## **Cultivating Kindness for Ourselves**

Rev. Nancy Palmer Jones, Worship Leader Britt Parris, Worship Associate

Christiana Fernandez-McQuain, Coordinator of Family Ministries
Michael & Rebecca Parker. Choir Directors

Jessica Crowell, Guest Pianist Sunday, October 19, 2025

**Prelude** Near to the Heart of God Cleland B. McAfee, arr. B. Wolaver

Singing #100 I've Got Peace Like a River Music: Marvin V. Frey

Words: vv. 1-3: Marvin V. Frey; vv. 4-6 Anonymous

**Welcome and Centering**Rev. Nancy Palmer Jones

Call to WorshipReach the Place of SelfMa Theresa "Tet" Gustilo GallardoChalice LightingThe Hearth of the ChaliceBear W. Qolezcua

Wonder Box Wisdom Scenes from Inside Out 2 Original story: Meg LeFauve and Kelsey Mann

Screenplay: Meg LeFauve and Dave Holstein

Singing #1031 May I Be Filled with Loving Kindness Buddhist Meditation

Adapted by Mark Hayes; music by Ian W. Riddell

**Reflection** Naming the Thing Britt Parris

**Reflection** A Conversation with My Sadness Rev. Nancy Palmer Jones

**Music for Reflection and Activity** 

Music Meditations on Lord I Need You and Bless the Lord Activity Creating Our "Desk Buddy"

Name one of the feelings that is troubling you right now; examples: anger, fear, sadness, anxiety, surprise, disgusted, stressed. Using the materials you have, create a shape or an object that represents this feeling. Have a conversation with that feeling/object as you make it. Ask it to tell you what it needs and how you can help.

**Blessing Our Desk Buddies** 

Anthem Smallest Act of Kindness Cal Scott

**Sharing Our Gifts** Offering shared with *Chattahoochee Riverkeeper* 

Offertory Sweet Hour of Prayer Mark Hayes

Gratitudes

**Call to Connection** 

Singing #118 This Little Light of Mine African American spiritual

Closing Words Rev. Nancy Palmer Jones

**Extinguishing Our Chalice** Elizabeth Selle Jones (adapted)



# **UUCG Beyond Sunday Morning**

#### **Events This Week**

\* in-person + online ~ off-site

#### \*+Today at 12:30pm:

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\* Mon., Oct. 20 at 6:30pm:

#### \* Tue., Oct. 21 at 7:00pm:

- + Wed., Oct. 22 at 7:00pm:
- + vved., Oct. 22 at 7.00pm.
- \* Thur., Oct. 23 at 6:30pm:
- \* Fri., Oct. 24 at 6:30pm:
- \* Sat., Oct. 25 at 10:00am:
- \* Sat., Oct. 25 at 5:30pm:

#### Board Meeting Tarot Sunday

Movie Night: "Gaza" Choir Rehearsal Book Group Music Night QUUest The Open Circle Silent Supper

## **Board Meeting**

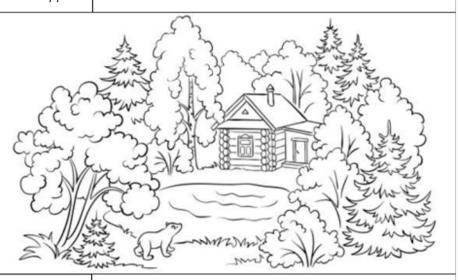
Monthly meeting of the UUCG Board of Trustees. This meeting is open to the congregation at large. You may choose to attend either in person at the church or online via Zoom. If you have something to discuss that you would like added to the agenda, please email **board@uucg.org** at least three weeks in advance of the meeting date.

Join via Zoom: https://zoom.us/j/95675731773









### **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.





## **Simple Self-Care Suggestions**

from the National Institute of Mental Health

**Get regular exercise**. Just 30 minutes of walking every day can boost your mood and improve your health.

**Make sleep a priority**. Stick to a schedule, and make sure you're getting enough sleep.

**Try a relaxing activity**. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises.

**Set goals and priorities**. Decide what must get done now and what can wait.

**Practice gratitude**. Remind yourself daily of things you are grateful for.

**Focus on positivity**. Identify and challenge your negative and unhelpful thoughts.

**Stay connected**. Reach out to friends or family members who can provide emotional support and practical help.

**Eat healthy, regular meals and stay hydrated**. A balanced diet and plenty of water can improve your energy and focus throughout the day.

https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health