb.uua.org/chalice>
Click to light.

*Love is the spirit of this church, and service is its law;
this is our great covenant:
to dwell together in peace,
to seek the truth in love, and to help one another.*

Centering Story - “Walking with the Wind” adapted from Rep. John Lewis -
shared by Sam Otten

Joys & Sorrows - Rev. Molly Housh Gordon

Prayer - by Anne Mason

Song of Response - “Heart Wide Open” by Lea Morris

*Keep your heart wide open,
Though the waves wanna push you around.
You gotta keep your heart wide open,
'Til your faith brings you back to solid ground.*

*I'm gonna keep my heart wide open,
Though the waves wanna push me around.
I'm gonna keep my heart wide open,
'Til my faith brings me back to solid ground.*

*We gotta keep our hearts wide open,
Though these waves wanna push us around.
We gotta keep our hearts wide open,
'Til our faith brings us back to solid ground.*

Reflection - “Keep Coming Back” by Rev. Molly Housh Gordon

Musical Interlude - “Prelude No. 3” by Heitor Villa Lobos, performed by Michael
Lucarelli

Teaching - Dr. Chris Lawrence, Heart Space Clinic

Hymn #1031 - “May I Be Filled With Lovingkindness” - Buddhist Metta Meditation, set to music by Ian Riddell - performed by Alena Hemingway & Brian Kenny of the Kitsap UU Fellowship

May I be filled with lovingkindness, may I be well.

May I be filled with lovingkindness, may I be well.

May I be peaceful and at ease.

May I be whole.

May you...

May we...

Offertory - “Echoes of the Past” by Michael Lucarelli

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Closing Words – Rev. Molly Housh Gordon

Parting Song

*Now on leaving one another,
may we give of hand and heart.*

*Let us share our benediction,
lovingly before we part.*

Please Join Us for Coffee Hour - <https://zoom.us/j/652315354>