

Order of Service
October 4, 2026
“Fostering Resilience”
Led by Rev. Allison Palm

GATHERING THE COMMUNITY

Prelude	Jed Holland, Music Director
Ringling the Bell & Welcome	Rev. Allison Palm, Minister

CENTERING

Opening Words & Chalice Lighting Joy and Power That Grow, by Jami Yandle	Brenna Woods & Friend
Opening Hymn: “ <i>Hold On, Hold On</i> ” (words & music: Katie Grigg-Miller)	Scan the QR code in your pew for the sheet music or click here .

SHARING IN COMMUNITY

Mountain Meditation adapted from Jon Kabat-Zinn’s Mountain Meditation	Rev. Allison Palm
Anthem: “ <i>Row On</i> ” (words & music: Tom Baehr)	UU Nashua Choir
Outreach Offering: CASA Text “give” to give to the monthly outreach Text “(amount) pledge” to give to the church (603) 945-2859	Karen Murray, Clerk
Offertory: Instrumental	Jed Holland
Response: “ <i>From You I Receive</i> ”	Hymn #402
Caring Candles (910) 807-3851 Silent Reflection Response: “ <i>Spirit of Life</i> ”	Rev. Allison Palm & Marie Jones Hymn #123
GOING DEEPER	
Words for Reflection Instructions on Not Giving Up By Ada Limón	Brenna Woods
Anthem: “ <i>You Can Do This Hard Thing</i> ” (words & music: Carrie Newcomer)	Sarah Davis
Sermon	Rev. Allison Palm

RETURNING TO SERVICE IN LIFE

Closing Anthem: *"My Life Flows on in Endless Song"*

Hymn #108

Benediction

Rev. Allison Palm, Minister

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

Postlude

Jed Holland, Music Director

**House Band members playing regularly: Jaydan H., various instruments; Sara Martin, percussion;
Amelia A. -flute*

Notes for our In-person Attendees

MASKS & COVID VACCINATIONS: Masks are optional and vaccinations are strongly encouraged. If you test positive for Covid-19 within 5 days of attending service, please inform the Church Office at uucnoffice@uunashua.org

CARING CANDLES: If you have a joy or sorrow to share you can fill out a Candle Card (on the welcome tables) and give it to a Greeter or Staff member prior to the start of the service. You can also Text your Joy/Concern to 910-807-3851. Please include your name.

CHILDCARE (Rainbow Room): We offer childcare for children under 4 every Sunday from 9:15 to 11:15 a.m. We have toys, books, snacks and caring volunteers and staff offering a safe caring space for little ones.

FAMILY CORNER: This is a space available during worship for families with young children to best meet the needs of our families and our multigenerational community. We offer floor mats, rocking chairs, floor chairs and quiet toys in the sanctuary for families with young children who may need a little more space to be together during worship time.

WONDER BAGS & FLOOR SEATING UP FRONT: We have "Wonder Bags" & Wonder Embroidery to borrow for children of all ages. These quiet toys, stitching & coloring are available to borrow and bring a pew. We also have floor chairs near upfront for children to see better.. Guests can choose a bag upon entering the Narthex or at the front of the church and return it when leaving for restocking the following week.

ACCESSIBLE PARKING: There are 6 dedicated accessible parking spaces in the Grove St. parking lot. Access these spaces on the east side of our facility; approach from Whitney St. and turn south on Grove St., a one-way street down to Canal St. There is also one accessible parking space in our Lemon St. parking lot on the west side of the buildings.

Service Livestream: The service is being livestreamed via Zoom and shows a congregation view. If you do not wish to be on camera, you may sit in the back or in the balcony.