

Champlain Valley Unitarian Universalist Society

Sorting Thru Our Spiritual Sock Drawer

Preservice Music Ronnie Romano, Music Director

Land Acknowledgment Karl Lindholm, Worship Associate

Welcome to CVUUS Karl

Opening Carol *Better Angels We Have Heard*

Tune: Angels We Have Heard on High Lyrics: Liam Battjes

Gathering Poem *Each Day Holds a Surprise* Henri Nouwen

Chalice Lighting Karl

Time for All Ages Sock Drawers, Libraries and Spice Racks
A five minute conversation with Karl Lindholm & Liam Battjes

Song of Peace *Peace, Salaam, Shalom* from Emma's Revolution

Offering Liam Introduces
Our "5th Sunday" donee is **Vermont Workers Center**. Please write checks to CVUUS. Cash and checks not otherwise specified will be split between CVUUS and the donee. You can donate online with the QR code.



Offering Music Ronnie

Receiving the Offering *From You I Receive* #302 Gray

Milestones & Passages Karl

Types of Reflection Liam Battjes-Greenwood
After a time of Prayer, Mindfulness, and Kindness Meditation, cluster with 2-3 people to talk about your preferences.

Alternative Carol *Somewhere Between Moonlight*

Tune: *Away in the Manger* Lyrics: Liam Battjes-Greenwood

Reading *Think Again* by Adam Grant read by Karl

Conversation *Sorting Thru Our Spiritual Sock Drawer*

Cluster in groups of 4-5 and take turns talking about

"Out with the Old and in with the New."

How does this relate to our systems of meaning, habits of mind, or cultural stories we buy into?

What have you read, discovered or been inspired by this year? (Feel free to share a poem, quotation, or book from this year.)

How does this change or challenge other habits, thoughts, opinions or beliefs within your sock drawer of life?

Song of Response *Good Rest To You, O Gentle Ones*

Tune: God Rest, Ye Merry Gentlemen Lyrics: Liam Battjes

Religious Words and Time

Pause to consider some religious terms, and wonder if they are **Meaningful, Neutral, Outdated** or **Problematic** if we strive to welcome younger people from diverse cultural backgrounds.

Parting Words Liam Battjes-Greenwood

Postlude *Auld Lang Syne* Ronnie & CVUUS Choir

Thank you! Thanks to Worship Leaders Karl Lindholm and Liam Battjes-Greenwood; Tech Team Mary Hadley, Margy Levine and Becky Strum; Zoom social host Steve Butterfield; our Choir; Flower Buds for beautiful seasonal decorations (Dinah Smith, Marnie Wood, Alice Berninghausen, Jess Danyow, others).

First People's Events in January: Vera Sheehan, lecturer on Abenaki language and culture at Middlebury College will be leading worship on January 21. The next week, Jan. 28, our own Seth Gibson will be sharing his stories of voyaging into Cree territory and befriending people from this First Nation. Join us after worship on January 28 to listen and learn from Seth's rich life experiences.

Borderland Woodwind Quintet Concert: CVUUS member Richard Hopkins will host, on **Sat. Jan 6, 4 pm**, a free recital by the Borderland Woodwind Quintet, of which he is a member. They will play arrangements of seasonal music, including selections from Handel's Messiah oratorio.

Rough Sleepers: Dr. Jim O'Connell's Urgent Mission to Bring Healing to Homeless People by Tracy Kidder book group convenes in Jan! The book group (open to CVUUS and the public) will begin in Fellowship Hall at 7 pm on January 24 and continue on January 31 and February 7. ZOOM option available. Facilitated by Ellen Flight, Tom Morgan and Mike Greenwood.

RELIGIOUS EXPLORATION (RE) FOR CHILDREN AND YOUTH

~ Nursery is open Sunday mornings 9:45-11:15

~ Sunday morning RE programs for preschool to grade 6

For info, contact Poppy Rees, Director of Religious Exploration

Stay Connected! Weekly Blast (Wednesdays) provides links to our upcoming worship service, past services, and events

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Ministers: Rev. Tricia Hart, revtricia@cvuus.org

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Bookkeeper: Cara Mosier, fm@cvuus.org

Hearing Assistance: Headsets to amplify sound or for hearing the worship service audio while elsewhere in this building are available in the back of the Sanctuary by the sound system.



CHAMPLAIN VALLEY UNITARIAN UNIVERSALIST SOCIETY

Sorting Thru Our Spiritual Sock Drawer

Worship Leader: Liam Battjes-Greenwood

Worship Associate: Karl Lindholm

December 31, 2023

Champlain Valley Unitarian Universalist Society exists to spiritually nourish, challenge, and sustain people of all ages and circumstances, so that they might lead lives of meaning, integrity, and service.

Reflection Sheet to Sort thru Your Spiritual Sock Drawer

Consider forms of prayer, meditation and mindfulness.

Unison Prayer: Liam's version of *The Lord's Prayer* (2019).

O Loving Parent of all Creation, known by many names,

may your rule of love and path of peace

shape our lives and the world around us.

May all your creatures find their basic needs.

Save us from hatred, indifference and greed,

and forgive our many mistakes

as we forgive those who hurt or disappoint us.

It is your Spirit who empowers and guides us

with faith, hope and love. Let it be.

Liam's Modified Gata: *Gotta Catch My Breath*

"In . . . Out" — Optional hand(s) to chest, then outward.

"Deep . . . Slow" — Hands with expanding belly, then down.

"Calm . . . Ease" — Hands flattening out, then rolling shoulders.

"Hold . . . Release" — Hands holding, then relaxing.

"Present . . . Peace" — Or name what you are mindful of.

Trees, sky, lights, life, sounds, smells, people, earth, etc.

Be mindful for a time. When the mind wanders, start again. "In...out."

Liam's Kindness Meditation: *Alphabetical Compassion*

You may walk thru the alphabet, name a person or place

whose name starts with "A", then say with each breath:.

"May _____ be well. May _____ live in peace.

May _____ know love." (Use phrases that fit you.)"

What meditation, mindfulness or reflection practices do you find meaningful? What would you suggest for CVUUS?

Art Contemplation

Unison Prayer

Guided Meditation

Breathing Prompt

Time of Silence

Mindfulness Reflection

Voiced Prayer

Other: _____

Sock Drawer Conversation

Cluster in groups of 4-6 and take turns talking about

"Out with the Old and in with the New."

How does this relate to our systems of meaning, habits of mind, or cultural stories we buy into?

What have you read, discovered or been inspired by?

(Feel free to share a poem, quotation, or book from this year.)

How does this change or challenge other habits, thoughts, opinions or beliefs within your sock drawer of life?

Before the "Benediction" or "Closing Words":

Review these religious terms. Consider whether they are

Meaningful, Neutral, Outdated or Problematic

especially if we strive to welcome younger people

from diverse cultural backgrounds.

- | | | |
|--------------------------------|---------------|-------|
| 1. CVUUS is a "Church" | M - N - O - P | _____ |
| 2. "Call to Worship" | M - N - O - P | _____ |
| 3. "Hymns" not "Songs" | M - N - O - P | _____ |
| 4. "Time of Meditation" | M - N - O - P | _____ |
| 1. Reading from "Sacred Texts" | M - N - O - P | _____ |
| 2. "Sermon" not "Message" | M - N - O - P | _____ |
| 3. "Benediction" | M - N - O - P | _____ |
| 4. Other Terms You'd Update | | _____ |

Final Refrain of Auld Lang Syne: *Raise up the old anchor now,*

Refresh the winds of mind.

Let's sail the seas of life, my friends,

beyond our auld lang syne.