



Sierra
Foothills
Unitarian
Universalists

Oct. 15, 2023

Please note that the order of service is subject to change at the leading of the (S)pirit

▲ Means you are invited to stand in spirit or body.

Prelude		Patricia Leftridge
Greetings + Announcements		Rev. Alex
Welcome		Vicky Jungers
Story for All Ages		Vicky Jungers
Recessional Song	“Talking ‘bout my Generation” by the Who	Patricia Leftridge
Chalice Lighting	“Light the Candle” by Jess Reynolds	Rev. Alex

Light the candle. Cup your hands around the flame and listen as it whispers.

What does it say to your warm and weathered palms?

How closely can you listen without flinching? How quietly can you wait for the questions?

Light the candle. Breathe against the flame and watch it ripple.

Breathe your fears into it and let them burn into trails of empty grey.

Let your air embrace the flame, and do not snuff it out.

*Light the candle. Feel your bones melt like wax, all your hardest parts softening to the touch,
all your sharp edges smoothing over. Sink into your stance, your seat, the earth.*

Let your body be held in the quiet.

Light the candle. Fix your eyes on the center of the flame, the center of being.

*Look into the darkness at the heart of the light. Reach for the contemplative dark in your own
heart, for the place where stillness sits, and do not shy away.*

*Light the candle. Settle into the knowledge that this light is the same as all other lights burning
in all other candles. Look through the flame into the places you have known and the places you
have yet to see. Light the candle. Bring into being the flame that bore us all.*

▲ Opening Hymn	“Just as Long as I have Breath” STLT (gray) #6	Patricia Leftridge
Joys+Sorrows+Gratitudes		Rev. Alex
Pastoral Music	“Loosen” by Alyson Halpert	Patricia Leftridge
Offering		Rev. Alex
Offertory Music	“Improvisation”	Patricia Leftridge
Reading	“Grow Old with Me” by Robert Browning	Larry Smith
Reflection		Joyce Sanders
Poem	“Stepping into My Underpants: the Octogenarian Olympics.”	Brian Michael Hassett PHD
Musical Offering		John Armstrong
Reading	“The Work of Wisdom” by Herman Melville	Larry Smith
Reflection		Rev. Alex
Liturgical Action		
▲ Closing Hymn	“The Ceaseless Flow of Endless Time” STLT (gray) #350	Patricia Leftridge
▲ Benediction	“The Cost of Living” by Arundhati Roy	Rev. Alex
	<i>The only dream worth having is to dream that you will live while you are alive, and die only when you are dead. To love, to be loved. To never forget your own insignificance. To never get used to the unspeakable violence and vulgar disparity of the life around you. To seek joy in the saddest places. To pursue beauty to its lair. To never simplify what is complicated or complicate what is simple. To respect strength, never power. Above all to watch. To try and understand. To never look away. And never, never to forget.</i>	
Chalice Extinguish		
	<i>As we go forth, may we carry the flame of Love, and Peace with Justice, until we meet again, Blessed Be</i>	
Postlude		Patricia Leftridge