COASTSIDE COMMUNITY

"Loving Kindness"

September 18, 2022, 11:00am PT, 2:00pm ET

(zoom.us meeting link https://zoom.us/j/6617755196**,** password "UUseesea" without the quotes**)**

Worship Leader: David Marsland Worship Associates: Verna Barrientos, Dave Rokosky

Instrumentalists: Vera Vanderschalk, Tom Devine, Shauna Pickett-Gordon

Special Guest Musician: Jess Huetteman

Singers: LindaGrace Frost, Laurel Frishman, Barbara Correia, Tom Devine, Bruce Rafnel, Bill Heavlin

Music Director: Tom Devine; Artistic Director: Noreen Cooper Heavlin

Zoom Session Management: Bill Heavlin; Video Editing: Bruce Rafnel

"My religion is very simple. My religion is kindness." —Dalai Lama XIV

Gathering Music	Selections from "I Get a Kick Out of You" "Loving Kindness: An Eastern Blessing," music by Howard Goodall, words by Mahatma Gandhi	Vera Vanderschalk Mirabilé Vocal Ensemble
Prelude	"Kind and Generous"	Natalie Merchant
Welcome		Verna Barrientos
Opening Hymn	Metta Chant	All/Tom Devine/UUCC Choir
Chalice Lighting		All/Dave Rokosky

"May We Be Keepers of Thy Flame,"
by Richard S. Gilbert

O flaming chalice, symbol of a free faith,
Burn with the holy oil of helpfulness and service.
Spread warmth and light and hope;
Warm hearts grown cold with indifference;
Light dark places with justice; rekindle hope in despair.
May we bring fuel for thy fire of love.
May the oil of loving kindness flow from us to thy leaping flame.
May hands of service shelter thee,
That no winds of hate may extinguish thy brightness.
May thy light and warmth be eternal.
May we be keepers of thy flame.

Joys & Concerns Live		Verna Barrientos
Reading	Excerpt from "Discourses" by Meher Baba	Tom Devine
Introduction of Speaker		Verna Barrientos
Sermon	"Loving Kindness"	David Marsland

Interlude Hymn #1031	"Filled with Loving Kindness"	arr. by Jess Huetteman
	Traditional Buddhist Meditation, adapted by Mark W. Hayes	
Practice of Generosity		
Announcements		
Extinguishing the Chalice	Words by Elizabeth Selle Jones 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.	All/Dave Rokosky
Closing Hymn #1009	"Meditation on Breathing"	Tom Devine/UUCC Choir
Questions for Conversation & Breakout Rooms	Can you think of examples of loving kindness in action?	

Announcements:

Thank you! To our worship leader today David Marsland, Worship Associates. As always, a special thanks to Tom as music director and to artistic director Noreen Cooper Heavlin. And a big thanks to our session management engineer, Bill Heavlin, who ran today's session, and to Bruce Rafnel, who will edit the video for our YouTube upload.

Touchstones Theme "Awe" for October

The Touchstones Themes for October is Awe. And on **October 2nd,** we return to Odd Fellows Hall to hear **Bill Heavlin** explore ***"Plato's Cave and Other Waking Moments."*** In this wry and meandering meditation, Bill recaps Plato's famous allegory of the cave, and some of its history in Western thought. He also reflects on particular moments drawn from his own life, including his mother, a high school teacher, and a particular professor.

We Encourage Donations by Check: make out the check to **"UU San Mateo,"** noting "**UUCC**" in the memo field. Mail the check to Nancy Palmer, UUCC Treasurer, 506 Willow Avenue, Half Moon Bay, CA 94019.

To Donate Online, UUSM is replacing Vanco with Stripe. Visit UUSM's new giving page at **uusanmateo.churchcenter.com/giving**

For a quick gift

1. Enter an amount. Then, select the fund: In the field that says "General" (to the right of the $-field), click the down-caret ("⋁"), and **scroll to click-select UU Coastside Community.**
2. Select the frequency and add your email address and name.
3. Enter payment information. **Done!** You'll receive an email receipt.

To save your donations or manage a recurring gift

1. Select the login button and you'll receive a code on your phone or email.
2. Enter it, hit confirm, and you're in.

To Volunteer for UUCC, or to just to receive our newsletter, contact us at uucoastside@gmail.com.

UUSM: Thanks to our sponsor church, UU of San Mateo. Their staff provides ongoing administrative support. **For events in the wider UU San Mateo congregation,** you can check their online calendar.