

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 Worship *Reach the Place of Self* Ma Theresa "Tet" Gustilo Gallardo
Chalice Lighting *The Hearth of the Chalice* Bear 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)

+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:**

*** Today at 12:30pm:**

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

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

+ Wed., 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>

Find
Your
Joy



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>