

Order of Service

September 23rd, 2018

If you could prevent illness, extend life, reduce pollution, conserve resources, spend less, and save animals—all in one simple step—wouldn't you take it? There is wisdom and compassion in vegan choices. —Rae Sikora

Please remember to silence cell phones and other electronics.

Welcome

Peggy Garrigues,
Director of Congregational Life

Bellsound

Prelude

All Things Bright and Beautiful, Traditional English,
arr. by Jeremy Yowell

Peng Zhang

Call to Gather

Chalice Lighting

Leader: All Life is a gift for which we are grateful.

People: *We gather in community to celebrate the wonder and mystery of this great gift.*

Leader: So let us now kindle the flame of our liberal religious heritage and renew our covenant of mutual love and care:

People: *Love is our doctrine, the quest for truth is our sacrament, and service is our prayer. To dwell together in peace, to seek knowledge in freedom and to serve those in need, this we promise, this we covenant with Life and one another.*

Opening Hymn

#1064 *Blue Boat Home*

Laurie Neuerburg,
flute soloist

Time for All Ages

Cinci Freedom

Rev. Lois Cole

**Singing the Children
To Their Classes**

*Go now in peace, may love guide all your ways;
Beauty be the blessing of your nights and days.
Truth on your lips, and kindness in your deeds;
Faith to follow where the human spirit leads.*

Offering	<i>Autumn</i> , by Andy Beck	UUS Adult Choir
Meditation		Andy Douglas
Meditation Hymn	<i>#175 We Celebrate the Web of Life</i>	
Readings	<i>Health</i> , by Cindy Spading <i>What's on Our Plate?</i> by Miriam Kashia <i>Recipe for One Quarterpounder</i> , by Nik Jakob	Cindy Spading Miriam Kashia Nik Jakob
Interlude	<i>Holy Now</i> , by Peter Mayer	UUS Choir and Mason Montuoro, tenor soloist
Sermon	<i>Conscious Choices and the Web of Life</i>	Ron Pile
Closing Hymn	<i>#203 All Creatures of the Earth and Sky</i>	
Extinguishing the Chalice	<i>We extinguish this flame, but not the light of truth, the warmth of community, or the fire of commitment. All these we carry in our hearts and minds until we are together again.</i>	
Benediction		Laurie Cummins
Traveling Music		

We thank our dedicated Service Volunteers:

Hospitality Team: Pete Brokaw, Jeanette Carter, Dixie Cassady, Dan Cummins, Lois Huges, Merle Ihne, Diane Martin, Mike and Pat Pavelich, Bonnie Penno, Susan Salterberg, Vicki Siefers, Hilary Strayer, and Ron Wright

Welcome Table: Larry Audlehelm

Audio/Visual: Christine Etlar

*To learn more about Sunday volunteer opportunities, stop by
the Welcome Table or contact Peggy Garrigues (dcl@uuspic.org)*

Have UU Heard? Congregational News

- **CRC Winter Clothing Drive:** Bring gently-used, clean winter clothing for all ages to UUS for the annual Consultation of Religious Communities drive. A large labeled box is waiting for donations in the Atrium. We need volunteers to help with clothing distribution on Saturday, October 13 at Community of Christ in Coralville. Look for sign-up sheets in the Fellowship Hall.
- **UUS is Hiring a Temporary Nursery Supervisor:** This is temporary position for the next 3-6 weeks. Responsibilities include supervising our childcare staff and nursery on Sunday mornings. The required hours are Sundays from 9 to 11 am, and pay is \$15/hour. For the job description, please contact Jessica Zimmer, education@uusic.org or 337-3443.
- **5th Sunday Offering to SJAF, September 30th:** On months with five Sundays, one Sunday is designated for a special offering benefiting an organization with a timely or pressing need, as determined by the Social Justice Coordinating Committee. The “Fifth Sunday” offering in September will go to the UUS Social Justice Action Fund (SJAF), a funding source for ad hoc requests for social justice projects and events.
- **UUS Activity Fair, October 7th:** Save the Date for the UUS Activity Fair! After the service on Sunday, October 7th, in the Fellowship Hall UUS groups and committees will have representatives available to tell you more about their activities and answer your questions. So come, get involved and learn about the many opportunities to meet new people, have fun, and volunteer for UUS. Connect beyond Sunday!

