



Sunday, January 7, 2018

To Live Deliberately – a service about intention

The Revs. Paige Getty and Anthony Jenkins,
with Robin Slaw and Kelli Danaker



The Rev. Paige Getty,
Senior Minister

The Rev. Anthony Jenkins,
Assistant Minister

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AMPLIFICATION DEVICES ARE AVAILABLE FOR INDIVIDUALS WITH HEARING IMPAIRMENT.

Two types are available. One works with a hearing aid; the other works on its own. Please see an usher if you would like to use one of the units. **LARGE PRINT** copies of the Order of Service are also available. Please see an usher if you would like a copy.

A CENTERING THOUGHT:

“That Guilt is Marvelous”, by Kamand Kojouri

*The guilt you felt
when you were smiling
and others were suffering,
when you were petty with friends
and impatient with your parents...*

*Thank this guilt for teaching you,
for making you aware.
And now endeavor to better yourself.
It is a lifelong work to become
the person we want to be.*

WELCOME & ANNOUNCEMENTS

Jen Hayashi, Board of Trustees

SOUNDING THE BELL

CALL TO WORSHIP & CHALICE LIGHTING

The Rev. Paige Getty

CONGREGATIONAL COVENANT

*Strengthened by our common humanity and inspired by our seven principles, we
promise*

*to be a safe and welcoming community,
to nurture each other's hearts and spirits,
to delight in the beauty of our diversity,
to struggle together on our spiritual journeys, and
to challenge each other to live our values.*

*Thus, we pledge our time and vigor to the continuing celebration of spirit, of the
world, and of humankind.*

INTROIT

Come into the Circle of Love and Justice

Zangwill/Benjamin

STORY*Mussa and Nagib*Robin Slaw,
Director of Religious Education**HYMN #1003***Where Do We Come From?***REFLECTION***Living Deliberately*

The Rev. Paige Getty

OFFERING OF GIFTS & MUSIC *Be Thou My Vision* Trad. Irish, arr. Shackley

Give by Text at 410-709-3554

(Simply text the donation amount – including dollar sign (\$) – to the above number. If this is the first time you are giving by text, you will receive a reply with a link to complete the transaction.)

REFLECTION

The Rev. Anthony Jenkins

ANTHEM*When There is Light in the Soul*

Chinese Proverb/Shea

CHILDREN'S RESPONSE

Kelli Danaker, Religious Education Assistant

HYMN #1020*Woyaya***SHARING OUR JOYS AND SORROWS**

This is an opportunity to share a significant, meaningful event that has touched your life. Please refrain from general announcements or politically partisan comments. When you come forward, please identify yourself and speak briefly from the heart.

Your joys and sorrows may also be honored in silence during the Music Meditation.

CONGREGATIONAL PRAYER & SILENT MEDITATION**MUSIC MEDITATION***Be Thou My Vision*

Trad. Irish, arr. Byrne

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

MUSIC NOTES: The music today speaks to the role of an engaged liberal religious community, and to its intention to do good in a difficult world, as described by Unitarian preacher and abolitionist Theodore Parker (1810-1860): "...its creed all truth; its ritual works of love."

Special thanks to all who helped with today's services, especially . . .

Music	The Chalice Choir – Tom Benjamin, director; Michael Adcock, piano.
Audio	Richard Gates (9 am) and Ken Schaffer (11 am)
Set-Up	Gail Guy
Flowers	John and Gail Guy
Ushers	Rog McIntire, Ken Stevens, Regina Verow (9 am) Bill Ramsey, Janet Ramsey, Ken Walsh (11 am)
Coffee	Melissa Affolter
Snacks	The Estell Family and Terry Paul (9 am) Gail Guy and Regina Verow (11 am)
Cleanup	Sally Ann Cooper (9 am) and Melissa Affolter (11 am)
Take Down	Gail Guy

