

Unitarian Universalist Church Of Silver Spring
Online Worship Order of Service



Sunday, July 25, 2021

Emotional Resilience from the Inside Out

Led by Deborah Thornton

The Rev. Kristin Grassel Schmidt, *Minister*

Michael Holmes, *Music Director*

Maggie Hayes, *President, Board of Trustees*

Lindsay Cowett, *Religious Education Coordinator*

Philip Browne, *Communications Administrator*

Prelude:

Happy / Pharrell Williams / A Cappella Ensemble, Sanctuary Singers, Life, The Universe & Everything, Steve Leete, solo / 6/8/2014

Hope / Ysaye Barnwell / Sanctuary Singers, Nancy Dougherty, solo / 11/16/2014

My Heart / Deborah Thornton / UUCSS Voices, Deborah Thornton, solo / 5/17/2020

Let It Be / Lennon & McCartney / Sanctuary Singers, David B. Smith / 10/9/2011

Open My Heart / Henry S. Flurry / UUkes / 6/7/2020

Bird of Sorrow / Glen Hansard / UUCSS Folk Ensemble, David Uffelman, solo, Steve Wilmarth, guitar / 1/8/2017

You Gotta Be / Des'ree / Call of the Dream Band, Deborah Thornton and Anna Grafwallner (Scout), soloists / 12/17/2017

Welcome (Annabelle Leete, Worship Associate)

Chalice Lighting (Annabelle Leete, Worship Associate)

We light this flame as a symbol of new life enlightening our way, as a symbol of the warmth in every human heart.

Let the lighting of this flame rekindle in us the inner light of hope, of peace, of love.

Congregational Commitment (Annabelle Leete, Worship Associate)

(Excerpt: Preamble of UUCSS Congregational Constitution)

As we gather here for worship,

We pledge ourselves to the endless search for truth;

To the right of each to believe as mind, heart, and conscience dictate;

To accept the responsibility this freedom commands;

And to implement our belief in the essential worth and dignity of every human being.

Song of Exultation

Since what we choose is what we are,

And what we love we yet shall be,

The goal may ever shine afar,

The will to reach it makes us free.

Invocation and Opening Words (Deborah Thornton)

The Guest House / Jalal al-Din Rumi

Song

“I Surrender” / as sung by Hannah Gladstone / Led by Singers of UUCSS

Time for All Ages (Deborah Thornton)

In My Heart: A Book of Feelings / by Jo Witek, illustrated by Christine Roussey / narrated by Deborah Thornton

Communion of Joys and Sorrows (Annabelle Leete, Worship Associate)

“Tears of Joy” from *Inside Out* / Composed by Michael Giacchino

----- After the Communion of Joys and Sorrows, we invite congregants to shift their focus from commenting in the chat to focusing on the content of the service. -----

Prayer “The Quiet Inside” by Rev. Ms. Denise D. Tracy (Deborah Thornton)

Sermon “Emotional Resilience from the Inside Out” (Deborah Thornton)

Offering Invitation (Annabelle Leete, Worship Associate)

Offertory

“Everybody Hurts” / Words and Music by R.E.M. / Performed by Jeremy Holt and Anna Molpus

Blessing the Offering (Annabelle Leete, Worship Associate)

Closing Hymn

Hymn #1024 “When the Spirit Says [Feel]” (from Singing the Journey) / Arr. & new lyrics Deborah Thornton, performed by Singers of UUCSS, Wendy Lanxner, guitar

Chalice Extinguishing (Annabelle Leete, Worship Associate)

Carry the flame, of peace and love, until we meet again.

Benediction (Deborah Thornton)

Postlude

Wrapped in Love / Words and Music by Deborah Thornton / Performed by Deborah Thornton and Singers of UUCSS, Wayne Wilentz, keyboard

Thanks to the team who made this service possible!

Technical Director: Philip Browne

Prelude Coordinators: Rob Dahlstrom and John Sullivan

Social Media Graphics: Janne Harrelson

Chat Moderator: Jo Paoletti

Welcoming Captain: Jiwon Kim

ASL Interpreter and Zoom Host: Miako Villanueva

Ways to give to the Unitarian Universalist Church of Silver Spring (Questions or feedback? Contact collector@uucss.org):

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Search in zip code 20903

Select UUCSS and set up your account

From the funds select:

“Annual Budget Drive 2020-2021” to pay your pledge for this church year

“General Collection” to support operating budget

“Special Collections” to support our Community Partner of the month

Text-to-Give

Text a message to 833-880-1363

Type: \$[amount] and follow prompts

*Donations given by text go to “General Collection”

Or, send a check to the church!

10309 New Hampshire Ave

Silver Spring, MD 20903

*Indicate fund on memo line