

**Unitarian Universalist Church
of Columbia, MO**

“Catching Our Breath”

Rev. Dr. Molly Housh Gordon

December 7, 2025

Gathering Song – “When You Arrive” by Anni Zylstra

When you arrive

We all arrive

So come on in

Let’s begin

This place awaits

The love you bring

So welcome home

And let us sing

Welcome

Prelude — Syd Hemwall

Opening Words – by M. Rudder

***Hymn** – “There is A Love” by Rebecca Parker & Elizabeth Norton

There is a love holding me.

There is a love holding all that I love.

There is a love holding all.

I rest in this love.

There is a love holding us.

There is a love holding all that we love.

There is a love holding all.

We rest in this love.

Chalice Lighting & Words of Affirmation

*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 Moment

Stones of Joy and Sorrow

Singing Our Children To Class

*Live in joy, go in peace
Hold all our love as we part*

*Live in joy, go in peace
Hold all our love in your heart*

Joys & Sorrows Prayer

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

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

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

Reading – “Breathing” by Thich Nhat Hanh

Interlude – Syd Hemwall

Sermon – “Catching Our Breath” by Molly Housh Gordon

Hymn – “Arms of Love” by Alexa Sunshine Rose

*Come now child, lay it down.
Just breathe. Just be.
Come be cradled in the arms of love.
Just breathe, just be.*

Offertory – Syd Hemwall

This morning's offering is a Faith-to-Action Collection for The CoMO Mobile Aid Collective.

Give by text to 573-405-1202

Faith-to-Action: Enter amount, with or with a dollar sign, then a space, then the code **f2a**

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

***Sung 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. Dr. 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; Monica Clark-Robinson, Intern Minister