Upcoming Events

- **Inquirer Session, today:** Newcomers and visitors are invited to join us in the Conference Room at 10:30 after the services for one of a series of orientation classes designed to introduce newcomers to UU values and history and offer opportunities to get involved with groups and activities within the congregation. Today will be an Introduction to Nurturing Mind & Spirit Groups.
- **Racial Justice study/ACTION Circle, today:** The RJC will meet from 11 am to 12:30 pm in the Oak Room of UUS. RJC is UUS’s next step to visibly and responsibly answer the call from communities of color to stand and act in solidarity for racial justice.
- **UUS Family Social Justice Group Planning Session, today:** To provide opportunities for social justice action and reflection for families, we are exploring the formation of a multi-age social justice group for parents with their Jr. and Sr. high-age youth. Families are invited to a planning session at 11 am in the Sanctuary.
- **CUUPs Mabon Ritual and Potluck, today:** The Owl Moon Covenant of UU Pagans (CUUPS) will honor the ever-shifting balance of sacrifice and abundance in our lives. We will gather at 5:15 pm in the Fellowship Hall for a potluck dinner. Please bring a dish to share and your own plates, cups, etc. Following the potluck (around 6:30), we will enter sacred space to explore this place of balance in our own lives. This ritual is most suitable for adults and mature youth. Weather permitting, we will be outside! Contact Marsha Cheyney (cuups@uusic.org) with any questions about this event.

- **Buddhist Sangha, Monday:** We gather at 7 pm at Oaknoll for silent meditation and discussion of contemporary Buddhist teachings. Currently, we are discussing *being zen, Bringing Meditation to Life*, by Ezra Bayda. To learn more, contact Cindy Spading (buddhistsangha@uusic.org).
- **Help Install Garden Panels, Tuesday:** Volunteers are needed to help with the installation of two more large metal panels in the UUS Community Garden at 6:30 pm. Please email Vicki Siefers at vicki.siefers@gmail.com if you can help. All you need to bring are gloves for lifting the heavy panels.
- **Girls' Night Out!, Wednesday:** All UUS women are invited. Come enjoy conversation, refreshments, and lots of laughs. This month we're meeting at 5:30 pm at Rapid Creek Cidery (Wilson's Orchard, 4823 Dingleberry Rd. NE #2, Iowa City). Contact Jamie Sharp (girlsnightout@uusic.org or 400-2551) if you plan to attend.
- **Pathway to Membership, Wednesday:** Pathway to Membership is a one-session class for those who are considering becoming a member of UUS and want to learn more about how our congregation works, and the benefits and responsibilities of membership. This class is one of the steps for membership. We will meet from 6:30 to 9 pm in the Conference Room. Contact Peggy Garrigues (dcl@uusic.org) to RSVP or to clarify other steps needed to become a member.
- **Green Sanctuary Workshop: Reversing Global Warming, Thursday:** Join the Green Sanctuary Committee from 6 to 8 pm in Meeting Room A of the Coralville Public Library for a workshop based on the best-selling book *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, edited by Paul Hawken. We will learn about this comprehensive scientific study of 100 solutions that together could actually begin to reverse global warming by 2050. Contact Kristin Wildensee with questions: kkwildensee@gmail.com.
- **UUS Adult Choir Rehearsal, Thursday:** The UUS Adult Choir rehearses weekly on Thursday evenings from 7 to 8:30 pm. The choir will sing three Sundays of each month. On the Sundays when the choir sings, members gather in the sanctuary for a 9 am rehearsal. The choir is open to all singers (high school and beyond). No auditions or experience required. Questions? Give Gloria Corbin a call or send an email: 338-5012 or music@uusic.org.
- **CUUPs Earthbeats, Friday:** Join the Owl Moon Covenant of UU Pagans (CUUPs) for Earthbeats, a drum and chant circle. We will meet in the Sanctuary from 7 to 9 pm. Contact Marsha and Dawn at cuups@uusic.org with any questions.
- **VegFest, Saturday:** The first-ever *VegFest of Eastern Iowa* will take place here at UUS. It's a celebration of ethical eating and living on a plant-based, whole-food diet. We know that ethical eating is a priority for UUs, and respect for the interdependent web of life is one of our principles. Learn more about diet as it relates and connects to issues of health, the environment, social change, the rights of other living creatures, spirituality, and agriculture. Learn why a vegetarian/vegan diet is one of the most important steps an individual can take to address climate change. Admission is \$5 for adults (UUs receive a 20% discount) and free for kids under 18. Swag bags will be presented to the first 150 guests through the door. For more info, go to vegfesteasterniowa.com.