

Invitation to Join the Contemplative Service Beginning September 14

UUCM's early Sunday morning Contemplative Service was started more than ten years ago as an experiment in order to open up more parking spots for the later service. The 9 a.m. lay-led service has become a quiet reflective mainstay for the circle of 2 to 8 regulars who attend and we always welcome those who would like to try this alternative. Those of us who regularly attend the early service find it is a spiritual foundation for our week and a quiet source of inspiration. It is typically led by members in a volunteer sequence and we welcome the participation of the Minister whenever possible. Each lay leader prepares a service based on what speaks to her/him/them that week or season (of weather or life!)

The service follows this general format:

- Welcome
- Opening Reading while lighting the Chalice
- First Contemplative Reading followed by about a 5 minute period for silent reflection
- Opportunity to share thoughts that arose from the reading or in the silence
- Joys or Sorrows: Whomever wishes can light a candle and share verbally or not
- A second reading is followed by a longer time for silent reflection
- Opportunity to share thoughts that arose from the reading or in the silence
- (Optional) Hymn or song accompanied by piano or not
- Closing: While in a circle holding hands, we say these words:

"Keep Alert! Stand Firm in Your Faith

Be Courageous, Be Strong

Let All that You Do Be Done in Love (Lines 1-3 are from #713 in our Hymnal)

And Go Shining!" (Closing line words are from Rev. Norma Cordell)

We invite all at any time (even if you arrive after 9 am you may come in quietly and join us). We meet in the Fireside Room, beginning September 14 and will continue weekly through June 14. If you have further questions, email Carol Kerr at drckerr@pacbell.net.

Come and widen our circle. All are welcome!