



Spiritual Practices of the Summer
with
Rev. Janet Newton

“If the ocean can calm itself, so can you. We are both salt water mixed with air.” —Nayyirah Waheed

Ringing the Bell

Welcome and Announcements

Liz Loucks

Prelude

Peter Halperin

Call to Worship & Chalice Lighting

Rev. Janet

Part One: *Shhhhhh (Finding Quiet and Slowing Down)*

***Opening Hymn** *Return Again*

#1011

Reading

Reflection

Sharing of Joys and Concerns

Liz Loucks

Silent Meditation (~3 minutes)

Pastoral Prayer

Rev. Janet

Sung Response *Filled with Loving Kindness*

#1031

Part Two: *Bursts of Sunshine (Gratitude)*

Hymn: *When the Summer Sun Is Shining*

#66

(Instrumental and First Verse)

Reading

Reflection

Ritual of Berries

Part Three: *3 Rights Make a Left (Adaptation)*

Hymn: *When the Summer Sun Is Shining*

#66

Verse 2

Reading

Reflection

Offering
Offertory

Liz Loucks
Peter Halperin

Part Four: Humankind - Be Both (Making Space)

Hymn: *When the Summer Sun Is Shining* #66

Verse 3

Reading

Reflection

***Closing Hymn** *Go Lifted Up* #1057

Benediction

Postlude

Thank you to Mimi Davisson, Bill Bridwell and Karen Sankey for volunteering for refreshments, and Laura Beebe for providing visual arts/flowers today.

Need Someone to Listen?

In addition to pastoral care being available from Rev. Janet, your Lay Ministers (Bill Bridwell, Jan Casey, Kevin Longval, Susan Desmarais) are available to lend support to anyone in our UUSMV community in their time of need by being available to listen and offer comfort. You can reach them individually by calling:

Jan Casey 508-942-3643

Bill Bridwell 774-563-8542

Kevin Longval 781-249-4712

Susan Desmarais 508-939-1350

or reach out to uu.society.mv@gmail.com for a direct contact (available to members and non-members).

Announcements:

New to UU/Membership Class: If you are interested in exploring more about Unitarian Universalism or what it means to be a member of UUSMV — or if you've been a long time member and would like to lean into what that means a little more — you're invited to join us for a short class taking place over the next two Sundays.

Next **Sunday, August 6**, we'll meet after the church service for an hour, with lunch provided. Please RSVP with the church office (uu.society.mv@gmail.com) so Rev. Janet can get an accurate count on how much food to provide.

The following **Sunday, August 13**, we'll meet before the church service, from 8:45-9:45. People who would like to sign our membership book will be invited to do so during our service that day.

Please note: while we would love to have you join us for this exploration/ refresher, there is no requirement that you do so before you sign our membership book. We do ask that you meet with Rev. Janet prior to signing, for a conversation about what membership means to you and to the church, so if you can't attend and plan to join, please make an appointment with Rev. Janet. You can reach Rev. Janet at revjanetnewton@gmail.com or make an appointment on her calendar link: <https://calendly.com/revjanet>



BLACK LIVES MATTER