

UU Church of Columbia, MO
Rev. Molly Housh Gordon, Minister
Spiritual Practice for Everyone
Jamila Batchelder & Rev. Molly Housh Gordon
December 1, 2024

Welcome

Prelude – “Like the Trees” by Syd Hemwall

Opening Words

***Hymn #1009** – “Meditation on Breathing”

*Breathe in, Breathe out,
Breathe in, Breathe out*

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

Reflections – Molly Housh Gordon & Jamila Batchelder

Chalice Lighting & Words of Affirmation – at your table

*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.*

Stones of Joy & Sorrow – at your table

Practicing Together – at your table

Musical Interlude – “Om Mani Padme Om” — Tibetan Buddhist Chant – Syd Hemwall

Sharing Out

*Hymn #1031 – “Filled With Loving Kindness”

*May I be filled with loving kindness. May I be well.
May I be filled with loving kindness. May I be well.
May I be peaceful and at ease.
May I be whole.
May you be filled ...
May we be filled ...*

Joys & Sorrows Prayer

*Hymn #391 – “Voice Still and Small”

*Voice still and small, deep inside all,
I hear you call, singing.
In storm and rain, sorrow and pain,
still we'll remain singing.
Calming my fears, quenching my tears,
through all the years, singing.*

Offertory – “My Love for You” by Syd Hemwall

This morning's offering is for the work of the congregation.

Give by text to 573-405-1202

General collection: Enter amount, with or without a dollar sign

Pledge: Enter amount, then a space, then the word pledge

Or give online at <https://uucomo.org/give/>

Closing Words – Rev. Molly Housh Gordon

Benediction

*Now on leaving one another,
may we give of hand and heart.
Let us share our benediction,
lovingly before we part.*

* Please stand or remain seated as you feel most comfortable.

Is there a way we can make our worship service or community more accessible to you?
Let us know. Email the minister at minister@uucomo.org or call 442-5764.

Church Staff: Rev. Molly Housh Gordon, Minister; April Rodeghero, Church Administrator; Jamila Batchelder, Director of Religious Education; Violet Vonder Haar, Director of Music Ministry; Phylshawn Johnson, Sound Technician