

Tossing the Coin or Picking Sides

Lydia Patrick, Worship Leader

Candice Carver, Worship Associate

Rev. Nancy Palmer Jones, Minister

Christiana Fernandez McQuain, Coordinator of Family Ministries

Sweet MUUsic, Band

Sunday, July 26, 2026

Prelude	<i>Yesterday</i>	John Lennon/Paul McCartney
Singing #16	<i>‘Tis A Gift to Be Simple</i>	J. Bracker/American Quaker Tune
Welcome and Centering		
Call to Worship/Chalice Lighting	<i>Letting Go</i>	Jay Wolin
Wonder As You Walk	<i>Time for Walking</i>	Tophouse
Reflection	<i>A Season for Everything</i>	Miriam P
Singing, Verse 1	<i>I Called on Today</i>	Mike Menefee
Reading	<i>Alice in Wonderland</i>	Lewis Carroll/Candice C
Reflection	<i>We Are Twins - A Bond Beyond Biology</i>	Steve Hartman
Singing, Verse 2	<i>I Called on Today</i>	Mike Menefee
Reading	<i>Mr. Grumpledump’s Song</i>	Shel Silverstein/Barbara B
Reflection	<i>Bad News Bears of Swimming</i>	Steve Hartman
Singing, Verse 3	<i>I Called on Today</i>	Mike Menefee
Anthem	<i>Hey Tomorrow</i>	Jim Croce\Sweet MUUsic
Homily	<i>Letting Go Or...</i>	Lydia Patrick
Choral Reading	<i>Do You See Me?</i>	Laronda Gardner Middlemiss
Music for Meditation	<i>‘Tis a Gift to Be Simple</i>	Sweet MUUsic Band
Meditation	<i>Liberation Just Below the Surface</i>	Rev. Gretchen Haley
Sharing Our Gifts	Offering shared with <i>Worthy Now Prison Ministry</i>	
Gratitudes\Call to Connection		
Singing, Verse 4	<i>I Called on Today</i>	Mike Menefee
Closing Words	<i>Letting Go and Holding On</i>	Rev. Stacy Craig
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

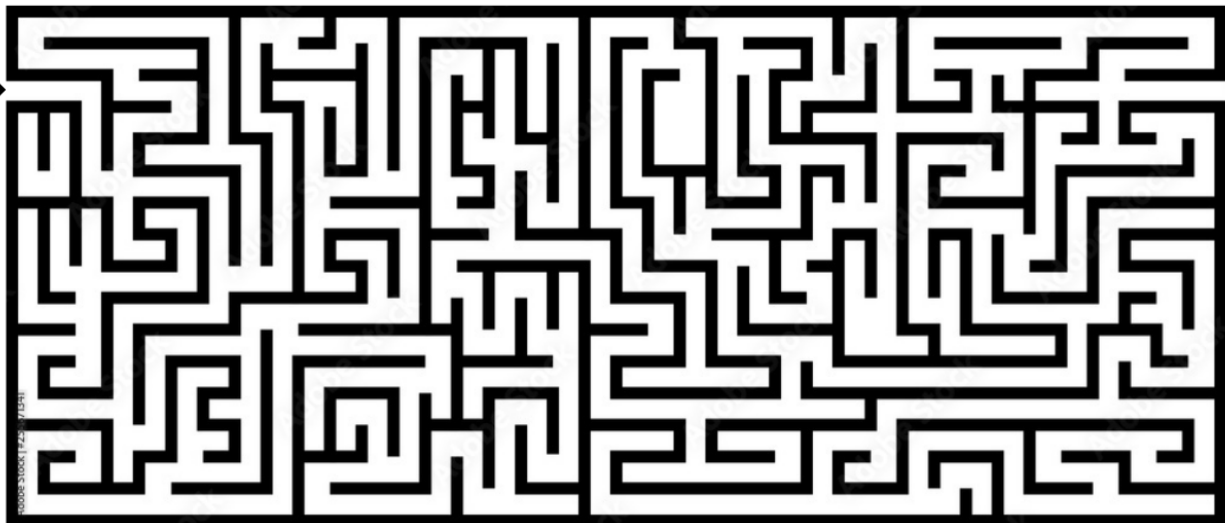
- *+ **Today at 12:30pm:** *"Good Trouble"*
- * **Today at 12:30pm:** *Green Space Nature Activity*
- * Sat, Aug 1 at 10:00am: *Tending Our Grounds*
- * Sat, Aug 1 at 6:00pm: *Lughnasadh Ritual*

Faith Formation Hour "Good Trouble"

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.

Navigating Our Way

It isn't always easy finding our way in life. Sometimes a path will lead us to a dead-end, or take us to an unexpected destination.



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.



Keep Your Focus on What's Important excerpted from psychologytoday.com

Know your purpose in life: Write it down in one word, phrase, or sentence. Put it in positive terms and in the present tense. Keep your purpose close to your heart. Every day, as soon as you remember, recommit to your life's purpose.

Clarify your priorities: Identify the key aims of your life these days in a word or phrase. Rank these aims in order of importance, with no ties allowed. Remember your purpose in life when writing this list. Routinely reflect on your true priorities.

Put the big rocks in the bucket first: Look at the priorities you just created, and then ask yourself: *Am I giving my time, attention, and energy in proportion to these priorities?* It's normal to be committed to big chunks of time doing things that are necessary but not high priorities per se, such as commuting or doing housework. Consider how you could weave one or more top priorities into these relatively low-priority periods. Build your priorities into your daily schedule and monthly budget.

Stay focused on your priorities in important interactions: Don't take the "bait" of inflammatory or distracting statements by others; keep coming back to the main point. You can deal with those other issues later—if ever. Be open to discovering that there is something even more important to talk about than what you first thought. But always be clear about what your priorities are, even if they change.

Take care of yourself: This is perhaps the most fundamental of all. As they say on an airplane, "Put your own oxygen mask on first."