

# Paying Attention to Buds and Balance

Dmitri Novak, Worship Leader  
Carol Underwood, Worship Associate  
Rev. Nancy Palmer Jones, Minister  
Christiana Fernandez-McQuain, Coordinator of Family Ministries  
Michael & Rebecca Parker, Choir Directors  
Stephen Pyle, Pianist  
Sunday, [month day, year]

<b>Prelude</b>	<b><i>Might as Well Be Spring! Spring! Spring!</i></b>	Richard Rogers/ Gene de Paul
<b>Singing #128</b>	<b><i>For All That Is Our Life</i></b>	Findlow, Rickey
<b>Welcome and Centering</b>		
<b>Call to Worship and Chalice Lighting</b>	<b><i>Everywhere We Walk To Practice the Revolutionary Act of Noticing</i></b>	Rev. Scott Tayler Rev. Michelle Collins
<b>A Spiritual Practice</b>	<b><i>Finding Balance</i></b>	William Russell via Pete Kind
<b>Singing #159</b>	<b><i>This Is My Song</i></b>	Stone, Sibelius
<b>Story</b>	<b><i>The Cracked Pot</i></b>	Traditional Story
<b>Homily</b>	<b><i>Calling For Help</i></b>	Bob Patrick
<b>Anthem</b>	<b><i>Life Calls Us On</i></b>	Jason Shelton
<b>Spiritual Practice</b>	<b><i>Calling Helpers In the Five Directions</i></b>	
<b>Singing #318</b>	<b><i>We Would Be One</i></b>	Wright, Sibelius
<b>Sharing Our Gifts</b>	Offering shared with <i>Society of Humane Friends of GA</i>	
<b>Offertory</b>	<b><i>Finding Balance</i></b>	Michele McLaughlin
<b>Gratitudes</b>		
<b>Call to Connection</b>		
<b>Singing # 207</b>	<b><i>Earth Was Given As A Garden</i></b>	Bard, Prichard
<b>Closing Words</b>	<b><i>The Art of Truly Noticing</i></b>	Rev. Michelle Collins
<b>Extinguishing Our Chalice</b>		Elizabeth Selle Jones (adapted)

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+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:       | <i>“Good Trouble”</i>         |
| * Today at 12:30pm:        | <i>Bird Nesting Materials</i> |
| + Mon, Mar. 23 at 7:00pm:  | <i>Covenant Group A</i>       |
| * Tue, Mar. 24 at 7:00pm:  | <i>Choir Rehearsal</i>        |
| + Wed, Mar. 25 at 7:00pm:  | <i>Book Group</i>             |
| * Thu, Mar. 26 at 6:30pm:  | <i>Sweet MUUSIC Rehearsal</i> |
| ~ Sat, Mar. 28 at 10:00am: | <i>The Open Circle</i>        |

## Faith Formation Hour “Good Trouble”

“Good Trouble” meets every fourth Sunday following the Worship Service at 12:30pm in the Sanctuary. Borrowing our title from the words of the late Congressman John Lewis, the “Good Trouble” program focuses on ways you can put your UU Values and Faith in Action to effect change in society. Join us to discuss the ways and areas in which we have agency to make a difference.

## Spring Walk

Draw plants and creatures you would expect to find on a spring walk through the woods.



## 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.



## Ways to Connect With and Pay Attention to the Earth

- **Mindful Observation:** Practice looking deeply at your local surroundings, such as noticing when trees on your street bud, how rain flows, or when birds arrive and depart.
- **Sensory Connection:** Engage in sensory experiences, such as feeling the sun or air on your skin, or listening to the sounds of nature.
- **Nature Journaling/Art:** Record your observations through sketching, painting landscapes, or writing poetry about the environment.
- **Intentional Presence:** Spend time outdoors, perhaps with your morning tea, or take mindful, screen-free walks.
- **Gardening:** Start a small garden or care for houseplants to build a closer relationship with plant life.

