

Welcome to



**COMMUNITY
UNITARIAN UNIVERSALIST
CONGREGATION
AT WHITE PLAINS**

Nurture Spirituality • Foster Compassion • Engage in Service



“Flow: Perseverance, Empathy & the Power of Community”
Sunday, February 22, 2026

REV. REBECCA SALA, GUEST MINISTER
ADAM KENT, MUSIC DIRECTOR
MOHAMMED LOUTFY & GUS CARO, WORSHIP ASSOCIATES
KATIE ZAFFRANN, HYMN LEADER

Community Unitarian Universalist Congregation is a Welcoming Congregation committed to affirming and purposefully including all, regardless of age, race, ethnicity, national origin, disability, gender, gender identity or expression, and sexual or affectional orientation.

ORDER OF SERVICE

February 22, 2026

GATHERING MUSIC

Adam Kent, piano

Waves, Chanty, and At Sea from “Poems of the Sea”
~Ernst Bloch

GATHERING HYMN

#1007 **There's a River Flowing in my Soul**

WELCOME

Mohammed Loutfy

CHALICE LIGHTING

Gus Caro

**As we light this chalice,
may each breath remind us
of the sacred rhythm of life,
the pulse of creation,
and the power we hold to
shape the world around us.**

HYMN

#1021 **Lean on Me**

OFFERING

Gus

OFFERTORY

"The Sunken Cathedral" from Preludes I
~Claude Debussy

Adam

TIME OF PRAYER & MEDITATION

PRAYER IN WORDS

Rev. ReBecca Sala

IN QUIET

IN MUSIC

"On Wallenstadt Lake" from
Years of Pilgrimage I "Switzerland"
~Franz Liszt

Adam

READING	To My Fellow Swimmers ~Margaret Wheatley	Mohammed
SERMON	Flow: Perseverance, Empathy & the Power of Community	Rev. ReBecca
HYMN	#1064 Blue Boat Home	
CLOSING		
CHALICE EXTINGUISHING	Gus	
<p>As we extinguish this chalice flame, may the warmth of its light remain within us, guiding our steps and our hearts. Let us carry forward the strength of this community, the courage to speak truth, and the hope that transformation is possible. In each breath we take, may we remember that the work of love, justice, and healing is ours to continue—both here and beyond these walls. Go in peace, with the light of this gathering to illuminate your way.</p>		
BENEDICTION	Rev. ReBecca	
PARTING MUSIC	"Somos el barco" ~Charles Lorre Wyatt	Adam
<p>Today's Chalice Lighting and Extinguishing passages were written by Craig Rowland. Thank you for being with us this morning! When you leave today, please return your name tag to the rotating stand.</p>		
<p>Share-the-Plate for February: Westchester Community College Emergency Aid Grant. Visit cuucwp.org/newsletters for the e-Communitarian & RE newsletters Use the QR Code to donate your support to CUUC, or visit bit.ly/CUUC-Donation</p>		

SUN FEB 22 AT CUUC

9:30am **Childcare** (Room 32)

10am **Sunday Worship** (Sanctuary & Livestream: bit.ly/CUUC-Worship)

11:15am **Social Hour** (Fireside)

11:30am **Auction Committee Meeting** (Room 21)

11:30am **Meals for HOPE** (Kitchen)

11:30am **Caring for Aging Beloveds** (Room 41)

THE WEEK AHEAD

Mon Feb 23 - 9am Prime Time Dance (CUUC & Online)

Tue Feb 24 - 10am Sandwiches for HOPE (Kitchen); 7pm Racial Justice Team (Online); 7:30pm Choir Rehearsal (Sanctuary)

Wed Feb 25 - 6:30pm Worship Associate Team Planning (Online); 7:30pm SPARC Meeting (Online)

Thu Feb 26 - 11:30am Science & Spirituality Group (Room 41 & Online)

Fri Feb 27 - 9am Prime Time Dance (CUUC & Online); 7pm Books with Barbara (Online)

Sat Feb 28 - 9:30am Clothing Drive Organizing (Fellowship Hall); 3pm PROM SETUP (Fellowship Hall); 6pm CUUC Prom (Fellowship Hall)

Sanctuary Wi-Fi Network: CUUC_Public | Pwd: cuucwp468

LYRICS

#1007, There's a River Flowin' in My Soul

There's a river flowin' in my soul.
There's a river flowin' in my soul.
And it's tellin' me that I'm somebody.
There's a river flowin' in my soul.

