

“The essence of loving-kindness is being able to offer happiness.
So build a home inside [yourself] by accepting yourself and learning
to love and heal yourself. Learn how to practice mindfulness in such a way
that you can create moments of happiness and joy for your own nourishment.
Then you have something to offer the other person.”
—Thich Nhat Hanh, one of the best-known Zen teachers in the world (1926–2022)

Welcome Song “Come, Come, Whoever You Are” words by Rumi;
music by Lynn Adair Ungar

Welcome Virginia Henthorn, worship leader

Honoring Indigenous Peoples

Prelude “Awakening” Paul Cardall, composer; Randall Kidder, pianist

Chalice Lighting Lau Tzu

If there is to be peace in the world, there must be peace in the nations.
If there is to be peace in the nations, there must be peace in the cities.
If there is to be peace in the cities, there must be peace between neighbors.
If there is to be peace between neighbors, there must be peace in the home.
If there is to be peace in the home, there must be peace in our hearts.

Opening Hymn #1009 “Meditation on Breathing”
in *Singing the Living Tradition* words and music: Sarah Dan Jones

Story Time for All Ages *Be the Pond* Cosmic Kids Zen Den

Sending Song “Go Now in Peace” Natalie Sleeth

Go now in peace. Go now in peace.
May the spirit of love surround you
Everywhere, everywhere, you may go.

Collection of Offerings

Offertory “4'33” I - 33" II - 2'40" III - 1'20" John Cage

Reflection *Sitting Still like a Frog* Sara Swisher

***Closing Hymn #1009** “Meditation on Breathing”
in *Singing the Living Tradition* words and music: Sarah Dan Jones

Closing Words Thich Nhat Hanh

Postlude “Frog Legs Rag” James Scott

Announcements Martha McGovern, worship associate

Facebook Live ends

Joys and Sorrows/Wheel of Life
(Zoom participants are invited to share, too.)

Benediction/ Extinguishing the Chalice

Welcome! We're glad you're here!

- Thanks to our childcare staff, **Owen Cejka**, **Lela Erb**, and **Deborah Lauer**.
- We are grateful to our pianist, **Randall Kidder**, and wind chime quartet, **Adeline Bailey**, **Dawn Hewitt**, **Nancy Luthy**, and **Suzyn Mills**; to our tech crew, **Mike Bailey** and **Ralph Olander**; to our Coffee Hour volunteers; to today's host, **Dawn Hewitt**, and greeters, **Steph Rector** and **Joey Thomas**; to our worship leader, **Virginia Henthorn**, and worship associate, **Martha McGovern**; and to our guest speaker, **Sara Swisher**.

If you would like to learn more about membership or participation in FUUSM congregational life, please speak to today's host.

Announcements

Today

- **Coffee hour!** Social hall. Ends by 1:30. Bruce Henthorn, Virginia Henthorn, and Cathy Rees will be serving.

Monday, February 12

- 6:30 p.m., **FUUSM Board of Trustees** meeting, RE parlor.

Tuesday, February 13

- Noon, UU+ women's book group, Parkersburg Country Club.
- 3:30–6:30 p.m., Girl Scout Troop in social hall.
- 6:00–9 p.m., **The Work That Reconnects** workshop series, session 3, via Zoom

Wednesday, February 14 ❤️

- Noon, Mediation via [Zoom](#).
- 6 p.m., **Women's Group potluck**, social hall. Shari Ballantyne will host.

Saturday, February 17

- 10 a.m., **Tai Chi reunion**, social hall, for all Darryl Ting's students.

Sunday, February 18

- 9:30 a.m., **Choir practice**, sanctuary. New members are always welcome!
- 9:30 a.m., **Today's Issues** discussion group, RE parlor.
- 11 a.m., **Sunday service**, sanctuary.
- **Coffee hour!** Social hall. Ends at 1:30 p.m.
- 12:30 p.m., **Green Sanctuary Committee** meeting, RE parlor.
- 12:30 p.m., **Board of Trust Governors meeting**, RE building upstairs meeting room.

FUUSM Office hours: Mon., Tu., Th., Fri. 10 a.m.–2 p.m. (740) 373-1238,
fuusm.office@gmail.com. Rev. Hawbaker is on sabbatical through March 2024.

FUUSM Affirmation

We, the members and friends of the First Unitarian Universalist Society of Marietta:

- *Support the free and disciplined search for truth as the center of religious community and encourage an acceptance of pluralistic views;*
- *Recognize our Judeo-Christian heritage as well as other traditions and seek lasting values and new insights;*
- *Affirm, defend, and promote the equality, worth, and dignity of every person;*
- *Strive for a world community of love, justice, and peace;*
- *Support the democratic process and mutual respect in all human relationships;*
- *Cherish the universe and its resources and recognize the unity of all life.*

First Unitarian Universalist Society of Marietta

232 Third St., Marietta, OH 45750

A voice of liberal religion in the Mid-Ohio Valley



Sunday, February 11, 2024

Meditation:
Frogs and Wind Chimes