

UU Church of Columbia, MO
Rev. Dr. Molly Housh Gordon, Minister
August 9, 2026
“Letting Go”
Rosie Anderson-Harper

Gathering Song – “When You Arrive” by Annie Zylstra

Welcome

Prelude – “Let It Be” by the Beatles, performed by Violet Vonder Haar

Opening Words – from Mary Oliver

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.*

Song – “Let It Go” by Robert Lopez and Kristin Anderson-Lopez

*The snow glows white on the mountain night
Not a footprint to be seen
A kingdom of isolation
And it looks like I'm the queen
The wind is howling
Like this swirling storm inside
Couldn't keep it in
Heaven knows I've tried*

*Don't let them in, don't let them see
Be the good girl you always have to be
Conceal, don't feel, don't let them know
Well, now they know*

*Let it go, let it go
Can't hold back anymore
Let it go, let it go
Turn away and slam the door
I don't care what they're going to say
Let the storm rage on
The cold never bothered me anyway.*

*It's funny how some distance,
makes everything seem small,
and the fears that once controlled me,
can't get to me at all.*

*It's time to see what I can do.
To test the limits and break through.
No right, no wrong, no rules for me!
I'm free!*

*Let it go, let it go,
I'm one with the wind and sky!
Let it go, let it go,
you'll never see me cry!
Here I stand and here I'll stay!
Let the storm rage on!*

*My power flurries through the air into the ground!
My soul is spiraling in frozen fractals all around!
And one thought crystalizes like an icy blast!
I'm never going back,
the past is in the past.*

*Let it go, let it go,
And I'll rise like the break of dawn!
Let it go, let it go,
That perfect girl is gone!
Here I stand in the light of day!*

*Let the storm rage on,
the cold never bothered me anyway.*

Centering Moment – Molly Housh Gordon

Stones of Joy & Sorrow

Singing the 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 #16 – “‘Tis A Gift to Be Simple”

*'tis a gift to be simple, 'tis a gift to be free,
'tis a gift to come down where we ought to be,
and when we find ourselves in the place just right,
'twill be in the valley of love and delight.
When true simplicity is gained,
to bow and to bend we shan't be ashamed.
To turn, turn will be our delight,
'till by turning, turning we come 'round right.*

Reading – # 558 in Hymnal from Ecclesiastes 3

Sermon – “Letting Go” by Rosie Anderson-Harper

***Hymn #311 – “Let it Be A Dance”**

*Let it be a dance we do.
May I have this dance with you?
Through the good times and the bad times, too,
let it be a dance.*

*Let a dancing song be heard.
Play the music, say the words,
and fill the sky with sailing birds.
Let it be a dance.
Let it be a dance. Let it be a dance.
Learn to follow, learn to lead,
feel the rhythm, fill the need
to reap the harvest, plant the seed.
Let it be a dance.*

*Let it be a dance we do.
May I have this dance with you?
Through the good times and the bad times, too,
let it be a dance.*

*Everybody turn and spin,
let your body learn to bend,
and, like a willow with the wind,
let it be a dance.
Let it be a dance. Let it be a dance.
A child is born, the old must die;
a time for joy, a time to cry.
Take it as it passes by.
Let it be a dance.*

*Let it be a dance we do.
May I have this dance with you?
Through the good times and the bad times, too,
let it be a dance.*

*Morning star comes out at night,
without the dark there is no light.
If nothing's wrong, then nothing's right.
Let it be a dance.
Let it be a dance. Let it be a dance.
Let the sun shine, let it rain;*

share the laughter, bear the pain,
and round and round we go again.
Let it be a dance.*

Offertory – “Faith, Courage, and Wisdom” by India.Arie, performed by Violet Vonder Haar

This morning’s offering will be 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 securely online at uucomo.org/give

Closing Words – by Wayne Arnason

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