There's a river flowin' in my heart...

There's a river flowin' in my mind...

#1021, Lean On Me

Sometimes in our lives we all have pain, we all have sorrow.
But if we are wise we know that there's always tomorrow.

[Chorus] Lean on me when you're not strong
and I'll be your friend, I'll help you carry on,
For it won't be long 'til I'm gonna need somebody to lean on.

Please swallow your pride if I have things you need to borrow,
For no one can fill those of your needs that you won't let show.

[Bridge] Just call on me brother when you need a hand.
We all need somebody to lean on.
I just might have a problem that you'd understand.
We all need somebody to lean on.

[Chorus] Lean on me

[Bridge] Just call on me brother

If there is a load you have to bear that you can't carry,
I'm right up the road, I'll share your load if you just call me.
Call me... call me...

LYRICS (CONT'D)

#1064, Blue Boat Home

Though below me, I feel no motion, standing on these mountains and plains
Far away from the rolling ocean, still my dry land heart can say
I've been sailing all my life now, never harbor or port have I known
The wide universe is the ocean I travel and the earth is my blue boat home.

Sun, my sail, and moon my rudder, As I ply the starry sea
Leaning over the edge in wonder, casting questions into the deep
Drifting here with my ship's companions, all we kindred pilgrim souls
Making our way by the lights of the heavens in our beautiful blue boat home.

I give thanks to the waves upholding me, Hail the great winds urging me on
Greet the infinite sea before me, Sing the sky my sailor's song
I was born upon the fathoms, never harbor or port have I known
The wide universe is the ocean I travel and the earth is my blue boat home.

Somos el barco [Chorus]

Somos el barco, somos el mar, Yo navego en ti, tu navegas en mi
We are the boat, we are the sea, I sail in you, you sail in me

The stream sings it to the river, the river sings it to the sea
The sea sings it to the boat that carries you and me

[Chorus]

The boat we are sailing in was built by many hands
And the sea we are sailing on, it touches every land

[Chorus]

So with our hopes we set the sails
And face the winds once more
And with our hearts we chart the waters never sailed before

[Chorus]

Somos el barco / We are the boat

<https://riverofsong.uk/>

A song of global unity.

We are all passengers for one life on this dear world; we must work together to ensure it is a good world that we leave for those who follow us. This Spanish song written by Charles Lorre Wyatt has been sung by Raffi and Pete Seeger among many others.

A musical score for the song 'Somos el barco'. It consists of five lines of music with lyrics underneath. The chords are indicated above the staff. The lyrics are: 'So-mos el bar-co, so-mos el mar, Yo na-ve-go en ti, tu na-ve-gas en mi. We are the boat, We are the sea. I sail in you, You sail in me. The stream sings it to the riv-er, The riv-er sings it to the sea. The sea sings it to the boat. That car-ries you and me.'

D I G A7 D Bm Em A7
So-mos el bar-co, so-mos el mar, Yo na-ve-go en ti, tu na-ve-gas en
mi. We are the boat, We are the sea. I sail in you, You sail in
me. The stream sings it to the riv-er, The riv-er sings it to the
sea. The sea sings it to the boat. That car-ries you and me.



Chorus:

Somos el barco, somos el mar
Yo navego en ti, tu navegas en mi
We are the boat, we are the sea
I sail in you, you sail in me



The stream sings it to the river, the river sings it to the sea
The sea sings it to the boat that carries you and me. *Chorus*

Now, the boat we are sailing in was built by many hands
And the sea we are sailing on, it touches many sands. *Chorus*



O the voyage has been long and hard and yet we're sailing still
With a song to help us pull together, if we only will. *Chorus*

So with our hopes we raise the sails to face the winds once more
And with our hearts we chart the waters never sailed before. *Chorus*