

United First Parish Church
Order of Service

“Church of the Presidents”
Sunday, January 22, 2023

PRELUDE *La Melanconia* Mauro Giuliani (1781-1829)

WELCOME AND OPENING WORDS Rev. Rebecca Froom

CHALICE LIGHTING Albert Vaughn

*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.

*GREET YOUR NEIGHBORS

*HYMN #1011 *Return Again*

MESSAGE FOR ALL AGES Rev. Rebecca Froom
Return to Your Hermitage by Thich Nhat Hanh, adapted

*CHILDREN’S RECESSIONAL *As You Go* By John Ruben Piirainen
As you go, may joy surround you.
As you go, go in peace.
Know our love is with you always,
as you go, as you go.
(Children are invited to leave for our Church School program)

JOYS AND SORROWS

PASTORAL PRAYER McKayla Hoffman

SONG *Meditation on Breathing*
When I breathe in, I’ll breathe in peace.
When I breathe out, I’ll breathe out love.

SERMON *One with Yourself* Rev. Rebecca Froom

SONG *Meditation on Breathing*
When I breathe in, I’ll breathe in peace.
When I breathe out, I’ll breathe out love.

MEDITATION McKayla Hoffman
Island of the Self inspired by Thich Nhat Hanh

*HYMN 1008 *When Our Heart is in a Holy Place*

OFFERING INVITATION Rev. Rebecca Froom
Donations can be placed in the offering plates or can be made online at ufpc.org

OFFERTORY *Waltz in E Major* Fernando Sor (1778-1839)

ANNOUNCEMENTS

*BENEDICTION Rev. Rebecca Froom

*EXTINGUISHING THE CHALICE By Patricia Yates and Harold Brown
Carry the flame of peace and love until we meet again.

POSTLUDE *Prelude in D Minor* Johann Sebastian Bach (1685-1750)

SERVICE PARTICIPANTS

Organ, piano: Norman Corey
Guitar: David Hoffman
Greeter: Bonnie Gorman
Usher: Bill Westland
Livestream: Jordan Waterworth, Elizabeth Black
Flowers: Claire Fitzmaurice, Pat Artis, Ilse Oliveira
Hospitality: Leslie Simpson

*Please Stand as you are able.

Childcare is available.

COVID SAFETY PRECAUTIONS

We are committed to creating as safe a space as possible during the Covid-19 pandemic. We are taking the following safety precautions on Sunday mornings:

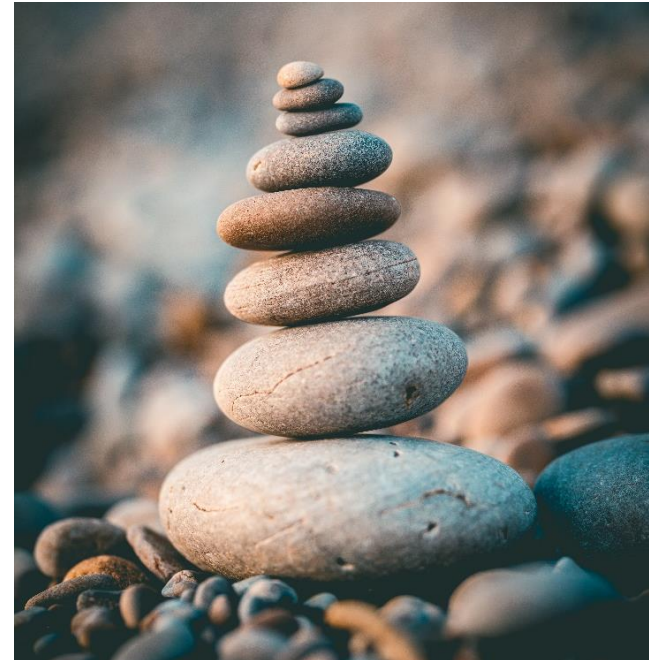
- Masks or face coverings are encouraged but not required inside of the building. We recommend that everyone assess their own physical and emotional health need to determine how mask wearing best serves them.
- Social distancing is welcome; we encourage people to be intentional and mindful of one another's comfort with distancing.
- Food can be served in the Parish Hall and Dining Room. We encourage food be served in individual packages or in pre-cut portions to minimize any contamination or congestion around the serving table.
- Windows will be open for ventilation when possible. We have high-quality air filters in the sanctuary, parish hall, parlor and downstairs dining room.

Board of Governors: Jim Petosa (President), Juan Ramos (Vice-President), Clyde Cortright (Treasurer), Erwin Schaareman (Assistant Treasurer), April Bargout (Clerk), Kim Dangora and Karl DeBisschop (Stewardship), Claire Fitzmaurice (Social Justice Action), Elizabeth Black (Communications), Marie-Louise Jackson-Miller (Congregational Life), Peter Kovach and Kendra Dupiton (Religious Education)

Staff: Rev. Rebecca Froom (Lead Minister), Rev. Dr. Sheldon Bennett (Minister Emeritus), Nan Moore (Affiliated Lay Community Minister and Director of Family Ministry), McKayla Hoffman (Ministerial Intern), David Bousquin (Office and Property Manager), Norman Corey (Music Director)



United First Parish Church Unitarian Universalist



“One with Yourself”

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