UUC Community Sunday

Worship Host: Sue Hand

This is the popular Sunday gathering when we meet in the Octagon for a brief welcome. At that point, adults, children, congregants and guests are invited to attend a breakout workshop of choice. We hope you can join us!

Our Vision: An inclusive religious community, a beacon for reason, meaning and bold social action.

Our Mission: To celebrate dignity and respect for all, nurture lifelong spiritual growth, act for justice and equality, and serve the wider community.

Welcome — Sue Hand, Worship Host

Tingsha

Call to Worship — Delivered by Sue Hand

Chalice Lighting — Written by Andrew Pakula, Delivered by Sue Hand

Let there be light
The light of joy, the light of happiness, and the light of contentment
May it illuminate our paths and fill our lives with peace
And let there be dark
For it is from our dark places that we are brought forward
Tried and tested
And impelled toward growth
It is in these places that we realize compassion and learn to love
And there was day and there was night.
And there was joy and there was sorrow.
And it was good.

Joys and Sorrows — Sue Hand

Extinguishing the Chalice

"Go in peace, go making peace, live gently, love mightily and bow to the mystery"

Workshop Title	Location and Facilitator(s)
Medicinal Plants at UUC |Did you know there are several healing plants from around the world on our campus? Learn about eight powerful herbs, trees and vines, including their descriptions, active properties and health benefits.	Facilitator: Cibby Orozco Locations: Patio Room and Zoom https://zoom.us/j/93790031827
BEING the Change You Want to See | Check out the B.E.-I.S.M. Spiritual Sovereignty, Self Care and Social Justice System: Learn to use the electromagnetic field of the heart chakra to better balance yourself for positive action in your own life and the lives of others. (Interactive Play-Shop)	Facilitator: Kristin Geeslin Location: Maxwell Library
May I Have This Dance With You? | Practice waltz, cha cha and foxtrot steps with three well-known pieces of music.	Facilitator: Carol Hamilton Location: Surti Hall
Deck the Halls | Get in the holiday spirit and help decorate the Octagon. Decorations and festive music provided. We need your willing hands and creativity!	Facilitator: Jenn Bouchie Location: Octagon
Healing Through Rest | Rest is a revolutionary way to push back on society's obsession with productivity at all costs. This short worship service is centered on the healing power of rest. It is especially designed for visitors and guests who are curious about Unitarian Universalism and UUC, and is open to all.	Facilitator: Margie Manning Location: Westwood Room

Our Grateful Thanks:

Worship Associate: Sue Hand; **Service Technical Support**: Phil Brown, Jeremy Dillow, Rich Cann, David Feick; **Zoom Host:** TBD; **UUC Choir:** Barbara Bedingfield, Matt Bouchie, Rich Cann, Linda Carroll, Sharis Coleman-Derr, Gretchen Craig, Anne DiNatale, Elyse Fenstermaker, Jocelyn Ganoza, Pan Godchaux, Amy Hagemeier, Sue Hand, Ed Kraemer, Chris Parliman, Bruce Peller, Donna Polhamus, Susie Safford, Renata Schwartz, Yukika Takayama, Byron West; **Guest Musicians:** None this week; **Slides and Video:** Margie Manning and Jeremy Dillow; **Visuals:** Ana "Soledad" Vaquer; **Staff**: Anne Gilbert, Campus Administrator; Rev. Amy Kindred, Developmental Minister; Roger McCormick, Pianist; Dr. Susan Robinson, Choral Conductor, Zoraida Santana, Custodian; Gary Strauss, Security Guard; Lori Thorn, Lifelong Learning; Barb Tobin, Lifelong Learning; Eric Williamson, Handyperson; Dale Zwick, Bookkeeper; **Pastoral Associates**: Bill Foley, Pan Godchaux, Eloise Hardman, Kathy Krohn

SUNDAY FLOWER DONATIONS

If you would like to supply the flowers for an upcoming Sunday service in honor of a special event or person in your life, please email Ana **"Soledad"** Vaquer at **soledad.globalre@gmail.com.** She will help you coordinate your contribution.