

**Order of Service**  
**February 26, 2023**  
**“Be Good to Yourself”**

**GATHERING THE COMMUNITY**

Prelude Jed Holland, Music Director  
Ringing the Bell, Land Acknowledgement & Welcome Rev. Allison Palm

**CENTERING**

Opening Words & Chalice Lighting Dick Widhu  
“Know only that you are loved” by: Rev. Gretchen Haley  
Opening Hymn: “*Show Us How to Love*”  
(Music: Mark A. Miller; Words: Lindy Thompson)

**SHARING IN COMMUNITY**

Building Our Vision Dave Hudson  
Wonderbox Sadie, Joleeya & Jordan  
“A Kids Book of Self-Love” by Brandon Farbstein  
Narrated by: Asher Gallardo  
Anthem: “*Love Me More*” Brenna Woods  
(words & music: Samuel Smith, James Napier, Tor Erik Hermansen, & Mikkel Eriksen)  
Caring Candles Rev. Allison Palm & Marie Jones  
Text: 910-807-3851  
Silent Reflection  
Response: “*Spirit of Life*” Hymn #123  
Outreach Offering: NSKS Warming Shelter Lindsey Hedrick  
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

## GOING DEEPER

Words for reflection

Dick Widhu

“Who You Are “ by Danna Faulds

Adapted from “Poems from the Heart of Yoga”

Anthem: “*This is Me*”

(from "The Greatest Showman") (words & music: Benj Pasek & Justin Paul; arranged: Mac Huff)

UU Nashua Choir,  
Guitar: Tom Sheehan

Promising Love to Yourself

Rev. Allison Palm

## RETURN TO SERVICE IN LIFE

Closing Hymn: “*Love Will Guide Us*”

Hymn #131

(words: Sally Rogers, used by perm. of Thrushwood Press Publishing;  
music: Traditional; arr: Betty A. Wylder)

Benediction & Chalice Extinguishing

Sadie Kahn-Greene,  
Director of Faith Formation

Song for Parting: “Peace & Joy”

(words & music: Kathy Grossman)

Postlude

Jed Holland

## NOTICE OF CONGREGATIONAL MEETING:

**Special congregational meeting taking place on March 5th, 2023 at 12:00pm**

In person (in the sanctuary) or online via Zoom.

[Click here](#) to read the full notice

Registration is required for online attendance. [Click here](#) to register to attend online.