

July 10 2022
“Walking as a Spiritual and Awakening Practice”

GATHERING THE COMMUNITY

Prelude Jed Holland, Music Director
Ringing the Bell, Land Acknowledgement & Welcome Emma Rearick

CENTERING

Opening Words & Chalice Lighting Cathy Guevarra
By: Rebecca Solnit
Opening Hymn: “*You Fill Up My Senses*” video
(words & music: John Denver)

SHARING IN COMMUNITY

Outreach Offering: ORIS (Refugee & Immigrant Support) Emma Rearick
Text “give” to give to the monthly outreach
Text “(amount) pledge” to give to the church
(603) 945-2859
Or give online at <https://uunashua.org/give/donate/>
Offertory: Instrumental Jed Holland
Response: “*From You I Receive*” Hymn #402
Sharing in a story & Guided Meditation Karen Murray
Story: Outside In by Deborah Underwood
Illustrated by Cindy Derby
Guided Meditation Cathy Guevarra
Joys and Sorrows Emma Rearick
Text: 910-807-3851
Silent Reflection
Response: “*Spirit of Life*” Hymn #123

GOING DEEPER

Sermon Karen Murray
Words for Reflection Emma Rearick
“For a New Beginning” by: John O’Donohue

Anthem: "Blowing in the Wind"
(words & music: Bob Dylan)

Sermon

Cathy Guevarra

RETURN TO SERVICE IN LIFE

Closing Hymn: "*Walking With You Is My Prayer*"
(words & music: Burns Stansfield)

Benediction

"The Summer Day" by Mary Oliver

Karen Murray

Song for Parting: "*Peace and Joy*"
(words & music: Kathy Grossman)

Postlude

Jed Holland, Music Director