

ORDER OF SERVICE

MAY 15, 2022

GATHERING

CHIME

[HTTPS://WWW.UUWAYLAND.ORG/WP-CONTENT/UPLOADS/2022/05/220515-OOS-FINAL.PDF](https://www.uuwayland.org/wp-content/uploads/2022/05/220515-OOS-FINAL.PDF)

WELCOME

Heather Felton

PRELUDE

"Morning"
Edvard Grieg (from Peer Gynt)

Polly Oliver, piano

OPENING WORDS

Rev. Dr. Stephanie May

Welcome!

Welcome to each of you.

Welcome to the all of who you are.

Welcome to you who love to move.

And to you who love to be still.

Welcome to you who would love
to sing at the top of your lungs.

And to you who would rather pick up
a paintbrush, a hiking stick, a hammer,
a protest sign, or a book.

We gather here in this hour

As different people, whose passions

And inner life are stirred by various experiences.

As a congregation, part of our mission calls us

To deepen our spirituality by gathering

To share words and music,

Moments of reflection,

And experiences of reverence.

In this gathering today,

May we explore anew the various ways

We might nurture our spirits—

or, if you prefer, how we might nurture
our inner lives, our energies,
our 'awakeness' to life.

You need not resonate with every spiritual path explored today

But as we move through this hour, ask yourself:

What stirs my spirit?

What awakens me?

*What helps renew my energies
so that I might say "yes" to life?*

Let us begin by the spiritual practice of ritual
By lighting the chalice and saying our covenant together.
Thanks to the Williams family for lighting today.

These rituals, shared by UU congregations across the country,
remind us that we are not alone
but linked by shared values and promises
for how we hope to show up
for one another,
here and in our shared world.

CHALICE LIGHTING & COVENANT

Williams Family

*With open minds and loving hearts, we gather to search for meaning,
to care for one another, and to work together for a better world.*

WITNESS

CANDLE FOR INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA, AND BIPHOBIA

Rev. Dr. May

There are many ways that we connect
with what stirs us deep within.
One path of connection is through social action.

Each of us holds values of what is right and wrong,
Of how people should be treated,
And of we should interact with other
people as well as with our wider world.
Too often we can move through life without stopping
To remember and reconnect with these values.

And so when we take time in services to mark Days of Observance
that are important to the LGBTQ+ community,
we are not simply checking off boxes on our
Welcoming Congregation renewal.
We are reaffirming and deepening our connection
To our values and to the lives of those
who have too often suffered from
Hatred, injustice, and violence.

Today we light candles in recognition of the May 17

***International Day Against
Homophobia, Transphobia, and Biphobia.***

With these candles, we seek to bring our attention
again to these persistent fears that have
created true harm to the minds, bodies,
and spirits of folks who identify
As Gay, Lesbian, Bisexual, Transgender, & more.
Celebrated in countries around the globe on May 17,
the date was chosen because it was the day that the
World Health Organization decided to remove
Homosexuality from the
International Classifications of Diseases...
...in 1990.

Sexual and gender expression are deeply rooted
in our sense of who we are.

Freely living out our sexual and gender expression
is part of human dignity
and spiritual fullness.

To light these candles is one way to bear witness
To all the fear and harm
of homophobia, transphobia, and biphobia
As well as the free expression of identity and love
In LGBTQ+ folks.

[pause]

Bearing witness to our values
through social witness and social action
is one path for deepening our spirituality.

Our opening hymn is itself a song of social witness.
Written after the assassination of Harvey Milk,
It is a song of protest against such violence
And a song of affirmation for the world we seek
To build.

Recently, the composer, Holly Near, indicated her sense
That the verse "We are gay and straight together"
Was no longer comprehensive enough.
She then led the song with new lyrics:
"We are all in this together."
Perhaps if you remember,
we might sing this new line—
a powerful reminder of a core truth.

HYMN #170 "We Are a Gentle, Angry People"

MOVEMENT

TIME FOR ALL AGES

Alyssa Lee

Children leave for SEEK programming

"Go now in peace. Go no in peace. May the love of all surround you, everywhere, everywhere you may go."

STILLNESS

HYMN #352

"Find a Stillness"

TIME FOR PRAYER AND STILLNESS

PRAYER

Alyssa Lee

MOMENT OF STILLNESS

JOYS AND SORROWS

Lynne Morrison

CONTEMPLATION

READING

"The Invitation" (excerpted)

Laurel Whitehouse

by Oriah Mountain Drummer

It doesn't interest me
what you do for a living.
I want to know
what you ache for
and if you dare to dream
of meeting your heart's longing.

It doesn't interest me
how old you are.
I want to know
if you will risk
looking like a fool
for love
for your dream
for the adventure of being alive

I want to know
if you can be with joy
mine or your own
if you can dance with wildness
and let the ecstasy fill you
to the tips of your fingers and toes
without cautioning us
to be careful
to be realistic

to remember the limitations
of being human.

I want to know if you can see Beauty
even when it is not pretty
every day.
And if you can source your own life
from its presence.

I want to know
if you can live with failure
yours and mine
and still stand at the edge of the lake
and shout to the silver of the full moon,
"Yes."

MUSICAL INTERLUDE

"A Gaelic Blessing"
John Rutter

First Parish Choir

REFLECTIONS

Ted Barnes, Patrick Foley, and Laurel Whitehouse

As we're trying to convey in this service,
Spirituality shows up in different ways in our lives.
To this end, we've asked for three folks
To offer reflections on ways spirituality
Connects to parts of their lives.
Thank you Ted, Patrick and Laurel for sharing.

