Order of Service
First Religious Society
Unitarian Universalist

“The only choice we have... is how we inhabit our vulnerability.”
— David Whyte, Consolations

Sunday, March 29, 2020

Virtual services will be accessible via YouTube livestream, Zoom video conference, and audio-only via phone until further notice.
Order of Service

March Ministry Theme: Generosity

**GATHERING MUSIC**
Selections from *Kleine Reigen*
Erwin Schulhoff

**MINDFULNESS BELL**

**WELCOME TO THE SERVICE**

**CALL TO WORSHIP**

**CHALICE LIGHTING**
Justin Murphy-Mancini

We gather this hour as people of faith
With joys and sorrows, gifts and needs.
We light this beacon of hope,
Sign of our quest
For truth and meaning,
In celebration of the life we share together.

**CANDLES OF PEACE**  *ALL*  Peace, Salam, Shalom

**HYMN**  # 298  *Wake Now My Senses (verses 1-3)*

**AFFIRMATION OF FAITH**

Love is the doctrine of this church,
The quest of truth is its sacrament,
And service is its prayer.
To dwell together in peace,
To seek knowledge in freedom,
To serve humankind in fellowship,
To the end that all souls shall grow into harmony with the Divine—
Thus do we covenant with each other and with God.

**DOXOLOGY**

From all that dwell below the skies
Let faith and hope with love arise;
Let beauty, truth and good be sung
Through every land, by every tongue.
TIME FOR ALL AGES

OFFERED TO

OFFERTORY
Clair de lune
Claude Debussy

READING
“How I Go to the Woods” (Mary Oliver)

COMMUNITY PRAYER OF SORROW AND JOY

PASTORAL PRAYER

TIME OF SILENCE

INTERLUDE
Canzonetta
Frances McCollin

SERMON
“But How?”

HYMN
#396 I Know This Rose Will Open

UNISON BENEDICTION
May the Love which overcomes all differences,
Which heals all wounds,
Which puts to flight all fears,
Which reconciles all who are separated,
Be in us and among us now and always.

BLESSING

POSTLUDE
Nocturne No. 2
Erik Satie
This Week’s Questions to Ponder, Discuss, and Hold...

1. Where in your body do you feel joy and contentment?

2. Where in your body do you feel fear, irritation, and upset?

3. Do you have a practice, could be anything, that you engage with that brings you back to what you understand to be your physical and emotional neutral?
Notes on today’s service

We use the **mindfulness bell** at the start of each service as an invitation to center ourselves and open our minds and hearts to worship. The bell is rung three times.

<table>
<thead>
<tr>
<th>Candles of Peace</th>
<th>Minister</th>
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<tbody>
<tr>
<td>Each week we light these candles to represent two places on earth that especially need peace this week.</td>
<td>The Rev. Rebecca Bryan</td>
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<tr>
<th>Affiliated Ministers</th>
<th>Ministers Emeritus</th>
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<tr>
<td>The Rev. Stanton Barrett</td>
<td>The Rev. Harold Babcock</td>
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<td>The Rev. Helen Murgida</td>
<td>The Rev. Bert Steeves</td>
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<th>Candle Lighting for Joys and Concerns</th>
<th>Today’s Dedication</th>
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<td>Please feel free to light a candle of joy and concern before the service.</td>
<td>The flowers for today’s service are provided by Tom Pagel: “Don’t cry because it’s over. Smile because it happened.” -Dr Seuss</td>
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<td>May these flowers reflect love and blessings in remembrance of my life partner Tempa, Mom and Dad Roberta and Fred, sister Kathy, and long time buddy Randy.</td>
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<th>March Collection for a Cause:</th>
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<td>Half of March’s unpledged cash collection will go the Unitarian Universalist Association. The UUA will apply all that we give to a special national project called UU the Vote, which is devoted to getting the most people possible to register to vote and then to make it to the polls on election day. FRS is planning to join this campaign locally.</td>
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Connect & Engage: Here's What's Going On

Care Pods - A Commitment to Community. Care Pods are groups of 4-8 FRS households who will commit to checking in on each other throughout the duration of the corona pandemic. Pods will connect via phone, email, video or text to keep tabs on each others’ well-being, provide support, share resources, etc., and will determine their own guidelines for communicating. Each pod will have a leader who will initiate the first communication, ensure that the group continues to function, and liaison with other pod leaders and with church staff. Contact Julie Parker Amery, julie.amery@frsuu.org, with questions.

