

Living Our Gratitude for Mother Earth

Daniel Bailey, Worship Leader

Bruce Leonard, Billye Weyburn, & Ginny Andino, Worship Associates

Rev. Nancy Palmer Jones, Minister

Christiana Fernandez-McQuain, Coordinator of Family Ministries

Michael & Rebecca Parker, Choir Directors

Stephen Pyle, Pianist

Sunday, November 9, 2025

Prelude	<i>What the World Needs Now & A Whole New World</i>	by Burt Bacharach by Alan Menken
Singing #1067	<i>Mother Earth, Beloved Garden</i>	Amanda Udis-Kessler
Welcome and Greetings		Daniel Bailey
Centering Sound		Bruce Leonard
Opening Words		Daniel Bailey
Chalice Lighting	<i>Adapted: Gratitude for the Earth and All Her Gifts</i>	Kristi Nelson
Wonder Box Wisdom		Ginny & Daniel
Singing	<i>Morning Sun</i>	Traditional
Reflection	<i>My Travels in the Natural World</i>	Bruce Leonard
Anthem	<i>For the Beauty of the Earth</i>	John Rutter
Homily & Spiritual Practice	<i>Gratitude for the Earth</i>	Daniel Bailey
Music for Reflection	<i>Filled With Loving Kindness</i>	Buddhist Meditation, music by Ian Riddell
Sharing Our Gifts	Offering shared with <i>Chattahoochee Riverkeeper</i>	
Offertory	<i>Colors of the Wind</i>	Alan Menken
Gratitudes		
Call to Connection		
Singing #1074	<i>Turn the World Around</i>	Harry Belafonte & Robert Freedman
Closing Words	<i>Old Irish Prayer</i>	Traditional
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

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|------------------------------|---------------------------|
| * Today at 12:30pm: | Belief Explorers |
| * Today at 12:30pm: | Spiral Scouts |
| * Mon., Nov. 10 at 7:00pm: | <i>Covenant Group A</i> |
| * Tue., Nov. 11 at 7:00pm: | <i>Choir Rehearsal</i> |
| * Wed., Nov. 12 at 7:00pm: | <i>Covenant Group B</i> |
| + Thur., Nov. 13 at 10:00am: | <i>Covenant Group C</i> |
| * Thur., Nov. 13 at 6:30pm: | <i>Music Night</i> |
| * Fri., Nov. 14 at 7:00pm: | <i>QUUest Jr.</i> |
| + Sat., Nov. 15 at 9:30am: | <i>Green Team Meeting</i> |

Belief Explorers

Belief Explorers is a group of curious people interested in the wide variety of spirituality and beliefs. We meet from 12:30 – 1:30PM on the 2nd Sunday of each month, both online via Zoom and in-person. Each month we explore a book, religion, person, or concept chosen at the previous meeting. Meetings are open to all UUCG members, friends, and visitors.

Fill in the Nature Hike

Draw what you think these two would encounter on their walk through nature.



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.



Mother Nature's Nurturing Effects

Nature supplies us numerous benefits aside from the obvious ones of producing oxygen and providing habitats for wildlife. Some of the direct ways spending time in nature helps improve our health are:

- **Reduced stress and anxiety:** Being in nature reduces the release of stress hormones
- **Improved mood:** Nature exposure can boost serotonin and dopamine levels, promoting feelings of well-being
- **Enhanced immune function:** Phytoncides, chemicals released by plants, have antimicrobial and immune-boosting properties
- **Enhanced sense of connection:** Being in nature can foster a sense of belonging and community
- **Increased vitamin D levels:** Sunlight exposure promotes vitamin D synthesis, which is essential for bone health
- **Improved gut health:** Soil bacteria found in nature can benefit the gut microbiome
- **Reduced risk of cardiovascular disease:** Studies suggest that nature exposure may lower blood pressure and improve cardiovascular health