

*You are the sky. Everything else - it's just the weather.*

~ Pema Chödrön

## GATHERING OUR COMMUNITY

- ◆ Ringing the Tibetan Bowl
- ◆ Call to Community  
*Prayer for Compassion*  
by Elizabeth Tarbox \*\*
- ◆ Prelude/Candles of Community  
*Drumming*  
by Matt Meyer
- ◆ Chalice Lighting  
*The Great Turning*  
by Lisa Garcia-Sampson\*\*
- ◆ Spoken Affirmation  
*Love is the spirit of this church and service is its law.  
This is our great covenant to dwell together in peace,  
To seek truth in freedom and to help one another.*
- ◆ Lighting the Peace Candle

## EXPANDING OUR UNDERSTANDING

- ◆ Opening thought  
*Affirmation*  
by Assata Shakur
- ◆ Song - 361  
*Enter, Rejoice, and Come In*
- ◆ Story For All Ages  
*Desmond Gets Free*  
by Matt Meyer

## EMBRACING OUR LIMITATIONS

- ◆ Practices - with words, stillness, music  
by Matt Meyer  
Quiet Sitting for a Moment  
Musical Interlude
- ◆ Reading  
*Breathe*  
by Lynn Ungar\*\*
- ◆ Song - 123  
*Spirit of Life*

## DECLARING OUR POSSIBILITIES

- ◆ Discourse  
*Tension & Release: Music in Motion*  
by Matt Meyer

## CONFIRMING OUR FAITH

- ◆ Giving  
Those who wish may bring their gifts to the table
- ◆ Song - 354  
*We Laugh, We Cry*
- ◆ Closing Thought  
by Matt Meyer
- ◆ Benediction  
Based on Mark 8:37  
adapted by Martin Luther King, Jr.
- ◆ Extinguishing the Chalice  
*We extinguish these flames but not the light of truth,  
the warmth of community or the fire of commitment.  
These we carry in our hearts until we are together again.*
- ◆ Postlude

## PROGRAM NOTES

**Matt Meyer** is a musician and community organizer who has led hundreds of services for UU congregations across the country. He has a degree in music and has studied abroad in Cuba, Ghana and Central America. Matt is a founding resident of the Lucy Stone Cooperative in Roxbury and serves as Director of Community Life for The Sanctuary Boston. Sanctuary Boston is a progressive spiritual community of vibrant worship and real connection and are grounded in Unitarian Universalism and open to seekers of all kinds.

The RedRiverUU Rainbow Team meets today @ 1 pm, followed by the monthly Board Games 2-5 pm.

Friendsgiving annual dinner is next Saturday, 2-4 pm in the chapel.

All are welcome to share a potluck Thanksgiving dinner here in the Chapel on Thanksgiving, Nov 28, 2-4 pm. Sign up using the poster on the foyer bulletin board.

Visiting us this morning? If you'd like more information about our congregation and Unitarian Universalism, pick up a *Visitor Information Packet* from rack on the credenza in the foyer, where you will also find a copy of our monthly newsletter *Red River Ramblings*.

## WHO'S DOING WHAT THIS MORNING

- ◆ Board rep for November:
- ◆ Greeting us at the door: *Amy Hoffman-Shehan*
- ◆ Worship Associate: *Marla Loturco*
- ◆ Guest Speaker: *Matt Meyer*
- ◆ AV Crew: *Carole Harner, Jim Holmes*
- ◆ RE leader: *Jack Bolerjack*

\*a Unitarian Universalist

\*\*a Unitarian Universalist minister

## WELCOME VISITORS

*We are Unitarian Universalists. We are brave, curious, and compassionate thinkers and doers. We are people from many backgrounds who have different beliefs, but shared values. Grounded in more than two hundred years of thoughtful, spiritual communities, we are people of many generations, ethnicities, genders and sexualities, and spiritual backgrounds. People engaged in making the world a better place. People focusing on what really matters - love, justice, integrity, and hope. We are a lay-led congregation. Lay-led congregations have no minister which means members of the congregation manage the various aspects of our church life. Unitarian Universalism has a proud tradition of lay-led churches. We have different beliefs, but shared values.*

*We are Unitarian Universalists, and at the same time we may Muslim, pagan, atheist, believers in God, and those who just let the great mystery be. The diversity of beliefs you'll find in our church community is one of our strengths - we're always learning how to see the world from a distinct perspective.*

*Learn more about us at your leisure by downloading our mobile app 'Red River UU' from Google Play or the Apps Store (or use the QR code below.) This is who we are. We are glad you joined us today because all of who you are is welcome here.*

## NEXT SUNDAY NOVEMBER 17, 2024

10 am - Adult Forum

### Letting Go of God

A humorous monologue by Julia Sweeney chronicling her search for God. (Thru November)

11:15 am - The Morning Assembly

### Take Courage

The Rev. Dr. Mark Y.A. Davies, *leading*

Often referred to as one of the four cardinal virtues, courage is the ability to persevere in the face of uncertainty and fear. Sounds like the kind of virtue that might be helpful to cultivate in times like these!

RED RIVER UNITARIAN UNIVERSALISTS  
515 NORTH BURNETT AVE  
MAIL: PO BOX 1806 DENISON, TX 75020  
903.231.3232 | [WWW.REDRIVERUU.ORG](http://WWW.REDRIVERUU.ORG)



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# THE MORNING PROGRAM

SUNDAY, NOVEMBER 10, 2024



WE ARE . . .

**SPIRITUALLY ALIVE**  
**JOYFULLY INCLUSIVE**  
**JUSTICE CENTERED**