Unitarian Universalist Society of Martha's Vineyard September 29, 2024 "Being a Compassionate Listener" UUSMV Members Who Completed the Project Connect Program **Ringing the Bell** Lacking social connection Welcome and Community Connection is as dangerous as smoking up to 15 cigarettes a day. Mary Jane Aldrich-Moodie Prelude Confidence inter Lacking Jeremy Berlin **Social Connection** Smoking up to 15 cigarettes daily **Opening Words and Chalice Lighting** Drinking 6 alcoholic drinks daily Sometimes I Get Lonely by Emily B Physical inactivity Obesity Katherine Colon Air pollution **Reading** For Friendship by John O'Donohue No effect Odds of Premature Mortality Bill Bridwell Connection as a . 2017:72(6):517-530 Office of the U.S. Surgeon Gene Hymn# 1021 Lean on Me Jeremy Berlin Time for All Ages Rabbit Listened by Cori Doerrfeld Mary Jane Aldrich-Moodie Candles of Joy and Concern Hymn #123 (seated) Spirit of Life Jeremy Berlin Mary Jane Aldrich-Moodie Prayer You've Got a Friend Shelagh Hackett & Jeremy Berlin Song **Offering** Share the Plate Sunday **Bill Bridwell Offertory Music** Jeremy Berlin Morning Message Introduction to empathic listening **Emily Solarazza** Form groups and answer questions **Congregation Guided reflection** Emily Solarazza Hymn #18 What Wondrous Love Jeremy Berlin **Benediction** (Stand and hold hands) Mary Jane Aldrich-Moodie **Postlude** *You've Got a Friend in Me* from Toy Story Jeremy Berlin & Shelagh Hackett (Please be seated)

Thank you to our volunteers Bill Bridwell, Peter Meleney and Karen Sankey for our service support and Emily Solarazza & Ann Charnley for providing refreshments and Debbie Dean for visual arts/flowers.

Worship Committee Outreach

The Worship Committee's hope is to create Sunday services relevant to your lives and informed by a powerful sense of something beyond ourselves. Our sermons are not TED talks, they are spiritually-driven moments in time when we connect and share our vulnerabilities with each other. The sermon takes place in a spiritual mix of song, prayer, poetry and candle-lighting. If you feel that you have an idea for a worship topic or sermon (even if it is not fully shaped in your mind), please reach out to a member of the Worship Committee: Linda Moffet, Liz Loucks, Peter Palches, or Mary Jane Aldrich-Moodie. We will collaborate with you in making something germane and powerful.

Pastoral Coverage and Care

Rev. Vicki Hanjian will provide pastoral care. She can be reached at 508-696-8225 or av.hanjian@verizon.net

Need Someone to Listen?

Reach out to our Lay Ministers:Jan Casey508-942-3643Bill Bridwell774-563-8542

Kevin Longval 781-249-4712

they are available to lend support to anyone in our UUSMV community in their time of need, being available to listen and offer comfort. You can find their email contact information in the member's section of the website: www.uusmv.org

Upcoming Events

Saturday, September 28, 10 am - 12 pm: Island Insight Meditation - all are welcome! Sunday, September 29, 7 - 8:30 pm: Ballroom Dancing (all are welcome!) Sunday, September 29, 8:30 - 9:30 pm: Young Peoples AA (Stevens Chapel) Friday, October 4, 10 - 11:15 am: Let's Have a Visit (Zoom) Monday, October 7, 4:30 pm: Worship Committee (on Zoom) Friday, October 11, 2 pm: Sewcial Action Knitwork at the home of Laura Beebe Monday, October 14, 3 - 5 pm: Parish Committee