Submissions for the Order of Service are due by **10:00 a.m. the Wednesday before each service**. Request announcements to be placed in the Order of Service by contacting '**Chon Cottman**' at admin@uucolumbia.net. *Special* pulpit announcement requests should be emailed to **Maureen Harris**, Executive Director at executivedirector@uucolumbia.net by 10:00 a.m. the Wednesday before each service. **Edited streaming-audio recordings of each service are available on-line at the UUColumbia.net home page, generally one-two days following the service.**

UPCOMING SUNDAY WORSHIP SCHEDULE

Services are at 9:00 am and 11:00 am, unless otherwise noted

January 14 – “Other”: On this MLK Sunday, **The Reverend Anthony Jenkins** will lead us in a service exploring the experience of being multiracial in post-MLK America. Together we'll contemplate Dr. King's dream of beloved community from the perspective of those embodying his vision.

January 21 – So often we speak of life as having A Purpose, as if there is a singular and defined purpose, imposed from an external source. **The Rev. Paige Getty** considers how we might understand our lives' meaning and purpose more freely, and without should-ing all over ourselves.

UCC's KARUNA MINISTRY is a lay team of trained pastoral caregivers who are available to serve you in times of transition, sorrow, illness, grief, celebration, or joy. If you would like to speak to a caregiver, contact us at:
karuna@uucolumbia.net or call **Candy Wachterman** at 443-802-6014.

The Week Ahead at UUCC!

Jan 7	Sun	9:00 am 10:00 am 10:00 am 11:00 am 12:30 pm 12:30 pm 12:30 pm 5:00 pm	Worship Service, RE classes & Nursery Care Chalice Lights Choir Rehearsal Coffee Hour Worship Service, RE classes & Nursery Care Coffee Hour Adult RE: Active Listening Class High School Youth RE Lunch and Discussion Middle School Youth RE Classes
Jan 8	Mon	6:30 pm 7:00 pm	NAMI HC Support Group Socrates Cafe
Jan 9	Tue	11:30 am 7:00 pm 7:00 pm 7:00 pm 7:00 pm 7:30 pm 7:30 pm	Deep Listening Meditation Group Meditation Group Adult RE: The New UU UUCC Board of Trustees Meeting PFLAG Parents' Meeting PFLAG General Meeting PFLAG Rainbow Youth Alliance
Jan 10	Wed	10:00 am 7:00 pm 7:00 pm	TOPS Meeting Food Insecurities Meeting Mid-Week Martial Arts
Jan 11	Thur	7:00 pm	Chalice Choir Rehearsal
Jan 12	Fri	7:00 pm	Martial Arts
Jan 13	Sat	11:00 am	Creativity Circle
Jan 14	Sun	8:00 am 9:00 am 10:00 am 10:00 am 11:00 am 12:30 pm 12:30 pm 12:30 pm 1:30 pm 4:00 pm 5:00 pm	Chalice Lights Choir Rehearsal Worship Service, RE classes & Nursery Care Chalice Lights Choir Rehearsal Coffee Hour Worship Service, RE classes & Nursery Care Coffee Hour High School Youth RE Lunch and Discussion Karuna Committee Meeting Stop Hunger Now Social Action Event Black Lives Matter Vigil Middle School Youth RE Classes

Intention

What can you name as an act of kindness by a friend that you would engrave in stone?

