

Grief and Self-Care
Deanna Rymaszewski

November 24, 2019

Order of Service

Prelude: Performed by Amber Bruns

Welcome and Announcements: Lynn Curry

Special Music: "Wish it Could be Said, We've Met Our Pledge Goal" Sung by Renee Deschard.

Opening Words: by Ralph Marston.

"Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."

***Opening Song (Handout):** "Season of the Grateful Heart" by Jim Scott. Amber Bruns, Accompanist.

Chalice Lighting: by Eric A. Heller-Wagner.

"Blessed is the fire that burns deep in the soul. It is the flame of the human spirit touched into being by the mystery of life. It is the fire of reason; the fire of compassion; the fire of community; the fire of justice; the fire of faith. It is the fire of love burning deep in the human heart; the divine glow in every life."

Story for All Ages: The Invisible String written by Patrice Karst, pictures by Joanne Lew-Vriethoff.

Singing the Children Out: by Joyce Poley.

Joys and Concerns

Silent Meditation

Presentation: "Grief and Self-Care," by Deanna Rymaszewski

Discussion

Offering and Offertory

Introduction of Guests and Visitors

***Closing Song #351:** "A Long Long Way the Sea Winds Blow"

Closing Words: by Alice Morse Earle.

"Yesterday is history. Tomorrow is a mystery. Today is a gift. That is why it is called the present."

Greet Your Neighbor

*Please stand as you are able.

Announcements

We will share our offering for the fourth quarter with "The Street Pulse," a monthly newspaper sold on the streets of Madison by homeless vendors to provide them some income. Madison Urban Ministries was an early financial supporter. The newspaper publishes stories and poems by homeless individuals as well as the work of local activists. Sellers purchase their papers for 25 cents apiece and sell them for \$1.

RE Holiday Bazaar! RE will be selling crafts after the service today to raise money for The Young Center for Immigrant Children's Rights.

Prairie's Fall Parish Meeting will be held after the service on **Sunday, December 8**, at Oak Park Place. We will be voting on the budget and by-laws and discussing ministry at Prairie, among other topics. Please stay after the service to attend the meeting!

Nifty Gifty on December 8! The RE kids will make craft gifts to give over the holidays in this Prairie RE tradition. Drop kids off at the Annex after 9:30 and pick up before noon. Would you like to volunteer? Contact Holly Tellander.

The Humanist Union will meet Dec. 1st in the Annex to hear a presentation from Susan Hagstrom on "Highlights from the Freedom From Religion Foundation's 2019 National Convention in Madison," 12:30 to 1:30. That will follow a potluck lunch starting at noon.

Please take a moment to help us clean up by returning your hymnal and Order of Service to the cart and tidying up around your seat.

Prairie UU Society Bond of Union

We, the members of Prairie, wish to associate ourselves together in a religious community which affirms that we share a common humanity, that we need one another, and that our futures are inescapably bound together. Together we would expand our intellectual horizons, enrich our sensory experiences, and deepen our emotional sensitivities. We would sharpen our ethical awareness and broaden our sense of social responsibility. We would stand tall in our quest for integrity of life, yet not at others' expense. As the prairie stretches out until it becomes one with the sky, let us reach out to touch and be one with the natural world, and with one another.

Calendar

Sunday services meet at Oak Park Place. All other events and meetings will be in the Annex unless otherwise noted.

Monday, November 25, 2019

7:00 Program Committee

Thursday, November 28, 2019

1:00 Thanksgiving Potluck

Sunday, December 1, 2019

8:45 Choir rehearsal

10:00 Service: Judaism and UU by Rabbi Bonnie Margulis

12:00 Humanist Union in Annex

Saturday, December 7, 2019

5:00 Men's Shelter Breakfast

9:00 PrairieWOW

Sunday, December 8, 2019

8:45 Choir rehearsal

10:00 Nifty Gifty in Annex

10:00 Service: TBA

11:30 *Fall Parish Meeting* at Oak Park Place

Sunday, December 15, 2019

8:45 Choir rehearsal

10:00 Service: Symbol Tree

Sunday, December 22, 2019

8:45 Choir rehearsal

10:00 Service: Singing Through Our UU Values

Sunday, December 29, 2019

8:45 Choir rehearsal

10:00 Service: TBA

Saturday, January 4, 2020

5:00 Men's Shelter Breakfast

9:00 PrairieWOW

6:30 Movie Night

Sunday, January 5, 2019

8:45 Choir rehearsal

10:00 Service

11:45 Humanist Union

Prairie Staff and Board Members

Prairie Unitarian Universalist Society

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Rachel Long, President

Chris Porter, Vice President

Evan Creed, Treasurer

Dan Proud, Secretary

Dan Klock, Congregational Administrator

Holly Tellander, Director of Religious Education

John (Raju) Eliganti, Custodian

Upcoming Services

Sunday, December 1, 2019

"The Jewish and UU Roots of Social Justice" by Rabbi Bonnie Margulis.

The Jewish and UUA communities are both known for their involvement in issues of social justice. This presentation will explore the different roots and pathways each faith community has taken to arrive at their respective values, ethics, and theologies around social justice. The presentation will include information on the work of Wisconsin Faith Voices for Justice and ways Prairie UU can be involved in our work.

Sunday, December 8, 2019

Service TBA

Sunday, December 15, 2019

Symbol Tree

In this all ages service, attendees can bring a physical item that represents an important milestone from the past year, talk about it and hang it on our tree.

Sunday, December 15, 2019

Singing thru our UU Values"

Join us for this all ages service as we sing well known songs (like Jingle Bells) that tie into our UU values. Cookies and sparkling juice served following the service.

Principles of the Unitarian Universalist Association of Congregations

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty and justice for all;
- Respect for the interdependent web of all existence of which we are a part.