

MT. DIABLO UNITARIAN UNIVERSALIST CHURCH

Sunday, January 22, 2023

“Beginner’s Mind (Again)”

SUNDAY PROGRAM - WELCOME!

GATHERING SONG #1009, “Meditation on Breathing”

U.U. musician Sarah Dan Jones wrote this chant as a meditation for spiritual healing in the aftermath of the September 11, 2001 attacks.

PRELUDE “I Can See Clearly Now” (Johnny Nash)

Julie Homi, piano

WELCOME

Rev. Leslie Takahashi, Lead Minister
Neysa Matt, Board Member

GREETING ONE ANOTHER

INVOCATION *Spirit of Life, come unto me. / Singin my heart all the stirrings of compassion.
Blow in the wind, rise in the sea; / move in the hand, giving life the shape of justice.*

Roots hold me close; wings set me free; / Spirit of Life, come to me, come to me. —Carolyn McDade

LIGHTING OF THE CHALICE

Catherine Der

Each week we light a chalice, which has become a symbol for Unitarian Universalists and our engagement in the world.

TIME FOR ALL AGES

Michael Macias

SINGING THE CHILDREN TO CLASS

As you go, may joy surround you., / As you go, go in peace / Know our love is with you always, / As you go, as you go.

CALL TO WORSHIP

Sharon Sobotta, Worship Associate

CONGREGATIONAL SONG #1024, “When The Spirit Says Do”

This was one of the songs used during the Civil Rights Era at virtually every demonstration, mass meeting, and march in the late 1950s and early 1960s. Singing songs helped give the activists strength and a sense of self. This hymn reminds us that like them, our faith calls us to stand up for what is right.

JOYS AND SORROWS

Michael Macias, Intern Minister

MUSIC MEDITATION #1031, “May I be Filled with Loving Kindness”

This setting of the Metta Sutra, a foundational meditation attributed to the Buddha, was adapted by Mark Hayes and set to music by Ian Riddell in 2001.

TIME OF MEDITATION

Rev. Leslie Takahashi and Michael Macias

MUSICAL OFFERING “Change the World” (Eric Clapton)

House Band

CALL FOR THE OFFERING

Chris Carter, Board Treasurer

OFFERTORY “Simple Gifts” (Joseph Brackett)

Julie Homi, piano

Each week during the Offertory we light two pillar candles to acknowledge that we are living in a nation at war. The candles represent our wishes for all whose lives are endangered by the conflict, and our hopes for peace. While the offering is received you are invited to come forward and select a stone to place in the column of water representing our community life, sharing it as a sign of remembrance and hope. Feel free to watch and hold your intention as your stone settles into the water’s embrace.

DEDICATION OF THE OFFERING

“To the work of this community, in transforming ourselves and our world, we dedicate ourselves and our offerings.”

MESSAGE

Rev. Leslie Takahashi

CLOSING SONG #1018, “Come and Go With Me” (Spiritual, arr. Kenny Smith)

This African American hymn from slavery times is both a promise of deliverance and a call to action. It was arranged for us by Kenny Smith, music director of our congregation in Cincinnati, Ohio.

BENEDICTION AND EXTINGUISHING THE CHALICE

Rev. Leslie Takahashi

POSTLUDE “Teach Your Children” (Graham Nash, Crosby Stills & Nash)

House Band

NEXT SUNDAY: —Embracing the Future, Honoring the Past. Join the Board and Rev. Leslie Takahashi for this service which looks at our Living Tradition and honors the births, deaths and new members of our community. As a community which spans generations, how do we travel together?

Please join us for our virtual coffee hour at after the service at: <https://zoom.us/j/811493869> or dial in 669 900 9128 then enter Meeting ID: 811 493 869 #

Thanks to our AV Tech staff: Liam Takahashi, and Hector Tanabe

Please remember that we are trying to keep staff safe by using virtual giving. If you can, please consider using on-line donations or text to give:

To Give or Pledge go to: <https://www.mduuc.org/give/>

House Band

Brynne Fay, vocal
Scott Schrader, vocal
Mark Tuning, vocal & keyboard

Julie Homi, piano
Bill Wentz, bass
Bill Younger, drums

Song Lyrics

#1009 Meditation on Breathing

Breathe in, Breathe out, ...

When I breathe in, I'll breathe in peace.
When I breathe out, I'll breathe out love.

#1024 When the Spirit Says Do

You got to do when the spirit says do!
You got to do when the spirit says do!
When the spirit says do,
you got to do, oh Lord!
You got to do when the spirit says do!

You got to...

#1031 Filled with Loving Kindness

May I be filled with loving kindness.
May I be well.
May I be filled with loving kindness.
May I be well.
May I be peaceful and at ease.
May I be whole.
May you be filled with loving kindness.
May you be well.
May you be filled with loving kindness.

May you be well.

May you be peaceful and at ease.
May you be whole.

May we be filled with loving kindness.
May we be well.

May we be filled with loving kindness.
May we be well.

May we be peaceful and at ease.
May we be whole.

#1018 Come and Go with Me

Come and go with me to that land,
Come and go with me to that land,
Come and go with me to that land where I'm bound.

Come and go with me to that land,
Come and go with me to that land,
Come and go with me to that land where I'm bound.

There'll be freedom in that land...

There'll be justice in that land...

There'll be singin' in that land...

2022-23 BOARD OF TRUSTEES

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LIVING OUR VALUES

At Mt. Diablo UU Church we strive to bring to life our Unitarian Universalist values as we seek truth and work for justice and bridge the divisions that wound the human family. Please visit our “Living our Values” page to locate virtual and physical ways you can be a part in building a better world. If you have suggestions for items on this page, please email them to livingourvalues@mduuc.org.

Please consider taking 20-30 minutes of your day to review our Living our Values web page to participate in a number of cyberactivist activities that can collectively make a difference in our local and world communities. This week we have a number of Climate Justice and Racial Justice petitions and calls to action that could really use your help!

[LIVE YOUR VALUES HERE](#)