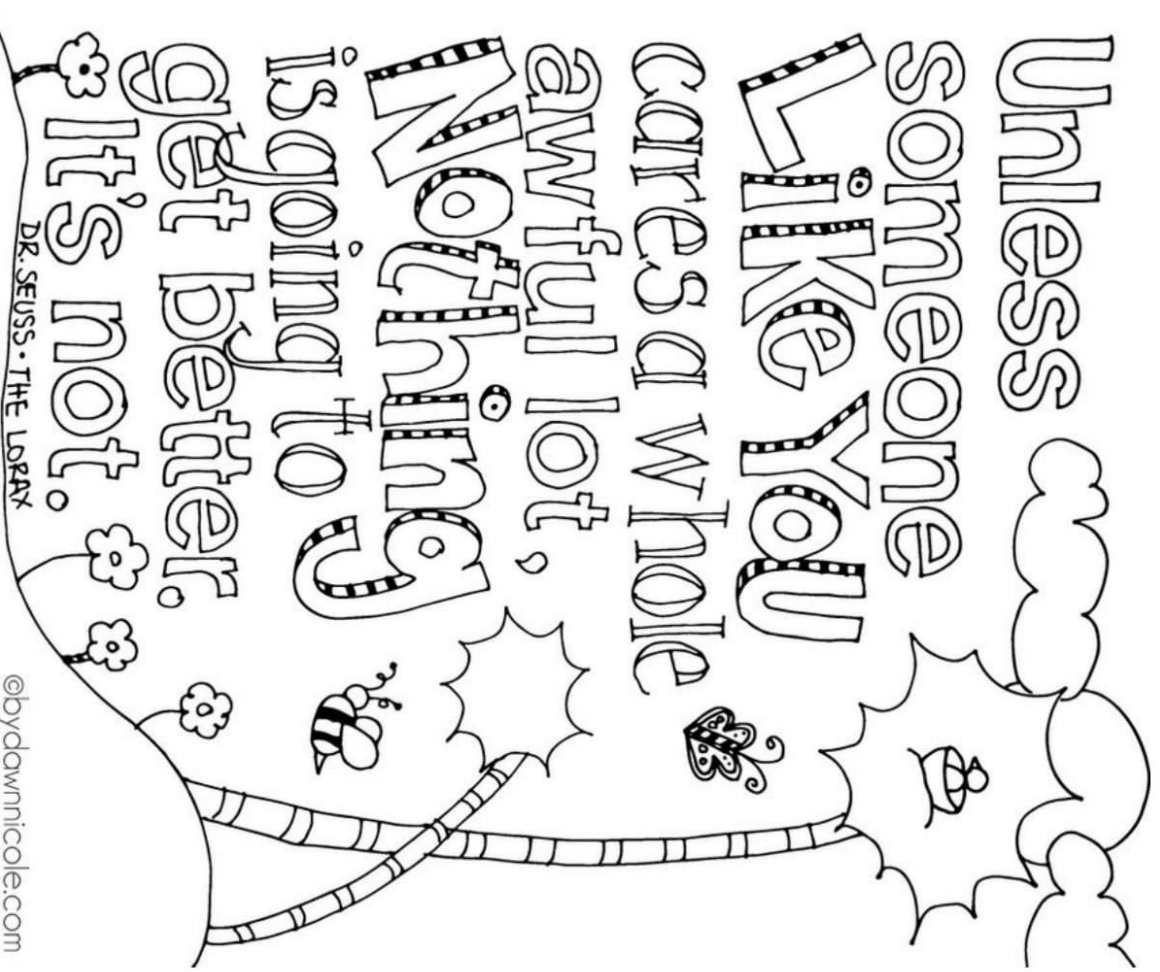
Thoreau said, "I went to the woods because I wished to live deliberately." How might you start living with intention or deliberation?

