

The Dreams We Can Release, The Essence We Will Hold

Rev. Nancy Palmer Jones, Worship Leader

Britt Parris, Worship Associate

Christiana Fernandez McQuain, Coordinator of Family Ministries

Stephen Pyle, pianist

Lydia Patrick, song leader

Sunday, July 19, 2026

Prelude	<i>Please Release Me/ Letting Go</i>	Eddie Miller, W.S. Stevenson/ Frank Wildhorn
Singing from <i>Sing Out Love</i>	<i>Loosen</i>	Aly Halpert
Welcome and Centering		Rev. Nancy Palmer Jones
Call to Worship	<i>A Holy Alchemy</i>	Kim Mason
Chalice Lighting	<i>A Wild and Holy Vision</i>	Shawn Gibson
Wonder Box Wisdom	<i>Where the Hermit Guides Us</i>	Britt Parris and Shelby Bouck
Singing #391	<i>Voice Still and Small</i>	John Corrado
Reflection	<i>Resolution</i>	Britt Parris
Singing #184	<i>Be Ye Lamps unto Yourselves</i>	Words: Attributed to the Buddha Music: From a melody in the <i>Sarum Antiphonal</i>
Reading	<i>From These Wilds Beyond Our Fences: Letters to My Daughter on Humanity's Search for Home</i>	Bayo Akomolafe
Homily	<i>Obstacle–Heartbreak– Breakthrough–Becoming</i>	Rev. Nancy Palmer Jones
Music for Reflection	<i>Take Me In Your Arms</i>	Cindy Walker
Prayer and Meditation		
Singing from <i>Sing Out Love</i>	<i>May I Be Empty</i>	Batya Levine
Sharing Our Gifts	Offering shared with <i>Worthy Now Prison Ministry</i>	
Offertory	<i>The Impossible Dream</i>	Mitch Leigh
Gratitudes		
Call to Connection		
Singing from <i>Sing Out Love</i>	<i>Becoming</i>	Mary Grigolia
Closing Words	<i>Hug the Prayer</i>	Jennifer Pratt-Walter
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

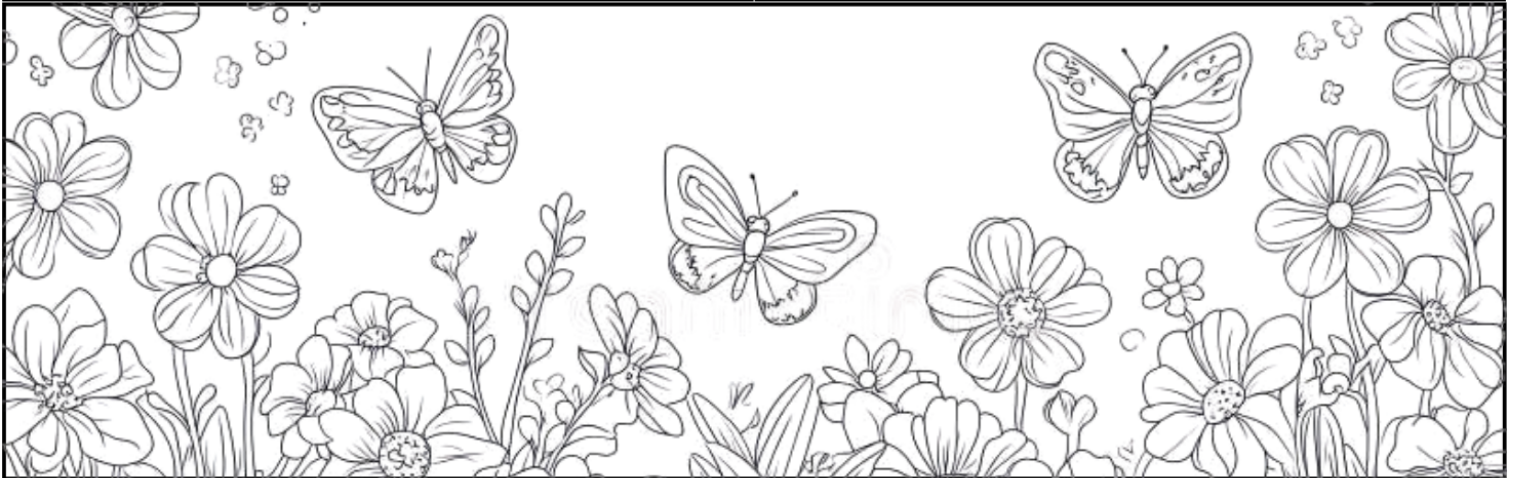
Events This Week

* in-person, + online, ~ off-site

- * **Today at 11:30pm:** *Tarot for Teens*
- * **Today at 12:30pm:** *Resisting Fascism Team*
- + **Wed, Jul 22 at 7:00pm:** *Book Group*
- * **Thu, July 23 at 6:30pm:** *Sweet MUUsic Rehearsal*

Faith Formation Hour Resisting Fascism Team

Resisting fascism begins, not with bombastic words, but with small, concrete, compassionate, empowering deeds. This Team can help you identify these actions and begin taking them. We will provide UUCG members with a menu of actionable opportunities for folks to select from based on their individual comfort levels, issues of choice, skill sets, and passions. Our prophetic witness has never been needed more urgently. Working and learning together, we can forge a path where there appears to be no way.



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.



Mastering the Art of Letting Go excerpted from psychologytoday.com

Why Letting Go Is Hard

As a species, our brains evolved to prioritize survival. We do this by trying to predict the future. And, although we intellectually accept that things change, we predict the future based on the present. An unchanging present helps us feel more secure. This desire for certainty can cause us to cling tightly to things, even when they aren't working well for us.

How to Let Go

- Begin by honestly clarifying what in your life needs to be let go.
- Envision your ideal future self. Let this guide you in deciding how to utilize the new time and energy you will enjoy once you've released them.
- Make an intention statement to let go, such as, "I choose to let go of eating habits that don't help me achieve my future goals." Speak it out loud.
- Write down your reasons for letting go. Refer to your document each night or whenever you feel your motivation waning.
- Act kindly and fearlessly. Let go with kindness. You don't need permission. Only you can make the changes that need to be made.
- Try morning affirmations and visualizations to maintain focus on your future goals.
- Use nightly gratitude and journaling to document the changes you are experiencing.
- Have compassion for yourself. It is difficult for all of us to let go of things that are familiar. Expect setbacks and difficult moments. Approach these moments with curiosity, rather than judgment. Brush yourself off, give yourself a hug, and try again.