

With Heart and Mind

Ian Van Sice, Worship Leader

Bob Patrick, Worship Associate

Rev. Nancy Palmer Jones, Minister

Christiana Fernandez-McQuain, Coordinator of Family Ministries

Michael & Rebecca Parker, Choir Directors

Stephen Pyle, Pianist

Sunday, March 8th, 2026

Prelude	<i>Children Will Listen/ Listen to Your Heart</i>	Stephen Sondheim/ Mel Brooks
Singing #66	<i>When the Summer Sun is Shining</i>	Sydney Henry Knight/ William Moore
Welcome and Centering		
Call to Worship and Chalice Lighting	<i>Come Sit By Our Fire Call to Presence</i>	Jennifer Kitchen Rev. Bob Janis-Dillon
Wonder Box Wisdom	<i>The Feelings Garden</i>	Sesame Workshop
Singing #300	<i>With Heart and Mind</i>	Alicia S. Carpenter/Traditional
Reflection	<i>(In)Active Listening</i>	Shelby Bouck
Anthem	<i>Voices of Peace</i>	Jim Scott
Homily	<i>Heart and Mind, Body and Soul</i>	Ian Van Sice
Music for Reflection	<i>What Do You Do?</i>	Fred Rogers
Prayer and Meditation	<i>Who We Listen to is Who We Become</i>	Rev. Scott Tayler
Singing #1012	<i>When I am Frightened</i>	Shelley Jackson Denham
Sharing Our Gifts	Offering shared with <i>Society of Humane Friends of Georgia</i>	
Offertory	<i>The Sound of Silence/Everybody's Talkin'</i>	Paul Simon/Fred Neil
Gratitudes		
Call to Connection		
Singing	<i>We Will Rise Together</i>	Jan Elicker/Clif Hardin
Closing Words	<i>The Power of Pause</i>	Rev. Scott Tayler
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:	Potluck & ICE Watch
* Today at 12:30pm:	Spiral Scouts
+ Mon., Mar. 9 at 7:00pm:	Covenant Group A
* Tue, Mar. 10 at 7:00pm:	Choir Rehearsal
* Wed, Mar. 11 at 7:00pm:	Covenant Group B
+ Thu, Mar. 12 at 10:00am:	Covenant Group C
* Thu, Mar. 12 at 6:30pm:	Music Night
* Fri, Mar. 13 at 7:00pm:	QUUest, Jr.
* Sat, Mar. 14 at 9:00am:	Learning Tarot
* Sat, Mar. 14 at 9:00am:	UUCG Men's Group

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.

Small Kindnesses

by Danusha Laméris

I've been thinking about the way, when you walk down a crowded aisle, people pull in their legs to let you by. Or how strangers still say "bless you" when someone sneezes, a leftover from the Bubonic plague. "Don't die," we are saying. And sometimes, when you spill lemons from your grocery bag, someone else will help you pick them up. Mostly, we don't want to harm each other. We want to be handed our cup of coffee hot,

and to say thank you to the person handing it. To smile at them and for them to smile back. For the waitress to call us honey when she sets down the bowl of clam chowder, and for the driver in the red pick-up truck to let us pass. We have so little of each other, now. So far from tribe and fire. Only these brief moments of exchange. What if they are the true dwelling of the holy, these fleeting temples we make together when we say, "Here, have my seat," "Go ahead—you first," "I like your hat."

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.



Practical Ways to Become More Engaged

- **Take Small, Actionable Steps:** Avoid feeling overwhelmed by starting with small, manageable tasks. Simply getting up and moving—taking a walk or starting a hobby—can break the cycle of disengagement.
- **Adopt a "Do First, Feel Later" Approach:** Do not wait until you feel motivated to act. Engage in activities (hobbies, exercise, socializing) first, and the improved mood and engagement will follow.
- **Establish "Anchors" in Your Routine:** Create, simple, consistent, and repeatable habits to provide stability when enthusiasm wanes. Examples include daily journaling, morning walks, or weekly planning.
- **Practice Mindfulness:** Focus on the present moment, such as in "walking meditation" where you focus on physical sensations like your feet hitting the ground or your breath. This helps reduce stress and increases self-awareness.
- **Cultivate Curiosity and Creativity:** Actively explore new subjects, read, take up a new hobby, or join a class (e.g., pottery, cooking, sports) to stimulate your mind.
- **Foster Human Connection:** Actively seek to reconnect with loved ones or volunteer in your community. Human connection acts as a crucial, necessary, and rewarding form of engagement.
- **Align with Your Values:** Define your core values and intentionally act in ways that bring you closer to them. This increases life satisfaction, gratitude, and overall happiness.
- **Use "Life" Auditing:** Track your daily activities for a week, noting your mood for each, to identify what brings you joy and what drains you, then adjust your schedule accordingly.