Impact

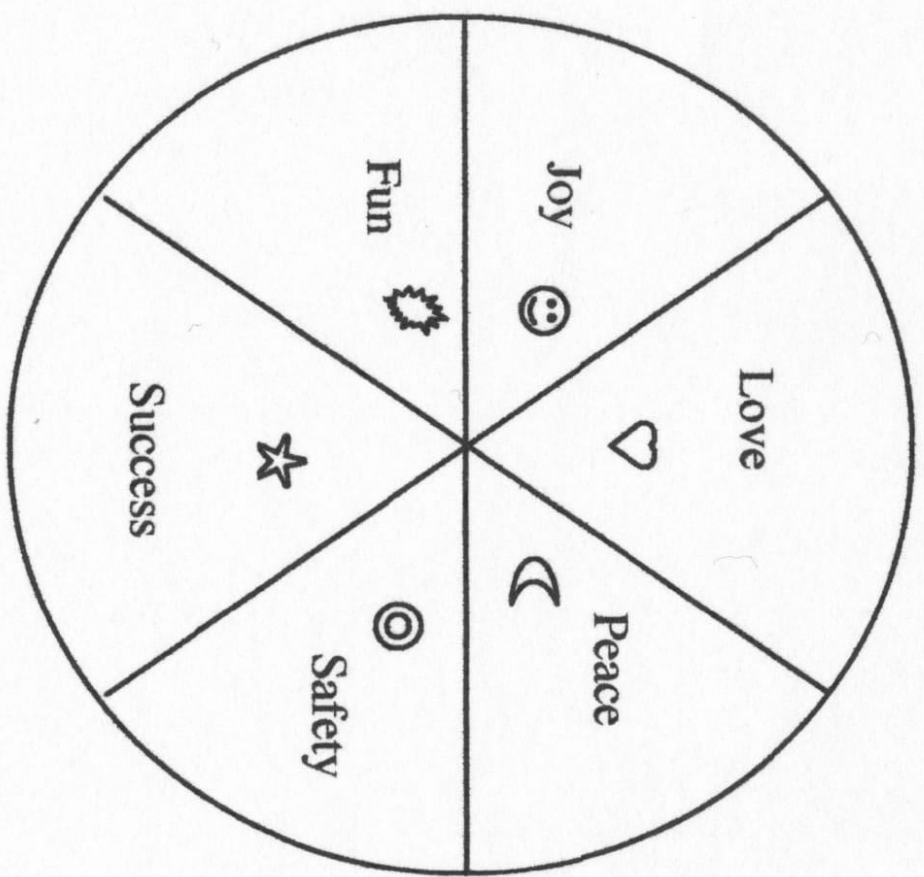
What might be an impact of the intention you name today?

What healing might you bring about with the impact of your intentions?

Intention



@bydawnnicole.com



What's Happening Today?!



WALK AND TALK WITH THE PRESIDENT – Join Frank Hazzard for a walk around Lake Elkhorn (approximately 2 miles) **this Sunday morning** after the first service. **Leave from Sanct. B approximately 20 minutes after the first service** and walk at the pace of the slowest in the group. You can help set the agenda. We can discuss anything that interests you.

CALLING ALL UCC MUSICIANS! It's no secret that there are many talented musicians in our congregation. Our directors are often fond of saying that wonderful musical talent just happens to walk through our doors, and for that – we are indeed fortunate! However, there are new members in our midst, and perhaps you are one of our newer faces and love to sing or play a musical instrument. If so, please do let one of our musical directors know, so that we may consider having you contribute your musical gifts sometime in a future UCC service! Say hello, and/or email either Tom Benjamin (tben2@verizon.net) or Michael Adcock (cooper20009@yahoo.com). We'd love to hear from you!



THE UCC CHALICE CHOIR IS AGAIN OPEN TO NEW MEMBERS. Whether you are a musician looking for a new outlet and challenge, an experienced choral singer, someone who reads music- or just someone who loves music and can pick up a tune easily- come give us a try. We rehearse every Thursday evening from 7-9, starting on Jan. 4, and sing all kinds of good music- from Bach to rock, and Gospel to Gershwin. We sing both services, two Sundays a month. Lots of music learning, on your own and together- and lots of help with that! Expect to work hard, have fun, party hearty and make great music together with some wonderful people. Interested? email Tom Benjamin at musicd@uucolumbia.net.

