

BRADFORD COMMUNITY CHURCH UNITARIAN UNIVERSALIST

Holding History in Our Bodies



10:00 A.M. Sunday, November 21st, 2021

[http:// BradfordUU.org](http://BradfordUU.org)

Gathering Music

- Sara Dan Jones, Shared by the River Road Teen Choir

When I breathe in, I breathe in peace

When I breathe out, I breathe out love.

Welcome & Call to Worship

- Rev. Dr. Monica L. Cummings

Prelude – “Just as Long as I Have Breath”

- Alicia Carpenter

Chalice Lighting

- Leslie Takahashi

All that we have ever loved

And all that we have ever been

Stands with us on the brink of all that we aspire to create:

A deeper peace,

A larger love,

A more embracing hope,

A greater generosity of spirit,

A deeper joy in the life we share.

Opening Song - “Breathe”

- India Arie

Responsive Reading – “Your History is Here Inside Your Body” (words on reverse)

- Martha Elliot

- Led by David Lockwood

Sharing of Joys & Concerns

Pastoral Reflection

- Rev. Dr. Monica L. Cummings

Musical Reflection – #1008 “When Our Hearts Are in a Holy Place”

- Joyce Poley

Offertory – #1028 “The Fire of Commitment”

- Jason Sheldon

Message – “Holding History in Our Bodies”

- Rev. Dr. Monica L. Cummings

Closing Song – “A Change is Gonna Come”

- Sam Cooke, performed by Brian Owens

Extinguishing the Chalice

- Shared by David Lockwood

Having found stillness, may we share peace

Having received connection, may we reach out to others

Having heard the call of our deepest self, may we live in greater alignment

Having returned to our center, may we expand the circle of love.

Benediction

- Rev. Dr. Monica L. Cummings

Postlude – “Answering the Call of Love”

- Jason Sheldon

Coffee Hour Following Service: (Zoom Link Available in Church Email)

Your history is here inside your body.

Your body is your storehouse, Of learnings, feelings, thoughts, and experiences.

Only waiting to be invited to, reveal your treasures to yourself.

Help yourself.

As you let the learning emerge, and take shape, you can,

Appreciate the wisdom of the body.

Each cell alive with spirit, emotion, and intelligence.

Ready to help you at any moment, always with you and for you.

IN GRATITUDE

Many thanks to everyone who made this service possible including Rev. Dr. Monica L. Cummings, Dani & David Lockwood, musician Alex Poyner and technician Warren Leisemann.

COMING HOME SERVICE – IN-PERSON AT CHURCH – DECEMBER 12TH!

On behalf of the Bradford Community Church Unitarian Universalist Board of Trustees, I am delighted to announce that we will transition to in-person services beginning Sunday, December 12th!

As part of our transition, we need to balance inclusiveness with safety. We will employ the following strategies:

- All who can wear masks (anyone over 2 years old) will need to wear a mask that covers the nose and face. Masks will be provided for those who forget theirs.
- Our doors will be opened (literally!) if our attendance grows above 50% of our capacity. I'm hoping for wide-open doors!
- We will space the chairs farther apart to encourage social distancing.
- Our service leaders will be permitted to unmask while speaking at the microphone; all service leaders will be fully vaccinated.
- Anyone who is not feeling well will be encouraged to enjoy services from home. We will continue to livestream and archive our services.
- We will not be serving coffee or refreshments after service.
- We will begin to provide nursery services at a later time.

We will have in-person services December 12th and the evening of December 24th; the schedule for January will be announced later in December.

If there is any member who would like clarification of our process, I invite you to get in touch with me at jwdudleyjr@yahoo.com or you may call/text me at (847) 921-5316. Please leave a message and I will get back to you as soon as I can.

I look forward to seeing you in person!

Jack Dudley

President, Bradford UU Board of Trustees