

Order of Service – October 18, 2020 – Unitarian Universalist Church West
“Listening to Our Breath and Our Body” with
The Rev. Dr. Monica L. Cummings and Worship Leader Deb Ruesch

1. **Prelude** - "Bach It Up" arr. of Bach Cello Suite No. 1; performed by SistaStrings
2. **Welcome** – Deb Ruesch, Worship Leader
3. **Chalice Lighting – We are a people of Deep Listening** - Dave Cicero, Director of Lifespan Religious Education

Does the chalice make a sound when we light the flame?
Is there a song in the flame’s dance?
When we listen deeply, we give our attention to what matters:
Truth, justice, hope, love, joy – and our good planet earth.
But let us remember:
between spoken words there must be room for breath;
and lines of music are made more beautiful by rests.
We light this chalice for Deep Listening.

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4. **Hymn #1031** – “Filled with Loving Kindness” music by Ian Riddell, words a traditional Buddhist meditation, adapted by Mark Hayes; performed by Jennifer Nicolosi, Lead Music Director; led by Deb Ruesch
 1. May I be filled with loving kindness. May I be well. May I be filled with loving kindness. May I be well. May I be peaceful and at ease. May I be whole.
 2. May you be filled with loving kindness. May you be well. May you be filled with loving kindness. May you be well. May you be peaceful and at ease. May you be whole.
 3. May we be filled with loving kindness. May we be well. May we be filled with loving kindness. May we be well. May we be peaceful and at ease. May we be whole.
5. **Worship for All Ages** – “The Listening Walk” by Paul Showers; read by Dave Cicero, Director of Lifespan Religious Education
6. **Special Music** – "Bridge Over Troubled Water" by Simon & Garfunkle, arr. by SistaStrings; performed by SistaStrings
7. **Reading** – Deb Ruesch
8. **Meditation** - Hymn #1009 “Meditation on Breathing” words and music by Sarah Dan Jones; performed by Rev. Suzelle Lynch

When I breathe in, I'll breathe in peace.
When I breathe out, I'll breathe out love.
9. **Sermon** – “Listening to Our Breath and Our Body” The Rev. Dr. Monica L. Cummings
10. **Offering Words and Offertory** - The Split the Plate Organization for October is “Housing Resources, Inc”; words spoken by Dave Cicero; "Fox Waltz" by Andrew Backus; performed by Jennifer Nicolosi
11. **Benediction and Closing Words** – The Rev. Dr. Monica L. Cummings
12. **Postlude** – "A Day Without Rain" by Enya and Nicky Ryan; performed by Jennifer Nicolosi