

How to Fall in Love ... Again!

Rev. Nancy Palmer Jones, Worship Leader

Lydia Patrick, Worship Associate

Christiana Fernandez-McQuain, Coordinator of Family Ministries

Michael & Rebecca Parker, Choir Directors

Stephen Pyle, Pianist

Sunday, March 1, 2026

Prelude	<i>Tryin' to Get the Feeling Again/It's Going to Take Some Time/ Working My Way Back to You</i>	David Pomeranz/Carole King/Toni Stern/Denny Randell/Sandy Linzer
Singing #1000	<i>Morning Has Come</i>	Jason Shelton
Welcome and Centering		Rev. Nancy Palmer Jones
Call to Worship and Chalice Lighting	<i>To Practice the Revolutionary Act of Noticing</i>	Rev. Michelle Collins
Congregational Candle	<i>The Birth of a Baby</i>	
Wonder Box Wisdom	<i>Listening to My Body</i>	Gabi Garcia, illus. by Ying Hui Tan
Singing	<i>Be Still and Breathe</i>	Loretta K. Notareschi
Readings	<i>from When Your Heart Breaks Open and You Don't Have to Be Okay to Begin</i>	Gene Quiocho, M.Div.
Reflection	<i>When Paying Attention Is Painful</i>	Rev. Nancy Palmer Jones
Music for Reflection	<i>Ready to Take a Chance Again</i>	Charles Fox
Reading	<i>Aimless Love</i>	Billy Collins
Reflection	<i>There Is No End to Love</i>	Rev. Nancy Palmer Jones
Anthem	<i>All of Me</i>	Kyle Pederson
Sharing Our Gifts	Offering shared with the <i>Society of Humane Friends of GA</i>	
Offertory	<i>On My Way to You</i>	Michel LeGrand
Gratitudes		
Call to Connection		
Singing #128	<i>For All That Is Our Life</i>	Words: Bruce Findlow Music: Patrick L. Rickey
Closing Words	<i>Even a Wounded World Is Feeding Us</i>	Robin Wall Kimmerer
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 3:00pm: | Social Change Now |
| *+ Mon., Mar. 2 at 6:30pm: | <i>Alphabet SoUUp</i> |
| * Tue, Mar. 3 at 7:00pm: | <i>Choir Rehearsal</i> |
| *+ Wed, Mar. 4 at 10:00am: | <i>Yarns from the Heart</i> |
| * Thu, Mar. 5 at 6:30pm: | <i>Music Night</i> |
| * Fri, Mar. 6 at 6:30pm: | <i>Game Night</i> |
| * Fri, Mar. 6 at 7:30pm: | <i>Tarot: Major Arcana Study</i> |
| * Sat, Mar. 7 at 10:00am: | <i>Tending Our Grounds</i> |
| * Sat, Mar. 7 at 6:00pm: | <i>CUUPs Sing Along w/ S'mores</i> |

Faith Formation Hour No Programming

We will not have any Faith Formation Hour programming today.

Please check the Calendar of Events page at uucg.org for information on all of our upcoming events.

Wash Your Bowl

A young monk had just arrived at the monastery, eager to learn and grow. One day, he approached Master Joshu.

"Master," he said, bowing low, "I have just entered the monastery. Please give me some guidance."

Joshu looked at him calmly and asked, "Have you eaten breakfast yet?"

The monk nodded. "Yes, Master. I have eaten."

Joshu smiled slightly and said, "Then go wash your bowl."

The monk was confused. "Wash my bowl? Is that all?"

Joshu nodded. "Yes. Wash your bowl fully. Life is not somewhere else—it is right here, right now."

From that day on, the young monk remembered:

When he ate, he ate fully.

When he washed his bowl, he washed it fully.

And slowly, he learned the secret of being present in every moment.

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.



Techniques to Focus on the Present

- **Engage Your Senses:** Take a moment to identify 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, and 1 you can taste.
- **Single-Tasking:** Focus entirely on one activity, such as washing dishes or walking, rather than multitasking.
- **Deep Breathing:** When feeling anxious or distracted, stop and take three deep, slow breaths to anchor yourself in your body.
- **Body Scans:** Mentally scan your body from head to toe, noting sensations without trying to change them.
- **Limit Technology:** Reduce time on social media to avoid mental distraction.
- **Practice Acceptance:** Accept the current moment as it is, rather than demanding it be different.

Benefits of Being Present

- **Improved Mental Health:** Reduces the cycle of worrying, bringing peace and clarity.
- **Better Relationships:** Increases attention to, and appreciation of, friends and family.
- **Increased Productivity:** Dedicating full attention to one task allows for faster, more efficient completion.
- **Emotional Regulation:** Allows you to feel emotions (like anger or sadness) as they arise, helping you let them go.