GET YOUR \$20 ADVANCED TICKETS TODAY for “Miss Isabella Rainsong and Her Traveling Companion: A One-Guitar Show”, Written & Performed by Ross D. Martin. **Make sure you locate a member of the Coffeehouse Team during Coffee Hour or online at www.brownpapertickets.com/event/3184030!** Join us for the show on **Sat., Jan. 20th at 7 pm.**





THE FOOD INSECURITIES TEAM AT UCC – HOW YOU CAN HELP:

- Bring food every single time you come to OBIC. Make it a regular habit to buy one item each time you go to a grocery store. We'll use that food for Got Your Back...Pack or Breakfast or the Little Free Pantry. (list below)
- Buy scrip cards between services in Sanctuary B and then donate those scrip cards to the food team. It's a win-win-win.
- Show up on the last Sunday of the month and help with the Sack Lunches. It's lots of fun, even if it is at 7:30 in the morning.
- Email Betsy Osterman eo21045@gmail.com or Betty Jackson jack0374@gmail.com to help make and serve a meal at the Grassroots Day Resource Center.
- Talk with your family members about food insecurity.

What We Need:

Macaroni and Cheese * Cereal—family boxes and individual serving sizes * Peanut Butter * Jam or Jelly (for PB& J) * Protein Bars or similar Snack Bars * Pasta & Pasta Sauce * Beans * Rice * Tuna * Tuna Helper * Ramen Noodles * Cans of Vegetables * Cans of Fruit * Pudding (non-perishable) * Jell-O * Juice Boxes * Heat-n-Serve Pasta Meals * Nuts * Cheese or PB Crackers * Healthy Snacks (non-perishable) * reusable shopping bags * and People Power!

Want to know more? Email FoodInsecurity@uucolumbia.net or visit <http://uucolumbia.net/food-insecurity/>. To sign up to help: <https://tinyurl.com/shelf-stockers-signup>.

Upcoming Events!

NEW ADULT RE SERIES: THE NEW UU – Tues., Jan. 9, 16, 23, 30, and Feb. 6; 7-8:30 pm – The New UU is for adults of all ages and life stages who are new to Unitarian Universalism. Ideally, you will have attended UCC at least a few times. Workshops include Theology and Worship; Where Do We Come From? Unitarian Universalist Roots; How We Grow in Faith: Philosophy of Religious Education; Social Justice Philosophy and Practice; and How Are Decisions Made? Governance and Polity. Facilitators include staff members Rev. Anthony, Rev. Paige, Robin, Jen, and Maureen. Pre-registration is requested: <http://tinyurl.com/UUCC-AdultREd>



MID-WEEK MARTIAL ARTS LESSONS – UCC member Carlos Peredo is now offering free lessons in Tai Chuan Do Karate on **Wednesday evenings too!** This martial art blends traditional techniques and philosophy with the latest innovations in self defense. All classes are free of charge. All students age 10 and up are welcome, with flexibility for younger students if an adult enrolls with them. Classes are held from **7-9 pm in room 150**. For more information, feel free to join us at class or contact Carlos at uucctcd@gmail.com.



JOIN US FOR THE JUBILEE ANTI-RACISM TRAINING being held on **MLK weekend (Jan. 12th-14th) at All Souls Unitarian in DC.** This is a great opportunity for deep learning about structural racism. Many congregations want to focus on the educational aspect of racial justice work, and this is a way to do that without losing focus on power, oppression, and liberation. For more information & to register, visit: www.facebook.com/events/356412571493219/

BLACK LIVES MATTER VIGIL – Join us for our regular 2nd Sunday Black Lives Matter Vigil **on Jan. 14th from 4-5 pm at Columbia Mall, at the intersection of Governor Warfield Pkwy. & Windstream Dr.** Stand up for justice in a world that still shows us every day that Black lives matter less than other lives.

**BLACK
LIVES
MATTER**



RISE AGAINST HUNGER – FUN SOCIAL ACTION EVENT – Are you interested in participating in a fun, fast-paced meal packaging event on Martin Luther King Weekend? The meals go to hungry children and families in the US and abroad. UUCC is hosting our annual Rise Against Hunger event on **Sun., Jan. 14th from 1:30 to 3:30 pm.** Please email Mariam Khambaty soon at mkhambaty@hotmail.com for more details, and for the link to register and donate. We still have a few slots available so register now!