SHARING

OFFERING

Rev. Dr. May

Early in my ministry, I spoke with someone who explained to me
That what moved them was not lobbying and protesting to change laws,
But doing something concrete to help someone
who is suffering now.
Indeed sharing with others the resources we have to give
Of time, of knowledge, of money can make an
immediate and concrete difference in people's lives.
Cultivating practices of sharing and of generosity
Can be spiritual practices of intentional expression
Of our values, our core commitments.

Each week when we include an offering as part of the service,
We do so not only because of the very real and concrete need
For financial support, but also because it creates a ritual

That reminds us of the value of sharing,
Of giving as we are able to support
The people, places, and causes that
Matter to us.

I am so grateful for the many ways
You share your resources of time, ideas, love, and money
With this community to sustain its mission
Here in Wayland.

You may give in-person, online at uuwayland.org, or by text.
Please see the order of service or chat for details.

Thank you.
And once again, our offering will gratefully be received.

Give online <https://www.uuwayland.org/donate>;
Download the Vanco Mobile app on your smartphone; Text to 833-264-0104.

OFFERTORY

"Go Gently into the Morning"
Douglas Wagner

First Parish Choir

GOING OUT, GOING IN

CLOSING WORDS

Rev. Dr. May, Alyssa Lee

As a *religious* institution,
Deepening our spirituality is a core part of our mission.
We are more than a social club,
More than a funnel for social activism—
We are religious.
And, we are UU religious, which is to say
That we make space for diverse ways of being religious.

While we could debate the particular ways that
Religion and spirituality are and are not the same thing,
For this moment, I ask for your forbearance in the details
And allow me this:
Religion is the group container for the spiritual
life we can experience both as individuals
And in the company of others...
Including in Services here.

When we gather, part of what we do
Is seek to foster the spiritual within and between us.
And yet, as we've heard, our spiritual lives are so much more
Than what happens here on Sunday mornings.

To close today, Alyssa and I will read excerpts
from a March 2021 article in *Psychology Today*
entitled, "The Opposite of Spiritual"
by therapist Russell Siler Jones.

The opposite of spiritual is mechanical. Machines operate without thinking and without choosing. Someone flips a switch, and they do their thing, whatever that is, without consciousness, without freedom, without volition.

To live mechanically as a human is to live as a stimulus-response machine, to think, feel, and act on automatic pilot, by habit, reflex, and unconscious conditioning.

It's the opposite of that, the opposite of mechanical, that is at the heart of what it means to be spiritual. "Spiritual" is our capacity to know reality as it really is—not in the filtered way our inner machine is conditioned to perceive it—and to engage the really real from a posture of freedom, rather than a posture of habit.

Being spiritual means sensing a gravitational center in ourselves that is deeper than the gravitational pull of external events and internal habits. It means noticing and attuning to an energy within that is other than, deeper than, and more real than the energy of our various surface identities.

It means using this deeper frequency in ourselves as a kind of radar, or sonar, to notice and attune to the deeper frequency in others—other people, other animals, plants, and spaces—and to guide our interactions with these others.

It takes intention and continual effort to be spiritual in the way I am describing. Most of the social systems we live in exert immense pressure on us to be mechanical and sleepy.

But in another sense, to be spiritual in the way I am describing is the easiest thing in the world. Living mechanically may be our default mode, but that doesn't mean it's easy. "There is *dukkha*," said the Buddha. There is suffering. There is dissatisfaction. There is something about default mode that brings us pain and leaves us lacking. Or, to paraphrase St. Paul, "The wages of mechanical living is death."

But beneath the dissatisfying and wearying hum and thrum of mechanical living, there is a deeper pulse. It is forever beating, in us and in all things, its energy radiant and resonant. While we sleep and dream, it keeps calling our secret name. Eventually we hear it, a hearing that sneaks up on us. We realize we've been hearing it all along, but only now are we noticing that we're hearing it.

This is called falling awake.

*May we all seek to 'fall awake' in our living
By whatever path helps us to get there!*

HYMN #1009

"Meditation on Breathing"

Despite the title of our last hymn, I don't believe this is a 'quiet' song.
Rather, I want us to sing it with all the wakeful intention
We can muster!

To help, we'll have three singers up front leading.

Let's first practice each part:

Drone
Melody
Descant

Now, [split into thirds or let folks pick their favorite?]

Let's start again with the drone,
Now the melody
And now the descant

Two+ times through all

(On the last verse, please turn toward rear doors for the benediction)

BENEDICTION

Rev. Dr. May

(Recording and YouTube Live End)

SPOKEN JOYS & SORROW

POSTLUDE

"Toccata"

Polly Oliver, Organ

Charles Marie Widor (from Symphony No. 5, Op 42, No. 5, abridged)



COMMUNITY TIME: In-Person: Join us either in the Commons (masks required) or by the Sheds (masks optional).

Online Chat Rooms ("Vestry", "Commons"): Open Chats



Hymn Lyrics



We Are a Gentle, Angry People

We are a gentle, angry people,
and we are singing, singing for our
lives.

We are a gentle, angry people,
and we are singing, singing for our
lives.

We are a justice-seeking people...

We are young and old together...

We are a land of many colors...

We are gay and straight together....

We are a gentle, loving people...

Find a Stillness

Find a stillness, hold a stillness, let
the stillness carry me.

Find the silence, hold the silence, let
the silence carry me.

In the spirit, by the spirit, with the
spirit giving power,
I will find true harmony.

Seek the essence, hold the essence,
let the essence carry me.

Let me flower, help me flower, watch
me flower, carry me.

In the spirit, by the spirit, with the
spirit giving power,
I will find true harmony.

Meditation on Breathing

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

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

Breathe in, Breathe out,
Breathe in, Breathe out