

May 2023 Worship Services

May Worship Theme: Spiritual Teachers

"I believe we are here on the planet Earth to live, grow up and do what we can to make this world a better place for all people to enjoy freedom."

- Rosa Parks

May 7: Life as Our Spiritual Teacher

Join us as we welcome our new members and celebrate our beloved community. Reverend Rebecca will kick off our monthlong exploration of "Spiritual Teachers" with a sermon entitled "Life as Our Spiritual Teacher."

May 14: Cultivating Self-Compassion

Are you as kind and compassionate to yourself as you are to other people? Are you sometimes your own harshest critic? Rev. Jane Tuohy will bring us works from teachers Tara Brach and Kristin Neff as we explore self-compassion. Learn how to recognize ways in which we unintentionally increase our own suffering. Rev. Jane will share techniques for letting go of debilitating self-criticism and cultivating self-compassion.

May 21: Young Church Sunday – Outdoors at Atkinson Common, Newburyport

This outdoor service will be led by our children, youth, and families and will feature a reflection by Reverend Rebecca and a Blessing Ceremony for graduating seniors.

May 28: Service as Our Spiritual Teacher

What does it mean to believe in "service as our prayer"? Reverend Rebecca will explore the role that service plays in helping us to find meaning, connection, and belonging.

For more information: www.frsuu.org