

“Walk as if you are kissing the Earth with your feet.”

~ Thich Nhat Hanh

### GREETING ONE ANOTHER

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

### GATHERING OUR COMMUNITY

- ♦ Call to Community  
*Toward a Place of Wholeness*  
by Viola Abbitt\*
- ♦ Candles of Community
- ♦ Prelude  
*Come, Come, Whoever You Are*  
By Mewlana Jalaluddin Rumi | Singers: Plum Village
- ♦ Lighting the Chalice  
by Oberlin OH UU Fellowship\*
- ♦ 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  
*The Miracle of Mindfulness: An Introduction to the  
Practice of Meditation*  
by Thich Nhat Hanh
- ♦ Song  
*It Is Well with My Soul*  
Words: Horatio G. Spafford | Music: Phillip Bliss  
Vocal: Audrey Assad

### EMBRACING OUR LIMITATIONS

- ♦ Reading  
*Teachings on Love*  
by Thich Nhat Hanh

### ♦ Practices

Meditation

*On Breathing*

by Thich Nhat Hanh

Silent Prayers of the People

Musial Response

*Chanting as a River*

Monastic Chant from Thich Nhat Hanh’s Plum Village

### ♦ Reading

*Letter nominating Thich Nhat Hanh for the Nobel*

*Prize for Peace*

by Martin Luther King, Jr

### DECLARING OUR POSSIBILITIES

#### ♦ Discourse

*Mindful Peacemaking: The Life and Legacy of*

*Thich Nhat Hanh*

by Mark Y.A. Davies

### CONFIRMING OUR FAITH

#### ♦ Giving

*Those who wish may bring their gifts to the table*

Music for giving: *Macbeth’s Epilogue* by Koan

#### ♦ Song

*Wanting Memories*

by Ysaye M. Barnwell | Performers: Cantus

#### ♦ Parting Thought

*Being Peace*

by Thich Nhat Hanh

#### ♦ 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



## PROGRAM NOTES

Leading today’s morning assembly is the Rev. Dr. Mark Y.A. Davies. Mark is the Wimberly Professor of Social and Ecological Ethics at Oklahoma City University where he has worked in both teaching and administration for 25 years. He is an ordained elder in the Oklahoma Conference of the United Methodist Church.

*With Amazement and Admiration*

Our Annual Thanks & Appreciation Gathering

As announced in the current UPDATE, Feb 20<sup>th</sup> is the date for this year’s Appreciation Dinner, which won’t be a dinner but a special gathering immediately following the morning assembly. Details are on the church website and app.

**Moveable Feast Returns!** The feasters will gather for lunch on Wednesday, Feb 9 at the 691 Restaurant pm the Grayson College campus. Speak with Marion Hill for details.

**Ask Me!** Two written on the large, round badge that our morning host wears each Sunday. We need one or two people to be brave and volunteer to help Marion and Doug, who are our only Ask Me Host. Unless you absolutely hate to speak with a visitor, you’re help will be appreciated deeply.

## MAKING THINGS HAPPEN TODAY

- ♦ Board Rep: *David Dyer*
- ♦ Greeting us at the door: *Amy Hoffman-Shehan*
- ♦ Host: *Marion Hill*
- ♦ Leading today: *The Rev. Dr. Mark Y.A. Davies*
- ♦ AV Crew: *Carole Harner, Don Rogers, Jim Holmes, Marla Loturco*
- ♦ Sunday School Leader: *Ellie Dyer*

Continued on back panel

## WELCOME GUESTS

*We 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 Apps Store.*

*This is who we are. We are glad you joined us today.*



## NEXT SUNDAY, FEBRUARY 13, 2022

10 am - Adult Forum

### **“Science and Religion”**

Now through April the Forum is exploring the Great Courses Series *Science and Religion*. Details of each week's lecture/discussion is available on the church calendar and mobile app.

11:15 am - The Morning Assembly

### **Side With Love: Reproductive Justice**

The worship team, *leading*

This year's thirty days of love is focusing on four themes from the recently published report called widening the circle of concern, which was developed by the commission on institutional change, a UUA board commissioned group charged with researching, reporting, and making recommendations for transforming white supremacy and other oppressions in the institutional history and practices of the UUA and its 1,000-plus congregations and covenanted communities

In commemoration of the anniversary of roe vs. Wade and the ongoing fight for reproductive health, rights, and justice, the worship team decided to have us join uu congregations across the country for a Sunday of solidarity, support, and reflection. Most of the worship elements this morning are come side with love – reproductive justice worship. You are invited to visit their website for more information

### **Red River Unitarian Universalists**



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**TO OUR VIRTUAL FRIENDS: We live stream our Sunday Activities on our Zoom Account: Meeting ID: 989 0789 787**

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



# The Morning Program



**February 6, 2022**