Register online: https://bit.ly/frsuucarepods

Pastoral Care Associates Are Here to Help. These are difficult and unprecedented times. Please reach out to betweenus@frsuu.org to submit your joys and sorrows, or to ask to have a pastoral care associate or Reverend Rebecca reach out to you.

Join Rev. Rebecca for a Daily Meditation via Facebook Live. Tuesday – Friday this week, 1–1:10pm. Rev. Rebecca will lead a guided meditation for all who tune in. The meditation will change each day. Sessions will not be recorded. To watch or sign on please go to Reverend Rebecca Bryan on Facebook, www.facebook.com/revrebeccabryan

Unified Mindfulness Program. Join FRS member David Turner for an eight-week virtual program on Unified Mindfulness, a method of managing your thoughts to reduce stress, to improve relationships, to be happier and content with life, and to increase your ability to be creative and innovative. A comprehensive description, including methodology and weekly outline—as well as the registration form—is here: https://bit.ly/unifiedmindfulnesscoaching. Contact David Turner, davidyturner@comcast.net, for more information.

Creativity Circle Reimagined: It’s Never Too Late to Begin Again! Due to the current state of the world, the Creativity Circle that was designed to meet in-person will now be offered as a twelve-week Online Creativity Circle. All you need is the ability to send and receive emails and Julia Cameron’s book, It’s Never Too Late to Begin Again. Creativity will save the world, so let’s get on with it!

The Circle will begin on Monday, April 6 and run through Sunday, July 5. Lots more information and registration is here: http://bit.ly/creativitycircle

Questions? Contact Julie Parker Amery, julie.amery@frsuu.org
ZOOM ACCESS INFORMATION. All Zoom programming has the following access information unless otherwise specified within the program listing.

Online: 
https://zoom.us/j/4848186518 / Meeting ID: 484 818 6518

One tap mobile: 
+16465588656,,4848186518# US (New York)

Dial by phone: 
+1 646 558 8656 US (New York)

PROGRAMMING SCHEDULE NEXT WEEK

Monday, March 30 - 1pm and 6pm
“At the Organ” with Justin Murphy Mancini

Tuesday, March 31 - 11am
Spiritual Practice with Julie Parker Amery

Wednesday, April 1 - Noon
“Let’s Do Lunch” with Rev. Rebecca – a virtual potluck – bring your lunch and join the discussion.

Thursday, April 2 - 6pm
Reflection by Rev. Rebecca

Friday, March 27 - Noon
“Let’s Do Lunch” with Julie Parker Amery – a virtual potluck – bring your lunch and join the discussion.

CANCELLATIONS

Sunday, April 5 - New Member Sunday Ceremony has been postponed.

Saturday, April 18 - The FRS Habitat volunteers who are building homes in Salisbury on third Saturdays will suspend their work on March 21 and April 18 due to the pandemic. We’ll let you know about reserving May 16 when the path forward is clearer.

To learn more about the various opportunities for our congregation to connect with Habitat, please contact Howard at howard.mandeville@gmail.com.

Program Council - The Program Council has postponed its March meeting, re-scheduling for Tuesday, April 28, pending circumstances at the time.
We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

• The inherent worth and dignity of every person;
• Justice, equity, and compassion in human relations;
• Acceptance of one another and encouragement to spiritual growth in our congregations;
• A free and responsible search for truth and meaning;
• The right of conscience and the use of the democratic process within our congregations and in society at large;
• The goal of world community with peace, liberty, and justice for all;
• Respect for the interdependent web of all existence of which we are a part.

The living tradition which we share draws from many sources:

• Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
• Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
• Wisdom from the world’s religions which inspires us in our ethical and spiritual life;
• Jewish and Christian teachings which call us to respond to God’s love by loving our neighbors as ourselves;
• Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
• Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.