



Please note that the order of service is subject to change at the leading of the (S)pirit

▲ Means you are invited to stand in spirit or body.

Prelude

“Vernal Equinox”

by Daniel Herskedal

Greetings + Announcements

Rev. Alex

Welcome

Vicky Jungers

Story for All Ages

“Thomas was Nobody’s Fool”

by Thomas Hardy

John McCall +Patricia Leftridge

Rev Alex

Recessional

“It’s a Blessing”

words: Laila Ibrahim/Rumi, music: Laurel Liefert

Patricia Leftridge

Chalice Lighting

“Not Okay”

by Jarod K Anderson

Rev. Alex

I am not okay today.

So, in the absence of okay, what else can I be?

I can be gentle. I can be unashamed.

I can turn my pain into connection.

I can be a student of stillness.

I can be awake to nature.

I can sharpen my empathy against the stone of my discomfort.

I am not okay,

but I am many worthy things.

Opening Hymn

“Though I May Speak with Bravest Fire”

STLT (gray) #34

Patricia Leftridge

Joys+Sorrows+Gratitude

Rev. Alex

What is prayer but sharing the pain

and living the beauty of life together!

by Mosab Abu Toha

Pastoral Hymn "Is it For Freedom"
by Sara Thomsen Vicky Jungers

Offering Rev. Alex

Offertory Music "Which Way Are You Going"
by Jim Croce Vicky Jungers

Reflection "I Can Do This Hard Thing" Vicky Jungers

Homily "Comfort as a Drug; Joy as Resistance" Rev. Alex

Contemplation

Closing Hymn "With Joy We Claim the Growing Light"
STLT (gray) #345 Patricia Leftridge

▲ **Commission + Benediction Reading** Rev. Alex

Extinguish Chalice + Closing Words

*As we go forth, may we carry the flame of Love,
and Peace with Justice, until we meet again,
Blessed Be.*