



Sept. 3, 2023

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		Brenda Marsh
Story for All Ages	“¡No Me Comas, Chupacabra! Don't Eat Me, Chupacabra by Kyle Sullivan	Jeanine Meunier
Recessional Song	“It's a Blessing” words: Laila Ibrahim/Rumi, music: Laurel Liefert (Oakland UU)	Patricia Leftridge
Chalice Lighting	Excerpted from: <i>The Little Book of Zen Healing: Japanese Rituals for Beauty, Harmony, and Love</i> by Paula Arai, p. 6 <i>Healing rituals are concrete acts of compassion that can guide us through our lives, helping to decrease our fear and anxiety and to increase our awareness and connectedness. Such rituals flourish in the messiness of life conditions. They are not about right or wrong, nor are they exclusive to any particular tradition. Rather, healing rituals are driven by thoughtful intent and engage our deepest love.</i>	Rev. Alex
▲ Opening Song	“It's a Blessing” words: Laila Ibrahim/Rumi, music: Laurel Liefert (Oakland UU)	Patricia Leftridge
Homily	“UU+Me”	Rev. Alex
Liturgical Action		
Joys + Sorrows + Gratitudes	by James Baldwin	Rev. Alex

*If it hurts you, that is not what's important. Everybody's hurt.
What is important, what corrals you, what bullwhips you, what drives you, torments you,
is that you must find some way of using this to connect you with everyone else alive.
This is all you have to do it with. You must understand that your pain is trivial
except insofar as you can use it to connect with other people's pain;
and insofar as you can do that with your pain, you can be released from it,
and then hopefully it works the other way around too;
insofar as I can tell you what it is to suffer, perhaps I can help you to suffer less.
Then, you make — oh, fifteen years later, several thousand drinks later,
two or three divorces, God knows how many broken friendships
and an exile of one kind or another — **some kind of breakthrough**,
which is your first articulation of who you are: that is to say,
your first articulation of who you suspect we all are.*

Pastoral Song

"Loosen"

Patricia Leftridge

By Alyson Halpert

Offering

Share the Plate - Rise Against Hunger

▲ Closing Hymn

"We Would be One"

Patricia Leftridge

STLJ (gray) #318

▲ Closing Words +

"Prevail: an etymology

Rev. Alex

from "spilling the light: Meditations on Hope and Resilience, p. 28

by Julián Jamaica S

*Isn't it a weird word, though-prevail? How could we win before we encounter the challenge?
Before what? Not like preheat an oven or pre-measure an ingredient.
It turns out that the pre- doesn't mean before in the way that we're all used to.
It comes from a Middle English p-r-a-which means toward.
Toward greater strength. That and a quarter will get you a gumball.
Let me reassure you. No one knows everything, even though some people wisecrack like
they do. You could not know before right now what this moment would call for.
Knowing, you now move toward greater strength. Knowing, this very moment you
teach yourself and your communities what and how we shall be more able not simply to survive the
day, but also to take the future back in your own hard-working hands, our communal resistance
and possession. You will prevail if you commit. Doing the next thing because it is next.
Moving toward greater strength, building the skills it takes to heal the aching world.*

Chalice Extinguishing

Please join us in our words to extinguish the chalice:
***As we go forth, may we carry the flame of Love,
and Peace with Justice, until we meet again,
Blessed be.***

