

Rooted, Inspired, and Ready

Sunday, July 5, 2020 — 10:00 am

CENTERING THOUGHT —

Pleasure reminds us to enjoy being alive and on purpose... Pleasure—embodied, connected pleasure—is one of the ways we know when we are free. That we are always free. That we always have the power to co-create the world. Pleasure helps us move through the times that are unfair, through grief and loneliness, through the terror of genocide, or days when the demands are just overwhelming. Pleasure heals the places where our hearts and spirit get wounded. Pleasure reminds us that even in the dark, we are alive. Pleasure is a medicine for the suffering that is absolutely promised in life... Pleasure is the point. Feeling good is not frivolous, it is freedom.

— adrienne maree brown, in [Pleasure Activism](#)

GATHERING MUSIC

performed by Unfolding, *Not Your Mama's Hymns* (NotYourMamasHymns.com)

Circle Round for Freedom
Rising for our Lives
When the Spirit Says Do

PRELUDE

We Are...

Ysaÿe Barnwell

UUA General Assembly 2020 Virtual Choir directed by Benjie Messer

Soloist: Dr. Ysaÿe Barnwell

WELCOME & ANNOUNCEMENTS

Colette Gelwicks, UUCC Board of Trustees

SOUNDING THE BELL

The Rev. Paige Getty

CALL TO WORSHIP

"Your Body Is Welcome Here", by Sean Neil-Barron

HYMN #131

Love Will Guide Us

CHALICE LIGHTING

"Shelter in Place", by Gretchen Haley

read by Teaghan Verow McLaughlin

CONGREGATIONAL COVENANT

GREET YOUR NEIGHBOR

TIME FOR ALL AGES

Robin Slaw, Director of Religious Education

OFFERING OF GIFTS & MUSIC

Revel-ation I

Clif Hardin

performed by Michael Adcock, Director of Music
To contribute remotely, text the word CHALICE to 73256
or visit uucolumbia.net/giving.

READING

"It Is Enough", by Danna Faulds
read by Michael Brown

SPECIAL MUSIC

Breathing

words and music by Jay Paul

SERMON

Readiness

The Rev. Paige Getty

HYMN #123

Spirit of Life

SHARING JOYS & SORROWS

Send yours to JoysAndSorrows@uucolumbia.net.

CONGREGATIONAL PRAYER & REFLECTION

"Even This Is Enough", by Vanessa Southern

MUSIC MEDITATION

Simple Gifts

Brackett, arr. Hardin

BENEDICTION

"Stretch", by Theresa I. Soto

EXTINGUISHING THE CHALICE

POSTLUDE

Keep on Moving Forward (Emma's Revolution)
Swimming to the Other Side (Emma's Revolution)
Bound for Freedom (Pat Humphries)
Bring them Home (Ani DiFranco and Co)

Next Sunday's Worship: *Witness, Compassion, and Conflict* with Rev. Louise Green

We live in challenging times of high passion and division, where sharp differences abound. Co-existing with a range of peoples, in diverse communities, always has the potential to unite and divide. What practices of compassion might we consciously cultivate, in order to increase wellbeing and thrive?

Unitarian Universalist Congregation of Columbia uucolumbia.net – (410) 381-0097

To connect —

- **Online Visitor Form:** uucolumbia.net/visitor-form/
- **UUC Calendar:** uucolumbia.net/calendar/
- **Latest News:** uucolumbia.net/category/the-link/
- **Contact our Staff:** uucolumbia.net/staff/
- **Technical Assistance:** email – help@uucolumbia.net
- **Staying-In-Touch Team:** email – connect@uucolumbia.net

THE WEEK AHEAD

All of these events are virtual (except for the Black Lives Vigil on Sunday, July 12).
For information about how to connect, visit the online calendar—
uucolumbia.net/calendar—and click on individual events.

July 5	Sunday	10:00 am	Worship Service
		11:30 am	Young Adult Brunch
		2:00 pm	YRUU Check-In
		7:00 pm	Breathing Space, 5-Minute Meditation
July 6	Monday	1:00 pm	Senior Support Group
		5:00 pm	Monday Keyboard Meditations with Michael
		7:00 pm	Breathing Space, 5-Minute Meditation
July 7	Tuesday	6:30 pm	Tuesday Night Group Meditation
		7:00 pm	Social Hour
		7:00 pm	Breathing Space, 5-Minute Meditation
July 8	Wednesday	5:30 pm	Grade 4/5 Meeting
		7:00 pm	UU Senior Singles Support Group
		7:00 pm	Breathing Space, 5-Minute Meditation
July 9	Thursday	9:00 am	Story Hour for Families
		12:00 pm	Social Hour
		1:00 pm	HoCo Bystander Intervention Workshop
		7:00 pm	Chalice Choir Rehearsal
		7:00 pm	Breathing Space, 5-Minute Meditation
July 10	Friday	10:00 am	Chair Yoga
		12:00 pm	Seasoned Souls Lunch
		7:00 pm	Breathing Space, 5-Minute Meditation
July 11	Saturday	11:00 am	Technical Run-Through of Worship
		2:00 pm	Creativity Circle
		7:00 pm	Breathing Space, 5-Minute Meditation
July 12	Sunday	10:00 am	Worship Service
		11:30 am	Young Adult Brunch
		2:00 pm	YRUU Check-In
		4:00 pm	Black Lives Matter Vigil
		7:00 pm	Breathing Space, 5-Minute Meditation