



United First Parish Church
“Our Heart’s Invitation to Change”
Order of Service
Sunday, October 18, 2020

PRELUDE *Meditation on Breathing*

By Sarah Dan Jones
Performed by Blue Cliff Monastery Ensemble

WELCOME

Rev. Rebecca Froom

CALL TO WORSHIP

CHALICE LIGHTING

Everyone is invited to light a chalice or candle from wherever you may be.

COVENANT

As a free fellowship of this historic church
We unite to lift our hearts and open our minds to a larger reality;
To accept, support and encourage one another;
To seek the wisdom in all religions;
To cherish and sustain the web of life;
And to strive for justice, compassion and peace.

SONG *Listening*

Written and performed by LEA

I’m listening. I am listening
Spirit speak/sing to/through me
My ears are wide open
My eyes are now open
To see what I may be
I’m listening. I am listening
Spirit speak/sing to/through me

In this moment of silence
I can hear the voices of all my kin
Singing, clicking, tweeting, howling (speaking, shouting, crying, laughing)

Into the wind
And oh, the joy
And oh, the love
That's here for you and me
In this moment of silence
I hear

MESSAGE FOR ALL AGES

Joan McDonald

JOYS AND SORROWS

MEDITATION AND PRAYER

Rev. Rebecca Froom

HYMN #123 *Spirit of Life*

By Carolyn McDade
Arranged and performed by LEA

Spirit of Life, come unto me.
Sing in my heart all the stirrings of compassion.
Blow in the wind, rise in the sea;
move in the hand, giving life the shape of justice.
Roots hold me close; wings set me free;
Spirit of Life, come to me, come to me.

SERMON *Our Heart's Invitation to Change*

Rev. Rebecca Froom

SPECIAL MUSIC *Keep Your Heart Wide Open*

By LEA
Performed by LEA and the Heart Wide Open Choir

OFFERTORY *Simple Gifts*

Performed by Jim Petosa
Online donations can be made at <https://ufpc.org/>

ANNOUNCEMENTS

BENEDICTION

Rev. Rebecca Froom

EXTINGUISHING THE CHALICE *Carry the Flame* By Patricia Yates and Harold Brown
Performed by Lee Forest and Ann Marie Willer
Carry the flame of peace and love, until we meet again (sung twice)

VIRTUAL SOCIAL HOUR

Please join us for a virtual social hour after the service. This Sunday we will have the opportunity to meet in small breakout groups to discuss one of the prompts: When have you worked through defensiveness to create a space for deeper listening? What helps you listen deeply to the experience of others?

SPECIAL THANKS

Technology Team: Joan McDonald, Christopher Taylor and Rev. Rebecca Froom

Music:

LEA, a singer and songwriter based out of the Washington D.C. area

<https://www.thisislea.com/>

<https://www.hopesingseternal.me/>

<https://www.youtube.com/channel/UCQ1XVD7jH-tOmuRjOA3HZvw>