

Upcoming Worship Focus - March 23, 2025

**Be Still and Get Going
Rev. Lauren Levwood**

The meditation practice, "Be Still and Get Going," was created by Rabbi Alan Lew, and can be found in his book by the same name. This practice weaves together the tradition of Zen Buddhism with Judaism, merging the wisdom of these spiritual teachings and anchoring them with meditation. The "Be Still and Get Going" meditation is a method that we can use to reconnect with our centers amidst chaos, and can help us keep going when we are overwhelmed by life. Come and learn more about this meditative practice; may it help aid our community in finding comfort amidst life's storms.



Our Minister and Staff

Minister: Rev. Lauren Levwood

Pastoral Care: Danielle Garrett

Community Minister Emerita: Reverend Sue Ayer

Religious Exploration Coordinator: Christine Hinderer



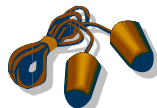
Text to Give now available!

To make a donation to UCCWC please text "Give" to (503) 852-2944.



Those needing ramp access to the sanctuary and the lower level of the building, please use the handicap parking spots on Birch, on the south side of the building. To reach the Sanctuary go up the ramp at the back of the church (east side) or use the ramp on the south side to get to the lower level. There is also a ramp to the front door of the Parish House.

An FM hearing assistance system is available for use during worship service. Each receiver has a volume control and little ear-bud headphones. The receivers also can couple to hearing aids that have tele-coil pick-ups. If you would like to use a receiver, please check with the Worship Associate on duty or one of the Usher/Greeters.



Unitarian Universalist Community Church of Washington County

6815 NE Birch St.
Hillsboro, Oregon 97124
www.uccwc.org

**March 16, 2025
10:00 am**

In-Person Service

On-line Service: <https://uccwc.org/zoom-worship/>



UCCWC Vision Statement

A welcoming, liberal religious community
where we care for and encourage each other to
Free the Mind
Grow the Spirit
Reach out to the World

Sunday, March 16, 2025 at 10:00 am

Prelude Jason Spence

Gathering

Singing Bowl Lisa Lake

Congregational Life Lisa Lake

Opening Hymn #347 *Gather the Spirit*

Nurturing Our Community

Chalice Lighting words by Marisol Caballero
Mary Jacobs

Joys and Concerns Lisa Lake

Meditation Hymn #123 *Spirit of Life*

*Spirit of Life, come unto me.
Sing in my heart all the stirrings of compassion.
Blow in the wind, rise in the sea;
Move in the hand, giving life the shape of justice.
Roots hold me close; wings set me free;
Spirit of Life, come to me, come to me.*

Time for All Ages Emotions in Motion
Rev. Catharine (Qira) Clarenbach

Singing the Children Out As You Go, by Kathleen Tracy

*We hold you in our love as you go, as you go.
May your heart be at peace as you go.
To nurture the spark of your precious life,
We hold you in our love as you go.*

Offering Words Lisa Lake

Offertory Jason Spence

Exploring

Congregational Hymn #389 *Gathered Here*

Reflective Reading
For One Who Is Exhausted, a Blessing by John O'Donohue
Rev. Catharine (Qira) Clarenbach

Sermon Tender Changes: Persistence and Gentleness
Rev. Catharine (Qira) Clarenbach

Returning

Closing Hymn #298 *Wake, Now, My Senses*¹

Chalice Extinguishing words by Eric Williams
Mary Jacobs

Closing Words Rev. Catharine (Qira) Clarenbach

Invitation to Fellowship Lisa Lake

Postlude Jason Spence

Thank you to today's additional helpers

Zoom Hosts: Jill Veronda and Mary Jacobs

Producer: Lorie Clark

Sound Tech: John Sharp

Ushers: Marcia Scott and Pam Schossau

Board Member on Duty: Lorie Clark

RE Volunteers: Priscilla Bradley, Kurt Hinderer,

Vicki Lollis and Marci Pippin

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