LOOK WHAT'S HAPPENING IN RE (Children AND Adults!): Parent & Child Orientation for OWL Grades 4/5 – Sun., Jan. 21st at 9 am – Parents and children are reminded that orientation is mandatory to attend the OWL class!



Are you new to UUCC? Did you know that we send out emails to parents about important events in RE? Make sure you are signed up and your children are registered!

To register children and youth for RE: <http://tinyurl.com/UUCC-register>

To sign up for RE email updates: <http://tinyurl.com/UUCC-REemail>

No children in the program? We have lots of workshops and events for adults, too! Check out the Adult RE page, and read all the announcements in today's order of service! <http://tinyurl.com/UUCC-AdultREd>



JOIN US FOR THE GET CONNECTED CLASS: The class will be offered **on Sun., Jan. 21st at 12:30 pm in Room 150** (and monthly thereafter). This one hour class is open for those exploring Unitarian Universalism and the UU Congregation of Columbia. We will offer an overview of the history and basic tenets of Unitarian Universalism and a discussion of activities and programs at UUCC. The class also offers an opportunity to meet others who are exploring the choice of UUCC as their spiritual home. For questions and more information, please contact **Sally Ann Cooper** at sacooper1@comcast.net.



SOCIAL ACTION PROGRAM – SLAVERY STILL EXISTS: The Extent of Human Trafficking Today and What Can Be Done – Come and join us in **Sanctuary C** on **Sun., Jan. 28th starting at 6 pm** to reflect together on a powerful film about human trafficking here and around the world. Questions? Contact Barbara Wright 410-997-5892 or 410-294-3892; Robin Slaw, DRE@UUColumbia.net

Q: WHAT IS MYSTERY BUDDY?

A: Mystery Buddy is a popular Unitarian Universalist program that encourages communication between the generations! Many times it has been the foundation of wonderful friendships. It is a great way for children and adults of our community to learn more about one another in a wonderfully fun way!

Mystery Buddy

Sign-ups: Starting February 4th

Program Dates:

February 25, March 4, March 11

Lunch on March 18th!



KNOWING UUS WORKSHOP AT UCC on Sat., Feb. 17th from 9 am-4 pm:

Plan to make congregation-wide connections at UCC! The purpose is to deepen our connections with each other and get a better sense of the characteristics and preferences of our congregation. Come to expand individual and collective understanding of our talents, views, beliefs, values, and dreams for UCC. Adults and teens age 14 and above are wholeheartedly invited. Pre-registration is required at <http://uucolumbia.net/events/knowning-UUs/>. There is no charge and lunch is included. Childcare will be provided for those who register children in advance. Questions? Contact AdultRE@uucolumbia.net.

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WHAT MOVES US: UU THEOLOGY – Tues., Feb. 27, Mar. 6, Mar. 13, Mar. 20, and Mar. 27; 7-8:30 pm

– This program peels back the doctrine-rich theological language that can prevent us from affirming our faith experiences with one another and in the wider world. Through shared direct experiences and reflection exercises, readings and lessons, and ethical deliberations, What Moves Us creates an adult faith journey for Unitarian Universalists who want to preach and teach what they already experience but have not been able to articulate: the spiritual power of our faith. Workshops include the theology of Sophia Lyon Fahs, James Luther Adams, Forrest Church, William F. Schulz, and Thandeka. Facilitated by Stephanie Lyons and Lowell Sunderland. Pre-registration is required. For more information, email AdultRE@uucolumbia.net.



NAMETAGS:

- ☀ Please wear your nametag, especially during coffee hour!
- ☀ Nametags are stored in the new nametag cabinet in the back of the sanctuary. They are arranged alphabetically by last name.
- ☀ New nametags can be requested at the Welcome (Greeter) Tables, or by writing your name on the pad sitting on the top of the cabinet.

