



United First Parish Church

Order of Service

“Breath of Our Ancestors”

Sunday, November 1, 2020

PRELUDE *Brahms Sonata No. 3 in d minor, 2nd mvmt*

Nijioma Grevious, violin

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 *Swimming to the Other Side*

Words / Music: Pat Humphries
Performed By: Dan Schatz

(Chorus) We are living neath the Great Big Dipper
We are washed by the very same rain
We are swimming in the stream together some in power and some in pain
We can worship this ground we walk on cherishing the beings that we live beside
Loving spirits will lives forever we're all swimming to the other side

(Chorus)

We are living neath the Great Big Dipper
We are washed by the very same rain
We are swimming in the stream together some in power and some in pain

We can worship this ground we walk on cherishing the beings that we live beside
Loving spirits will live forever we're all swimming to the other side

On this journey through thoughts and feeling
Finding intuition, my head my heart
I am gathering the tools together

I'm preparing to do my part
All of those who have come before me band together and be my guide
Loving lessons that I will follow

(Chorus)

When we get there we'll discover all of the gifts we were given to share
Have been with us since life's beginning and we never noticed they were there
We can balance at the brink of wisdom
Never recognizing we've arrived
We're all swimming to the other side

(Chorus)

JOYS AND SORROWS

MEDITATION AND PRAYER

Rev. Rebecca Froom

READING *They Are With Us Still*

By Kathleen McTigue

REMEMBERING OUR BELOVED DEAD

Music by Dan Schatz

REFLECTION *Organizing for the Long Haul*

Rev. Ranwa Hammamy

REFLECTION *Breath of Our Ancestors*

Rev. Rebecca Froom

ANTHEM *We Are*

By Dr. Ysaye Barnwell

Performed by Dr. Ysaye Barnwell and General Assembly Virtual Choir

For each child that's born a morning star rises,
And sings to the universe who we are.
We are our grandmother's prayers.
We are our grandfather's dreamings.
We are the breath of our ancestors.
We are the Spirit of GOD.

We are ...
Mothers of Courage
Fathers of Time
Daughters of dust

Sons of great visions.
We are ...
Sisters of Mercy
Brothers of Love
Lovers of Life and
The Builders of Nations.

We are Seekers of Truth
Keepers of Faith
Makers of Peace and
The Wisdom of Ages.

We are our grandmother's prayers.
We are our grandfather's dreamings.
We are the breath of our ancestors.
We are the Spirit of GOD.
We are ONE.

OFFERTORY *Lullaby for String Quartet* (excerpt)

By George Gershwin
Performed by Abeo Quartet

Online donations can be made at <https://ufpc.org/>

ANNOUNCEMENTS

BENEDICTION

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 the prompt: Who are the ancestors who inspire you to live your values today?

SPECIAL THANKS

Technology Team: Joan McDonald, Rev. Rebecca Froom, and Jamie Grassmann

Music Notes:

Dan Schatz

<http://danschatz.com/>

Swimming to the Other Side by Pat Humphries

Dan Schatz: vocal, guitar, autoharp

Greg Artzner: harmony vocal, lead guitar

Terry Leonino: harmony vocal, harmonica

Charlie Pilzer: bass

We Are by Dr. Ysaÿe Barnwell

Performed by Dr. Ysaÿe Barnwell and the UUA General Assembly 2020 virtual choir.

Produced and Directed by Benjie Messer

Video Editing and Motion Graphics by Izzy Hyman

Audio Editing by Sam Plattner

Photos by Clint McKoy, Christopher L. Walton, Paul Becker, Janine Gelsinger, and contributed by members of the choir.

All audio and video was captured by musicians in their own homes.

<https://vimeo.com/433379670>

Abeo Quartet

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

Ludvig Gudim, violin

Njioma Grevious, violin

James Kang, viola

Drew Cone, cello