



Unitarian Universalist Society of Martha's Vineyard

July 21, 2024

It's Not the Weight, But How You Carry It

with Rev. Rob Hardies

"We all carry burdens in our lives. The burden of care. Of responsibility. Of grief. How can we learn to carry life's burdens in such a way that we feel less weighed-down by them?"

Ring the Bell

Welcome and Community Connection

Judy Crawford

Prelude

Peter Halperin

Opening Words and Responsive Chalice Lighting

Rev. Rob Hardies

As surely as we belong to the universe,
we belong to one another.

*As surely as we belong to the earth,
we belong here, now.*

As surely as we are the children of our ancestors,
we are children of life.

Let us sing. Let us pray. Let us rejoice.

Come, let us worship together!

(Words adapted from Rev. Marge Keip)

Hymn *Love Will Guide Us*

#131

Candles of Joy and Concern

Judy Crawford

Hymn Response *Spirit of Life* (while seated)

#123

Prayer

Rev. Rob Hardies

Offering

Judy Crawford

Offertory

Peter Halperin

Reading *Heavy* By Mary Oliver

Sermon *It's Not the Weight, But How You Carry It*

Rev. Rob Hardies

Closing Hymn *Glory, Glory, Hallelujah*

Benediction

Rev. Rob Hardies

Postlude

Peter Halperin

Thank you to our volunteers Doris Troy, Rich Peia and Karen Sankey for our service support, Bill Bridwell for providing refreshments and Dianne Holt for visual arts/flowers.

Need Someone to Listen?

In addition to pastoral care being available from Rev. Janet, your Lay Ministers (Bill Bridwell, Jan Casey, Kevin Longval) are available to lend support to anyone in our USMV 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) or reach out to uu.society.mv@gmail.com

Summer Pastoral Coverage and Care

Dear congregation: Rev. Janet will be taking the remainder of her annual vacation and study leave time over the next several weeks. While she will mostly be on-Island, she is also using this time to attend two conferences, prepare for the coming church year, and take vacation time with her family. She requests that you hold off on sending her any email that requires a response until either her August work week (8/12 - 8/19), or after September 2.

From July 8 - 22, Rev. Rob Hardies will provide emergency pastoral care.

From July 23 - August 11, and **August 20 - September 1**, Rev. Vicki Hanjian will provide emergency pastoral care.

Vacation Week 2: **July 8-14**

Study Leave Week 1: **July 15-21** (Faith Formation Conference)

Vacation Week 3: **July 22-28**

Study Leave Weeks 2 & 3: **July 29 - August 4** (AUUMN Conference); **August 5-11**

Work Week: **August 12 - August 19**, Rev. Janet

Vacation Week 4: **August 20 - 25**

Study Leave Week 4: **August 26 - September 2**

Summer Events

Sunday, July 21, 7 - 8:30 pm: Ballroom Dancing (all are welcome!)

Sunday, July 21, 8:30 - 9:30 pm: Young Peoples AA (Stevens Chapel)

Monday, July 22, 4:30-6:30 pm: Democracy Postcard Party at Stevens Chapel

Friday, July 26, 10 - 11:15 am: Let's Have a Visit (Zoom)

Friday, August 2, 2 pm: Sewcial Action Knitwork at the home of Laura Beebe

