Unitarian Universalist
COASTSIDE COMMUNITY

"Between This & That"

March 6, 2022, 11:00am PT, 2:00pm ET

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

Guest Minister: Rev. Stefanie Etzbach-Dale

Worship Associates: Tom Devine, Noreen Cooper Heavlin

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

Singers: Tom Devine, LindaGrace Frost, Shauna Pickett-Gordon, Laurel Frishman, Bruce Rafnel, Bill Heavlin, Bob Holloway, Barbara Correia

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

Zoom Session Management & Video Editing: Bruce Rafnel

"Joy and woe are woven fine, a clothing for the soul divine.
Under every grief and pine, runs a joy with silken twine."— William Blake

Gathering Music	"Which That is This?"	Doctor Turtle
	"This Is My Song" (Finlandia) by Jean Sibelius arr. Blake Morgan	VOCES8
Welcome		Tom Devine
Opening Words		Rev. Stefanie Etzbach-Dale
Prelude	"Tikho Nad Richkoyu"	Kitka
Opening Hymn #352	"Find a Stillness"	Shauna Pickett-Gordon, UUCC and UU Mission Peak singers
Chalice Lighting	Words by William de Witt Hyde *"Since what we choose is what we are* *And what we love we yet shall be* *The goal may ever shine afar* *The will to win it makes us free."*	Noreen Cooper Heavlin
Joys & Concerns Video & Interlude	"Lagrima" by Francisco Tarrega	Vera Vanderschalk
Reading	"Joy and Woe Are Woven Fine," by William Blake	Tom Devine
Sermon	"Between This & That"	Rev. Stefanie Etzbach-Dale
Interlude	"Meditation on Breathing"	JoAnn Schriner, UUCC Choir

Practice of Generosity		Noreen Cooper Heavlin
Offertory Hymn	"We of the Coastside"	Tom Devine/UUCC Choir
Extinguishing the Chalice		Noreen Cooper Heavlin
Closing Words		Rev. Stefanie Etzbach-Dale
Closing Hymn #298	"Wake Now My Senses"	Tom Devine, UUCC Choir
Announcements		Tom Devine
Questions for Conversation		Tom Devine

- What are the dualities/polarities you recognize in your life?
- Do you believe conflicting emotions/responsibilities/expectations can be reconciled/balanced?
- If so, what's your experience with this? What helps?

Breakout Rooms	All/Tom Devine

Announcements:
Thank you! to our guest minister Rev. Stefanie Etzbach-Dale, Worship Associates Tom Devine and Noreen Cooper Heavlin. As always, a special thanks to music director Tom Devine and artistic director Noreen Cooper Heavlin. And a big thanks to our Technical Director Bruce Rafnel who ran today's session and will edit the video for our YouTube upload.

Touchstones Theme - Balance, March 20th
Please join us on March 20th as **Noreen Cooper Heavlin** presents a sermon titled ***"Anger: The Good, The Bad & The Ugly."*** Most of the world's religions counsel against anger even when many religions worship an angry god or deities. Anger can be a critical life-saving tool in life or death situations. Yet unmanaged anger can lead to high blood pressure, headache, heart attack, and stroke. Noreen explores her own personal journey from repressing anger in her youth to over-expressing it as an adult. She explores how we might navigate this complex human emotion without falling into serious consequences which come from unchecked anger.

To Donate Online, click the UUSM donation "Vanco" link. In the section **Weekly Offerings**, look for the words **UU Coastside Community**. Enter your dollar amount. At **Frequency** choose either **One Time** or **Monthly.** At the bottom of the page, click **Continue**. On the next page, enter your name, address, and phone number, and method of payment. Click the box **I am not a robot**, then click **Process**.

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 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.

UUCLC: We want to acknowledge the continued support of the UU Community of Lake County during our shelter-in-place times. Regular attendance on Zoom from UUCLC helps bolster the morale of our production teams as our hard work can be then appreciated by a larger audience. You can find out more about UUCLC at http://uuclc.weebly.com/.