



# ORDER of SERVICE for Sunday, January 30, 2022

*Believing in a community that unites all people*

## Pre-Service Quiet

**Prelude** *Spiegel im Spiegel* by Arvo Pärt  
Matthew Johnsen, Music Director

**Chalice Lighting** words by Burton D. Carley

**Introit** *And So It Goes* by Billy Joel  
The King's Singers

**Welcome & Opening Words** by John Gibb Millspaugh

\* **Opening Hymn #1009** *Meditation on Breathing*

## Religious Exploration Moment

Robin Mitzcavitch, Director of Religious Exploration

**Reading** Excerpt from *The Sabbath* by Abraham Joshua Heschel

**50/50 Collection** to benefit Greater Worc. UU Campus Ministry  
Rev. Cheryl Leshay

**Offertory** *Intermezzo in A Major* by Brahms

(Newcomers: please accept this service as our gift to you.  
Do not feel obligated to participate in the offering at this time.)

## Joys & Sorrows

## Pastoral Prayer

**Musical Meditation** *Meditation on the Thin Space  
of St. Paul's Chapel* by Peter Ostroushko

**Reflection** *Sabbath Moments* Rev. Aaron Payson

**Litany** words by Dan Lambert

\* **Closing Hymn #1031** *Filled With Loving Kindness*

**Benediction** words by Heather Rion Starr (adapted)

**Postlude** *Improvisation on Hyfrodol* by Matthew Johnsen

\* Please stand in body or in spirit

Text-to-Give - Without check or cash and want to participate in our weekly offering? From a smartphone text the amount of your contribution to 508-231-5335. First-time contributors will be asked for one-time registration information by Simplegive. Thank you for helping us continue to be a congregation of love, hope and justice!

## SERVICE NOTES

*Thanks to this morning's  
Volunteers:*

**In Person Audio Team:**

Bruce Leshay & Frank Sweetser

**Facebook Moderator:**

Rev. Cheryl Leshay

**Church Photographer:**

Betty Jenewin

**Greeter & Connection Team:**

Maya Desai & David Fields

Visit a Connections Team Member  
at the Welcome Table for more  
information about UUCW!

## UPCOMING SERVICES

Unless noted otherwise  
Preservice Quiet & Prelude at 9:50 am  
Worship Service and RE Classes at 10 am  
Fellowship at 11:15 am  
Rev. Aaron Payson, Preaching

**Sunday, February 6**

All Church Read Sunday  
*The Benefits of Being an Octopus*  
Religious Exploration Program

**Sunday, February 13**

*The Self Love of Self-Less Love*

**Sunday, February 20**

*A Helot's Bargain*

**Sunday, February 27**

*The End of Empowerment*

## FELLOWSHIP INFO

Please! No food or drink in the  
sanctuary during the service.

Due to COVID response,  
Fellowship Hour will take place  
outdoors at this time.

# UUCW Activity Calendar ~ January 30 - February 6

**Sunday, January 30 - Multi-platform Worship & RE at 10 am**

**Sunday, February 6 - Multi-platform Worship & RE at 10 am**

All other meetings of the church must be scheduled on a case-by-case basis following the guidelines of the Health & Safety Team. Please contact the office to schedule any meetings of the church.



## Litany words by Dan Lambert

Because the daily pressure of life weighs heavy on our minds, on our bodies, and on our spirits.

### We need a time of sabbath rest.

Because the stresses of our culture often leave us feeling burdened and looking for hope.

### We need a time of sabbath rest.

Because rest, fun, leisure, and naps help us cope and feel refreshed.

### We need a time of sabbath rest.

Because we think more clearly, love more freely, and share more joyfully when we are well rested.

### We need a time of sabbath rest.

Giver of Life, help us recognize when we need to stop and care for ourselves.

### Allow us to enjoy a sabbath as often as we need one.

Allow us to rest without guilt so that we may work with more joy.

**We are thankful for the gift of sabbath rest. Amen.**

## Regularly Scheduled UUCW Events/Community Groups

### Choir Rehearsal

Th, 7 - 8:30 PM

Sunday, 9 - 9:30 am

### Evening Book Club

2nd Wed, 7 - 8:30 pm, Lounge

### Get Out The Vote Team

2nd Thurs, 6 - 7:30 pm, Zoom

### Loaves & Fishes Food Pantry Setup

3rd Fri, 4 - 10 pm, Fell Hall

### Loaves & Fishes Food Pantry

3rd Sat, 10 am - noon, Fell Hall

### Lunch With the Minister

1st Wed, Noon-1:15 pm, Lounge

### Men's Group

4th Fri, 7 pm, Meeting Room 1

### Monday Meditation Group

9:30 - 11:30 am, Zoom

### Side With Love Task Force

1st & 3rd Tues, 6:30 - 7:30 pm, Zoom

### Staff Meeting

Mon, 10 am - noon, Meeting Room 1

### Women's Social Circle

2nd & 4th Sat, Off-Site/Zoom

### Al-Anon Adult Children (ACOA)

Thurs., 7:30 pm, Meeting Room 1

### Alcoholics Anonymous (AA)

Fri., 8 pm, Lounge

### Debtors Anonymous (DA)

Tues., 7 pm, Meeting Room 1

### Greater Worc. Humanists

2nd Tues, 6:30 pm F.Hall

### Overeaters Anonymous

Sat., 7:30 am, Meeting Room 1

### WGLN Rainbow Lunch

2nd & 4th Wed, 12 - 2 pm FH

## OFFICE INFORMATION

**Office Hours :** In person: M, W: 9 am - 3 pm; Th: 9 am - 2 pm; by phone (508-853-1942 ext 102) and email (office@uucworcester.org) only on Tuesdays.

### CONGREGATIONAL MISSION STATEMENT

The members and friends of the Unitarian Universalist Church of Worcester covenant to be a congregation of love, hope and justice inspiring people to take on the challenges of a changing world.

### WELCOMING CHURCH MISSION STATEMENT

The Unitarian Universalist Church of Worcester strives to further the affirmation and celebration of LGBTQI individuals in all aspects of the church community. We also seek to increase the visibility of UUCW as a Welcoming Congregation within the greater community.

## Unitarian Universalist Church of Worcester

90 Holden Street, Worcester, MA 01606  
(508) 853-1942 · office@uucworcester.org ·  
www.uucworcester.org

## THE OFFERING - LAST WEEK

Sunday, Jan 23 pledges	= \$245.00
FY2022 Pledges to date	= \$110,095.00
Budgeted FY2022 Pledges to date	= \$107,666.67

Sunday, Jan 23 offering	= \$150.00
FY2022 offering to date	= \$5,945.91
Budgeted FY2022 offering to date	= \$3,046.06

## RELIGIOUS EXPLORATION & EDUCATION

*Religious Education: 10 - 11:15 am, Youth Group: 6 - 8 pm, For information on UUCW RE programs, please email the RE program at uucwre@gmail.com*

## TEXT ALERTS FROM UUCW

TEXT ALERTS from UUCW are now being offered. In case of cancellation of Worship/RE or other events, you can receive alerts on your smartphone. To sign up, text UUCWORCESTER to 84483. Please note that carrier SMS fees may apply.