



UNITARIAN UNIVERSALIST  
CONGREGATION *of* COLUMBIA

Today's Service:  
**It's okay to be not okay**



*And some kind of help is the kind of help  
That helping's all about  
And some kind of help is the kind of help  
We all can do without*

—from “Helping” by Shel Silverstein

 **Gathering Music**

*Le Onde*

Ludovico Einaudi

*Cure for Me*

AURORA

*Pretending*

Orla Gartland

# *It's okay to be not okay*

Sunday, March 13, 2022 — 10:00 am

## **PRELUDE**

*Tarantella*

Albert Pieczonka

Performed by Jonathan Ganel-Constant

## **WELCOME & ANNOUNCEMENTS**

Lucas Eaton

## **CALL TO WORSHIP**

Rose Spezio

## **SOUNDING THE BELL**

## **CHALICE LIGHTING**

*The Box*

Chelsea Sherlock

Read by Hallie Getty

## **CONGREGATIONAL COVENANT**

## **GREET YOUR NEIGHBORS**

## **SPECIAL MUSIC**

*Limbo*

Ludovico Einaudi

Performed by Amadeo Bernasconi

## **TIME FOR ALL AGES**

Teaghan Verow McLaughlin

## **HYMN #1012**

*When I Am Frightened*

## **SECOND SUNDAY OUTREACH OFFERING**

Lucas Eaton

## **OFFERING OF GIFTS & MUSIC**

*Glasgow Love Theme*

Craig Armstrong

To contribute, text the word **CHALICE** to **73256** or visit [uucolumbia.net/giving](http://uucolumbia.net/giving)

## **READING**

*Umbra*

Salomé Ureña

Read by Lily Bonilla

## **REFLECTION**

Hallie Getty

## **SPECIAL MUSIC**

*Coming Silence*

Liam Estell

Performed by Valerie Hsu

**SHARING JOYS & SORROWS**

Send yours to [JoysAndSorrows@uucolumbia.net](mailto:JoysAndSorrows@uucolumbia.net)

**CONGREGATIONAL PRAYER & REFLECTION**

Lucas Eaton

**MUSIC MEDITATION**

*Rocky Mountain Majesty*

Kevin Olsen

**GENEROSITY MINUTE**

The Siegal Family

**HYMN #354**

*We Laugh, We Cry (verses 1 & 4)*

**CLOSING WORDS**

Teaghan Verow McLaughlin

**BENEDICTION RESPONSE**

Tom Benjamin

*For you shall go out in joy ... and come back in peace. Blessed Be.*



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## **Postlude Music**

*Chosen Family*

*What Else Can I Do?*

*Monitor A*

Rina Sawayama

from *Encanto*

Infinity Shred



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the announcements.](#)



[Click here for resources from  
today's service.](#)



[Click here for the  
Week Ahead](#)



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Next Sunday's Service:

# Mortal Reflection

Lent is the season leading up to Easter in the Christian liturgical calendar, a time of austerity, penitence, and reflection on one's mortality. Rev. Paige Getty considers what might be universally meaningful in this observance, even for us who are not Christians.



**STAY**  
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