

# **Is Compassion the Antidote to Aversion?**

Rev. Nancy Palmer Jones, Worship Leader

Ian Van Sice, Worship Associate

Christiana Fernandez-McQuain, Coordinator of Family Ministries

Michael & Rebecca Parker, Choir Directors

Jessica Crowe, guest pianist

Sunday, October 5, 2025

<b>Prelude</b>	<b><i>Come Thou Fount of Every Blessing</i></b>	Robert Robinson
<b>Singing #1009</b>	<b><i>Meditation on Breathing</i></b>	Sarah Dan Jones
<b>Welcome and Centering</b>		Rev. Nancy Palmer Jones
<b>Spirit Stones</b>		
<b>Call to Worship and Chalice Lighting</b>	<b><i>Searching for Justice and Hope</i></b>	Summer Albayati
<b>Music for Reflection</b>	<b><i>By Faith</i></b>	Keith and Kristyn Getty
<b>Wonder Box Wisdom</b>	<b><i>What Is Metta Meditation?</i></b>	
<b>Singing #1031</b>	<b><i>May I Be Filled with Loving Kindness</i></b>	Buddhist Meditation Adapted by Mark Hayes; music by Ian W. Riddell
<b>Reflection</b>	<b><i>Finding Humanity in Prison Ministry</i></b>	Ian Van Sice
<b>Singing</b>	<b><i>I Am Sending You Light</i></b>	Melanie DeMore
<b>Homily</b>	<b><i>Choosing Our Focus</i></b>	Rev. Nancy Palmer Jones
<b>Prayer and Meditation</b>	<b><i>Prayer for Cultivating Compassion for the World</i></b>	Rev. Michelle Collins
<b>Anthem</b>	<b><i>We Will Not Stop Singing</i></b>	The Chapin Sisters
<b>Sharing Our Gifts</b>	Offering shared with <i>Chattahoochee Riverkeeper</i>	
<b>Offertory</b>	<b><i>Oceans (Where Feet May Fail)</i></b>	Hillsong United
<b>Gratitudes</b>		
<b>Call to Connection</b>		Jerrold Johnson, UUCG Treasurer
<b>Singing</b>	<b><i>We'll Be Known by Our Love</i></b>	Katie Grigg-Miller
<b>Closing Words</b>	<b><i>When the World Numbs</i></b>	Rev. Cameroon Trimble
<b>Extinguishing Our Chalice</b>		Elizabeth Selle Jones (adapted)

---

+Our plate is shared 50/50 with the quarterly plate recipient and UUCG.  
Please make checks payable to UUCG and indicate on the memo line if the check is for your  
annual pledge contribution or today's plate recipient



# UUCG Beyond Sunday Morning

## Events This Week

\* in-person + online ~ off-site

- \* **Today at 12:30pm:** *Potluck*
- \* **Today at 12:30pm:** *Resisting Fascism Team*
- \* Mon., Oct. 6 at 6:30pm: *Alphabet SoUUp*
- \* Tue., Oct. 7 at 7:00pm: *Choir Rehearsal*
- \* Wed., Oct. 8 at 7:00pm: *Covenant Group B*
- + Thur., Oct. 9 at 10:00am: *Covenant Group C*
- \* Thur., Oct. 9 at 6:30pm: *Music Night*
- \* Fri., Oct. 10 at 7:00pm: *Canceled - QUUest Jr.*
- \* Sat., Oct. 11 at 9:00am: *Learning Tarot*
- \* Sat., Oct. 11 at 9:00am: *UUCG Men's Group*

## Resisting Fascism Team

Resisting fascism begins, not with bombastic words, but with small, concrete, compassionate, empowering deeds. This Team can help you identify these actions and begin taking them. We will provide UUCG members with a menu of actionable opportunities for folks to select from based on their individual comfort levels, issues of choice, skill sets, and passions. Our prophetic witness has never been needed more urgently. Working and learning together, we can forge a path where there appears to be no way.

## Thoughts on Compassion

In Buddhism, compassion is an active, altruistic desire for all beings to be free from suffering, coupled with a deep understanding of suffering's causes and a commitment to alleviate it. It's one of the Four Sublime States, or brahmaviharas, and complements loving-kindness by focusing on suffering rather than just happiness. Cultivating compassion helps overcome self-centeredness by recognizing the interconnectedness of all beings, leading to actions that support others and minimize divisions.

Having a precise sense of compassion is very delicate. Compassion has qualities of self-sufficiency, of wholeness, of not being broken or shattered when facing states of suffering. It has qualities of openness, of spaciousness, of resiliency. It is born out of loving-kindness; of knowing our oneness, not just thinking about it or wishing it were so.

## UU Values

As Unitarian Universalists, we draw from our heritages of freedom, reason, hope, and courage, building six values with Love at the center.

Inseparable from one another, these shared values are:

**Interdependence:** We honor the interdependent web of all existence.

**Pluralism:** We celebrate that we are all sacred beings, diverse in culture, experience, and theology.

**Justice:** We work to be diverse multicultural Beloved Communities where all thrive.

**Transformation:** We adapt to the changing world.

**Generosity:** We cultivate a spirit of gratitude and hope.

**Equity:** We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion.



## Key Aspects of Buddhist Compassion

- **The Wish to Free from Suffering:** Compassion is not passive sympathy but an active, compassionate aspiration to alleviate suffering.
- **An Active Response:** It moves beyond empathy to a desire to take action and make a positive difference, even through small acts of support.
- **Interconnectedness:** True compassion stems from the understanding that all beings share the same fundamental desire to avoid suffering, leading to a boundless and inclusive approach.
- **Wisdom as a Foundation:** Compassion is paired with wisdom, which provides a clear understanding of suffering, cause and effect, and the nature of reality.
- **Overcoming Self-Centeredness:** By cultivating compassion for others, one can reduce the clinging to a solid, singular self, transforming self-concern into a concern for all beings.

## Cultivating Compassion

- **Recognize Suffering:** Begin by observing the suffering that exists in the world and in your own life.
- **Extend Compassion Gradually:** Start by extending the desire to be free from suffering to loved ones, then to strangers, and eventually to those you dislike, breaking down social and emotional barriers.
- **Act with Intent:** Engage in actions that alleviate suffering, even if they are small.
- **Cultivate Wisdom:** Use wisdom to understand the root causes of suffering, allowing for a more effective and genuine expression of compassion.