



Sierra
Foothills
Unitarian
Universalists

March 3, 2024

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		Patricia Leftridge
Greetings + Announcements		Rev. Alex
Welcome		Vicky Jungers
Stewardship Testimonial		Milo Florence
Story for All Ages	“So Many Hearts” by Zoe Minikes	Rev. Alex
Recessional	“It’s a Blessing” words by Laila Ibrahim Rumi - music by Laurel Liefert	Patricia Leftridge
Chalice Lighting	“How Good to Center Down” by Howard Thurman	Rev. Alex
	<i>How good it is to center down!... something deep within hungers and thirsts for the still moment... A direction, a strong sure purpose that will structure our confusion and bring meaning in our chaos...As we listen, floating up through all the jangling echoes of our turbulence, there is a sound of another kind – A deeper note...Our questions are answered... Our spirits refreshed...</i>	
Stewardship Testimonial		Sam Florence
Opening Hymn	“Chant for the Season” STLT (gray) #73 (ver. 3 only)	Patricia Leftridge
Joys+Sorrows+Gratitudes		Rev. Alex
Pastoral Hymn	“This Rose will Open ” STLT (gray) #396	Patricia Leftridge

Offering		Vicky Jungers
Offertory Music	“Improvisation”	Patricia Leftridge
Homily	“Blizzard Facing Bison”	Rev. Alex
Contemplation		Congregation
Meditation		Congregation
Closing Hymn	“Lady of the Seasons, Laughter” STLT (gray) #51	Patricia Leftridge
▲ Commission + Benediction	“Blessing of Breathing” by Jan Richardson	Rev. Alex

*That the first breath: will come without fear.
That the second breath: will come without pain.
The third breath: that it will come without despair.
And the fourth: without anxiety.
That the fifth breath: will come with no bitterness.
That the sixth breath: will come for joy.
Breath seven: that it will come for love.
May the eighth breath: come for freedom.
And the ninth : for delight.
When the tenth breath comes, may it be for us
to breathe together, and the next, and the next,
until our breathing is as one,
until our breathing is no more.*

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***