

USG - Unitarian Society of Germantown
Building Beloved Community with Compassion, Service and Empowerment

Sunday, November 10, 2019



Paying Attention in a Distracted World

Rev. Kent Matthies
with Music Director Mark Daugherty
and the USG Choir

WELCOME, VISITORS AND FRIENDS

We're so glad you joined us this morning! If this is your first visit, we encourage you to fill out a name tag in the narthex (at the back of the sanctuary) or at the Welcome Table (either in the Dining Room or outside in the Grove) before or after the service. Please also fill out a **visitor form** in either of those locations and pick up a gift bag if you would like one. If a hearing assist device would be helpful, please see an usher. Our parking lot is accessed from Johnson St. near Wayne Ave. and we have accessible parking in the courtyard off Lincoln Drive. Please contact Lisa Dutton, Welcoming chair, at welcoming@usguu.org or 215-277-5752 with questions.



THE UU JOYS AND SORROWS TRADITION

All are welcome during this part of the service to come forward, select a stone and then place it in the bowl of water to symbolize sharing your joy or sorrow, blessing or concern, with the community.

WAYS TO GIVE DURING THE OFFERING TODAY

If writing a check, please make it out to USG. In the memo line, please indicate the specific intentions (special gift, pledge, capital campaign, etc.). If texting, follow directions on pg. 1 or 2 of Announcements and text, e.g.: (amount space pledge) or (amount space STP).

THIS MORNING IN WORSHIP AND FELLOWSHIP

We thank all the folks who do a little or a lot to make every Sunday at USG meaningful, beautiful, and welcoming. So many people contribute. Below are some of those people.

Worship Associate: Jovana Ramos

Musicians: The USG Choir and Mark Daugherty, piano

Sound Technicians: Bob Williford and David Ward

Videographer: Jeff Smith

Ushers: Lynne Kalish (Lead Usher), Maggie Chapman, Hal Krieger, and Alice Parker

Instagram Posters: Caroline Bright and Joel Bright

Welcome Table: Nancy LaFauci

Order of Service Collator: Ann Clarey and Eric Foster

Sexton: Mike Rogers

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www.cehjournal.org. [flickr.com/photos/communityeyehealth/37282692486](https://www.flickr.com/photos/communityeyehealth/37282692486)

USG's Board of Trustees, 2019-2020

For contact information for USG's Board members, go to USGUU.org, log in with your member password, go to the Members tab and then to the Leadership Directory.

Jenn Leiby, President

Jess Slivak, Vice President

Sam Stormont, Secretary

Nancy Anderson, Debbie Ward, Maggie Beaumont, Zachary Bosco, John Davis, Andrea Barsevick

ORDER OF SERVICE
November 10, 2019 10:30am



Please silence cell phones

WELCOME & ANNOUNCEMENTS

Jovana Ramos

**RINGING OF TIBETAN PRAYER BOWL
CALL TO WORSHIP**

**Mark Daugherty
Rev. Kent Matthies**

HYMN

Breaths

#1001

CHALICE LIGHTING

For This One Hour
by Paul Stephan Dodenhoff

**JOYS AND SORROWS
PRELUDE**

Commemorative Music for this date in history
by Beethoven, Raposo, et al

Mark Daugherty, piano

STORY FOR ALL AGES

A Violin in the Metro

GO NOW IN PEACE

#413

Go now in peace. Go now in peace. May the spirit of love surround you everywhere, everywhere you may go.

NEW MEMBER CEREMONY

**Lisa Dutton, Welcoming Chair
& Jenn Leiby, Board President**

READING

Late Fall
by Mark Belletini

INTERLUDE

It is Enough
by Alane Brown & Lawrence Nass

USG Choir

CONCERNS OF THE COMMUNITY AND THE WORLD

SPIRIT OF LIFE

#123

Spirit of Life, Come unto me. Sing in 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.

SERMON

Paying Attention in a Distracted World

Rev. Kent Matthies

HYMN

Hush

#1040

OFFERING

Morning Has Broken
Trad., arr. by Cat Stevens & Harry Simeone

The USG Choir

CLOSING WORDS

Now I am ready
by Annie Dillard

PASS THE PEACE

** Please make checks out to USG and write your specific intention (pledge, special gift, capital campaign, etc.) in the memo line.*

THIS MORNING FOR CHILDREN AND YOUTH

Please note: CSD programs for PreK - 7th grade and for Coming of Age will **extend until about 11:45am**. Caregivers, enjoy a cup of coffee and conversation after service in the dining room before picking up your children in Sullivan Chapel!



This Sunday the children begin the morning in the Sanctuary with families and then are sung out to their classes. Parents are always welcome to accompany the children.

- PreK - K (Rainbow Connection) - Sullivan 1
- Grades 1 - 3 (Chapel) - Sullivan 2 & 3
- Grades 4 - 5 (Chapel) - Sullivan 2 & 3
- Grades 6 - 7 (Middle School Youth Group) - Bristol Room (10:30 - 11:45am) TODAY

These programs meet irregularly:

- Grades 8 - 10 (Coming of Age)- Edna Jones Room (10:30 - 11:45am) TODAY
- Grades 9 - 12 (Evening Youth Group) - Kitchen (6:00-8:00pm) TODAY

Details about the CSD programs and schedules can be found on the Usguu.org website under the Spiritual Development tab. **Childcare** for children 4-5 years old and younger is offered this Sunday (and most Sundays) from 9:00am - 12:00pm in the **Committee Room**. **The Wiggle Room** is just off the Narthex (behind the Sanctuary) for those who need a little break. **Play Packs** for children to use during the Service are available. Please just ask an usher. Kindly return the PlayPacks at the end of the service for next Sunday's use.

Join us NEXT Sunday, November 17, at 10:30am

Living a Life of Loving Yourself

Guest Speakers Amy and Maggie Birge-Caracappa

Every day it seems we are told that there is something wrong with our bodies that needs fixing. We are told that there is one narrow definition of what is normal and ideal and that everything else is wrong. It's something everyone struggles with. But for people living in a fat body, it is compounded by the pervasive belief that we are to blame for our bodies being outside the acceptable norm. This has led to systemic fat phobia and discrimination that people of size face every day in big and small ways. Amy and Maggie will talk about their experiences with fat phobia and offer some simple things we can all do to uphold the inherent dignity and worth of people of size.



The Unitarian Society of Germantown

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