

Love in an Angry World: Meditation on Peace and Happiness

Worship: July 28, 2019, 10 am

Worship Leaders: Manjushri and Sierra

Worship Associate: Janet Luongo
Pastoral Care Chaplain: Marie Claire Bue
Ushers: Tom Croarkin and Martha Constable



The Unitarian Church in Westport

WELCOME! We're glad you're here this morning. Our summer worship is led by members and invited guests, as our ministers take a well-earned break. If you want to know more about us, please talk with any one of us. And join us after the service for refreshments and conversation. Visit our abundant website: www.uuwestport.org

FOR CHILDREN: There are adult-supervised activities downstairs for PreK to Grade 3. An usher can show you the way. Older children may sit with you in the Sanctuary or foyer.

OUR MISSION STATEMENT: *The Unitarian Church in Westport is a diverse and welcoming religious community, free of creed and dogma, and open to people of all backgrounds and beliefs. We inspire and support individual spiritual growth. We connect through worship, music, learning, and caring ministries. We act in the service of peace and justice.*

Rev. John Morehouse, Senior Minister; Rev. Ed Thompson, Minister of Music;

Rev. Shelly Thompson, Asst. Minister for Faith Formation; Nate Pawelek, Sunday Family Faith Formation Rev. Frank A. Hall, Minister Emeritus; Margalie Belizaire, Intern Minister; Rev. Jim Francek, Community Minister for Pastoral Care; David Vita, Director Social Justice and Membership

10 Lyons Plains Road, Westport, CT 06880, 203-227-7205 www.uuwestport.org

On Spirituality and Acting for The Common Good

Our Unitarian Universalist congregation has a spiritual core and a civic circumference.
-- Rev. John Morehouse, Senior Minister, The Unitarian Church in Westport, CT

'Shanti' is an ancient Sanskrit word that means peace.
Our mission is to help people create more peace in their personal and work lives,
allowing that peace to ripple out into the world. –
-- Guru Shakti Durga. www.ShantiMission.org.

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### Words to Songs and Music Credits

*You are invited to hum, sing along, listen, or simply absorb the calm vibrations.*

#### Prelude

**“Parameshwari”** sung by Shakti Durga

**Meaning:** The mantra honors and attracts divine compassion and abundance for all.

**Words** translated from Sanskrit: Om – original sound of creation; Hrim – feminine energy of love;  
Shrim – abundance; Klim – magnetism; Param – highest; Eshwari –goddess of compassion

**Pronunciation:** “Om hreem shreem kleem, Param-eshwari”

#### Meditation Music

**“Om Mani Padme Hum”** sung by Maitreya on *Shanti Sounds* album

**Translation:** Mani – love; Padme – wisdom; Hum - together in harmony.

**Pronunciation:** “Om mani-pad-me-hoom.”

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About our Guest Worship Leaders:

Manjushri and Sierra North are healers and spiritual teachers who practice privately and at Muktinath Holistic Center, Monroe. They absorbed the teachings of Shakti Durga of Shanti Mission, Australia, which certified them as Ignite Your Spirit Therapists. They are dedicated to serving humanity by igniting energy, and offering inspired guided meditations that open windows on love, peace and happiness - available to all who choose to embrace them. More about them at www.muktinathholisticcenter.com

Muktinath Holistic Center in Monroe, founded by Sierra North, offers programs, workshops, sacred ceremonies and retreats designed to facilitate healing of the physical, mental, emotional and spiritual bodies. Muktinath hosts internationally recognized healers and teachers, such as Shanti Mission Australia, a multi-faith modern day “school for soul” founded by Guru Shakti Durga. www.ShantiMissionAmerica.org. Meditations are offered by donation. Visit the calendar at. www.muktinathholisticcenter.com

**Order of Service
July 28, 2019**

PRELUDE: “Parameshwari,” a mantra on compassion.

WELCOME & OPPORTUNITIES TO CONNECT

Janet Luongo

CHALICE LIGHTING and OPENING WORDS

From Mahatma Gandhi: *My religion is based on truth and non-violence. Truth is my God. Non-violence is the means of realizing God... Without action, you aren't going anywhere...A coward is incapable of exhibiting love; it is the prerogative of the brave.*

AFFIRMATION:

Love is the spirit of this church, and service its law. This is our great covenant: to dwell together in peace, to seek the truth in love, and to help one another.

CANDLE-LIGHTING – reflection on your joys/concerns

A Pastoral Care Chaplain is available to listen to your concerns at the candle boat after the service

MUSICAL RESPONSE: “Gates of Heaven” by Kim Fraser (Shakti Durga) on album *Archangelic Space*

INTRODUCTION to Theme, “**Love in an Angry World**”

SATSANG: Gathering for Truth

Breathing, Centering, Clearing, Affirming
Healing sounds by Maitreya

Manjushri
and Sierra

OFFERING. “Alleluiah,” by Sushumna on *Kundalini Rising*.
(You're welcome to sing along).

GRATITUDE: Please read together our appreciation: *From you I receive, to you I give; Together we share, and from this we live*

BENEDICTION

POSTLUDE: “The Long Time Sun” by Snatum Kaur on album, *Grace*

After the service, please join us for refreshments in the foyer and... a follow up discussion 11:30 to noon: How faith based activists for peace can open our hearts and “move forward with fierce love.” Meet in the Sanctuary.

UNITARIAN UNIVERSALISM

UU PRINCIPLES

1. Each person has inherent worth and dignity. 2. Justice. 3. Spiritual growth. 4. A free and responsible search for truth and meaning. 5. The democratic process. 6. World community with peace, liberty, and justice for all. 7. Respect for the interdependent web of existence of which we are a part.

UU SOURCES

1. Direct experience of that transcending mystery and wonder, affirmed in all cultures...
2. Words and deeds of prophetic women and men...
3. Wisdom from the world's religions, which inspires us in our ethical and spiritual life...
4. Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves...
5. Humanist teachings which counsel us to heed the guidance of reason and the results of science...
6. Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and...nature.

The above Principles and Sources are abbreviated. Read more at www.UUA.org/beliefs

THANK YOU TO: Worship Associate Team for designing and delivering our Summer Worship Series. Our Ushers Refreshments provided by Marliss and our groups and members. Sign up today in the foyer!

UPCOMING EVENTS

Sat. Aug. 17 - TERRIFIC TAG SALE: the hottest fun you'll have all summer – you'll pick up incredible bargains and support a major church fundraiser. Volunteer sign up in the foyer. Storage in the meeting House starts now – contact Linda Hudson, the organizer at lhudson30@hotmail.com. 203-226-5335.

ONGOING

- **Meditation:** Every Sunday downstairs at 9 am before the service, led by Janet Luongo or other meditators.
- **Buddhist Practice Group:** Every Monday in the Meeting House from 6:30 to 8 pm. RSVP every week to Ninazcara@gmail.com. Teachings offered on a donation basis.
- **Fun in the Sun: Sherwood Sundays:** 11 :30 AM at Sherwood Island State Park, Westport. Relax, swim, play with other TUCW families and friends. Bring lunch, toys and gear. See info in lobby.

UPCOMING WORSHIP SERVICES at 10 am

Aug 4 - Janet Luongo. "Riding on a Light Beam: Dare to Imagine." Interactive. Musicians: Jenna Jacobs, Steve Axthelm. Worship Associate: David Smith

Aug 11- UU Refugee Outreach, CIRI and Claudine Connor. Hear short personal stories of courage and hope from refugees and immigrants and organizations that are helping them settle. WA: Doug Flam

We hope to see you again!