

Order of Service – February 7, 2021 – Unitarian Universalist Church West
“How to Make Love to Yourself” The Rev. Suzelle Lynch

1. **Prelude** – "My Heart Will Go On" by James Horner; performed by Jennifer Nicolosi, Lead Music Director
2. **Welcome and Call to Worship** – the Rev. Suzelle Lynch
3. **Hymn #131** – “Love Will Guide Us” Sally Rogers/traditional, arr. Betty Wylder; Jennifer Nicolosi, pianist
 1. Love will guide us, peace has tried us, hope inside us will lead the way on the road from greed to giving, Love will guide us through the hard night.
 2. If you cannot sing like angels, if you cannot speak before thousands, you can give from deep within you. You can change the world with your love.
 3. Love will guide us, peace has tried us, hope inside us will lead the way on the road from greed to giving. Love will guide us through the hard night.
4. **Chalice Lighting - We are a People of Beloved Community** – Eddee Daniel and Lynn Kapitan
(Please kindle your chalice at home and read along)

Living by love, not by fear: this is the goal of Beloved Community.
A community where no one is oppressed or exploited;
A community where everyone is respected, appreciated, valued and nurtured.
Let’s invite our beloveds – cherished friends and kin,
Partners and ancestors, neighbors and teachers,
to join in building the Beloved Community.
Because we need each other to reach the goal of living by love, in peace, and with hope.
5. **Worship for All Ages** – “How Do You Know You’re Loved?” adapted from Rev. Suzelle; told by Dave Cicero, Director of Lifespan Religious Education
6. **Singing Together** - “In My Life” by Lennon and McCartney; performed by Jennifer Nicolosi
7. **Reflection #1 – Love Thyself**
8. **Meditation** - #1031 “Filled with Loving kindness” Trad. Buddhist/Mark Hayes/Ian Riddell - Rev. Suzelle
9. **Reflection #2 – The Body is Not an Apology**
10. **Offering Words and Offertory** – Pat Rierson, Split the Plate Team member
Our Split the Plate partner organization for February is PEARLS for Teen Girls.
11. **Reflection #3 – Putting It All Together**
12. **Hymn #128** – “For All That Is Our Life” by Patrick L. Rickey/Bruce Findlow; Jennifer Nicolosi, pianist
 1. For all that is our life we sing our thanks and praise; for all life is a gift which we are called to use to build the common good and make our own days glad.
 2. For needs which others serve, for services we give, for work and its rewards, for hours of rest and love; we come with praise and thanks for all that is our life.
 3. For sorrow we must bear, for failures, pain, and loss, for each new thing we learn, for fearful hours that pass: we come with praise and thanks for all that is our life.
 4. For all that is our life we sing our thanks and praise; for all life is a gift which we are called to use to build the common good and make our own days glad.
13. **Benediction** – Rev. Suzelle
14. **Postlude** – "Sonatina in G Major, Romanza" by Ludwig van Beethoven; performed by Jennifer Nicolosi

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