

“May all beings be well and safe, may their hearts rejoice.”

~ Buddha

## GATHERING OUR SELVES

- ◆ With hellos & “air” hugs
- ◆ Ringing the Tibetan Bowl

## EMBRACING OUR COMMUNITY

- ◆ Call to Community  
*We Seekers are on a Quest*  
Jason Cook\*
- ◆ Candles of Community
- ◆ Prelude
- ◆ Lighting the Chalice  
*In This Solemn Moment*  
by Jaume de Marcos\*
- ◆ Spoken Affirmation  
*Love is the spirit of this church . . . and service is its law.  
This is our great covenant . . . to dwell together in peace,  
To seek the truth in freedom . . . and to help one another*

## EXPANDING OUR UNDERSTANDINGS

- ◆ Opening Thought  
*Song of Myself* from *Leaves of Grass*  
by Walt Whitman\*
- ◆ Song 1  
*A Prayer for this House*
- ◆ Introducing our guest speaker

## EMBRACING OUR LIMITATIONS

- ◆ The Morning Reading
- ◆ Practices
- ◆ Silence for a Time
- ◆ Musical Response

## DECLARING OUR POSSIBILITIES

- ◆ The Morning Discourse  
*Not Me. Not Mine. Not Myself*  
the venerable Tashi Nyima

## CONFIRMING OUR FAITH

- ◆ Giving  
*Those who wish may bring their gifts to the table  
or give on the church mobile app*
- ◆ Song 123  
*Spirit of Life*
- ◆ A Parting Thought  
Reading 596 - *Boundless Goodwill*  
from the Metta Sutta
- ◆ Extinguishing the Chalice  
*We extinguish this flame but not the light of truth,  
The warmth of community or the fire of commitment.  
These we carry in our hearts until we are together again.*
- ◆ Postlude
- ◆ Fellowship Gathering - *Alexander & Emerson Rooms*

\*Lifting up contributions from Unitarian Universalists

## PROGRAM NOTES

**This morning we welcome back to our pulpit** Metta Suttathe venerable Tashi Nyima. Lama Tashi has studied under eminent Lamas of the Jonang, Nyingma, Sakya, Kagyu, and Geluk lineages of Vajrayana (Tibetan) Buddhism, and leads the Universal Compassion Buddhist Congregation, with Sanghas in North and South America.

For more than three decades, he has shared non-sectarian Dharma teachings in person and through extensive use of social media and virtual platforms, and leads several meditation retreats for animal rights activists throughout the year. He publishes two daily Dharma blogs: [GreatMiddleWay.wordpress.org](http://GreatMiddleWay.wordpress.org), and [GranViaCentral.wordpress.org](http://GranViaCentral.wordpress.org) (Spanish), and manages several Buddhist internet groups.

Known for his directness, clarity of expression, and sense of humor, Lama Tashi is the author of *The Buddha's Bowl*, a collection of Buddhist instructions on radical compassion for animals, and *The Dharma Handbook*, an extensive commentary on a seminal text by Dolpopa Sherab Gyaltzen. He has also published *El cuenco del Buda* and *Meditación sin mitos* in the Spanish language.

**Everyone is invited** to tarry for “coffee & conversations” immediately following the morning assembly. We gather in the Alexander and Emerson Rooms at the top of the stairs. Our usual fellowship time, pre-covid, also included snacks. Hopefully, we can start that up at some safe future time.

**The Board of Trustees** meets today @ 1 pm in the chapel. Board meetings are open to all who may wish to attend.

**Next Sunday** for those of us who enjoy conversation and food (That means you!) mark your calendars for NEXT Sunday, July 25th, when we will have lunch at Dragon Thai. Thirteen of us visited them on our reopening Sunday and several have asked about doing it again. Food is good, prices are reasonable and, since it's not at all busy, we can stay as long as we want to visit. You may come straight from the closing hymn or wait until after coffee. 613 N Austin Avenue.

**In search of help** and asking you! Be a greeter, or a morning host, or think of being a worship associate. Time commitments are little, rewards are plenty. Greeters 20 min. Host 30 min. Worship Associate, ok that one takes more time. Intrigued? More info [here](#).

**“Links to Connect”** Saturday email is retiring. Created to help people find the various links to connect to the Morning Assembly, Adult Forum and Online Coffee, the worship team feels it is no longer necessary since we live stream on ZOOM using one meeting ID: **989 0789 7878** for all Sunday morning activities

## MAKING THINGS HAPPEN TODAY

- Board Rep: *Jim Holmes*
- Greeting us at the door:
- Host: *Doug Strong*
- Keyboardist: *Dan Althoff*
- Guest Leader: *Tashi Nyima*
- AV Crew: *Carole Harner, Jim Holmes, Marla Loturco, Don Roger*
- Good Times Team:
- Sunday School Leader: *Ellie Dyer*

*Continued on back panel*

## WELCOME GUESTS

**W**e are Unitarian Universalists. We are brave, curious, and compassionate thinkers and doers. We are people from many backgrounds who have different beliefs, but shared values.

Grounded in more than two hundred years of thoughtful, spiritual communities, we are people of many generations, ethnicities, genders and sexualities, and spiritual backgrounds. People engaged in making the world a better place. People focusing on what really matters – love, justice, integrity, and hope.

We are a lay-led congregation. Lay-led congregations have no minister which means members of the congregation manage the various aspects of our church life. Unitarian Universalism has a proud tradition of lay-led churches.

We Unitarian Universalists have different beliefs, but shared values. We are Unitarian Universalists, and at the same time we may also be agnostic, Buddhist, Christian, Hindu, humanist, Jewish, Muslim, pagan, atheist, believers in God, and those who just let the great mystery be. The diversity of beliefs you'll find in our church community is one of our strengths – we're always learning how to see the world from a different perspective.

Learn more about us at your leisure by downloading our app 'Red River UU' from Google Play or the App Store.

This is who we are. We are glad you came today.



## NEXT SUNDAY, JULY 25, 2021

10 am - Adult Forum

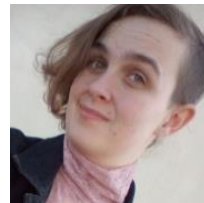
Adult Forum will continue its study of activism and activists during July. Next Sunday, we will watch a film that discusses rural climate activism, "The Other Side of the Hill."

11:15 am - The Morning Program

### A Post-PRIDE Lesson on Gender

Adrian Hinman, speaking

Did you know that by simply respecting a transgender person's pronouns, you can literally cut their odds of attempting suicide? Details: <https://www.thetrevorproject.org/survey-2020/>



I want that statistic in your mind when you come in, and be ready to listen, even (or especially) if you're going to be uncomfortable. I'll be speaking on the singular use of "they," what to do when you accidentally misgender someone, and why some trans folks get angry when you make mistakes regarding their identity. I'll also be happy to answer questions regarding my own gender, so if there's ever been things you've wanted to ask a nonbinary person, here's your chance.

12:15 pm - Coffee and Conversations

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**TO OUR VIRTUAL FRIENDS:** We live stream our Sunday Activities on our Zoom Account: Meeting ID: **989 0789 7878**

Our App: 'Red River UU' free from Google Play, and the App Store or scan the QR code >>>>



# THE MORNING PROGRAM

Sunday, July 18, 2021



GROW YOUR SOUL  
SERVE THE WORLD