

**Order of Service**  
**October 9, 2022**  
**“The Courage to Become”**

**GATHERING THE COMMUNITY**

Prelude

Gary Finger,  
Guest Music Director

Ringing the Bell, Land Acknowledgement & Welcome

Caro Barschow, Sabbatical Minister

**CENTERING**

Opening Words & Chalice Lighting

Dick Widhu

Opening Hymn: “*I Know I Can*”

Hymn #1015

(words: Dennis Hamilton; music: Jeannie Gagné; arr.: Mark Freundt)

Congregational Values

Caro Barschow

**SHARING IN COMMUNITY**

Wonderbox

Sadie Kahn-Greene & Saydee

Anthem: “*Filled With Loving Kindness*”

UU Nashua Choir

(words: traditional Buddhist meditation, adapted by Mark W. Hayes, music  
by Ian W. Riddell, hymn #1031)

Congregational Song: “*As You Go*”

(words & music: Kathleen Tracy)

Outreach Offering: Seacoast Outright

Anne Smith & Jessica Goff,  
Seacoast Outright’s Coordinator of Community  
Programming and Engagement

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  
Hymn #402

Response: “*From You I Receive*”

Caring Candles

Caro Barschow & Marie Jones

Text: 910-807-3851

Silent Reflection

Response: “*Spirit of Life*”

Hymn #123

**GOING DEEPER**

Reading: Reading: Our Relationship to Forests by Qing Li

Dick Widhu

Guided Meditation

Caro Barschow, Sabbatical Minister

Song: “*Strength, Courage & Wisdom*”  
(words and music by India Arie Simpson)

Anne Smith

Sermon

Caro Barschow

## **RETURN TO SERVICE IN LIFE**

Closing Hymn: “*When Our Heart is in a Holy Place*”  
(words & music: Joyce Poley; keyboard arr: Lorne Kellett)

Hymn #1008

Benediction

Caro Barschow

Song for Parting: “*Peace and Joy*”  
words & music: Kathy Grossman

Postlude

Gary Finger,  
Guest Music Director