

“Riding on a Light Beam: Dare to Imagine”

Aug 4, 2019

Worship Leader: Janet Luongo
Worship Associate: David Smith
Musicians: Jenna Jacobs and Stephen Axthelm
Pastoral Care Chaplain: Julia Wyant
Ushers: Mary Jane Cross and Laurel Carey



Illustration by Susan Ida Smith, *Seeing with the Mind's Eye*, by Samuels
Albert Einstein said, “Imagination is “more important than knowledge.” His thought experiments involved visualization. It is said that Einstein realized the distortion of time/space by imagining himself riding on a ray, traveling at the speed of light.

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-deserved 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.

FOR CHILDREN: There are adult-supervised activities downstairs for PreK to Grade 3.

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

We Are Part of Something Awesome

Albert Einstein, physicist: “We see a universe marvelously arranged, obeying certain laws, but we understand the laws only dimly.” On one occasion, Einstein said, “Our limited minds cannot grasp the mysterious force that sways the constellations.”

Ed Mitchell, 6th human on the moon. Hurtling home, he looked into space and saw the earth, moon and sun passing. He noted, “I realized that the molecules of my body and the molecules of the spacecraft had been manufactured in an ancient generation of stars.” And, “It was a subjective, visceral experience accompanied by ecstasy.”

Paramahansa Yogananda, author of *Autobiography of a Yogi*. “We are babes in the woods of life, forced to learn by our own experiences and troubles, stumbling into pitfalls of sickness and wrong habits. Again and again, we have to raise our voices for help... the Supreme help comes from tuning in with Spirit.” In “Living Fearlessly,” from Self-Realization Fellowship: yogananda-srf.org.



The story, Alexander the Great Meets the Yogi: adapted by Janet Luongo from accounts of yogi Paramahansa Yogananda based on Plutarch and other Greek historians who traveled with Alexander on his expedition to ancient India, 4th century BC.)

About Janet Luongo, worship leader: Janet is an artist and author of *365 Affirmations for Creativity*, and *Runaway, 1967, a memoir* to be published in 2021. She directed education of the Discovery Museum of Art and Science in Bridgeport, and is currently a writer, speaker and coach. At TUCW, she served on staff in Religious Education, and volunteered as a chaplain and leader of the worship associate team. She recently coordinated the “Women, Spirit and Imagination” Series for TUCWomen. A yoga practitioner and certified yoga teacher, a Shanti Mission fan, and a student of Paramahansa Yogananda’s Lessons in Self-Realization, she guides meditation every Sunday morning before worship at TUCW. For info: contact jlungo3@optonline.net.

Thank you for the Music: Jenna Jacobs is our soloist, and sings in the Special Projects choir. Stephen Axthelm is a guitarist, and accompanies Jenna today.

THANK YOU!

- **For Refreshments**, coordinated by Marliiss and provided by groups and members. (Sign up in foyer.)
- **To the Worship Associate Team** for designing and delivering our Summer Worship Series!

“Riding a Light Beam: Dare to Imagine.”

Order of Service Aug 4, 2019

WELCOME & OPPORTUNITIES from Worship Associate

David Smith

PRELUDE: “If I were Brave” By Jana Stanfield and Jimmy Scott

Jenna Jacobs &
Steve Axthelm

CHALICE LIGHTING. OPENING READING

Soul Matters - The Vision Must Grow: *We light this flame to remember that every vision wants to grow. It has its own heat; its own hunger. It arrives wanting more and wanting us to become more. It has us; we don't have it. We are continually drawn forward by its pull. May today help lure us toward its larger call.*

AFFIRMATION of COVENANT

Love is the spirit of the 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.

ONE SILENT CANDLE.

Chaplain Julia Wyant will be at the candle boat afterwards, for you to light a private candle and to speak with her about your joy or sorrow

OPENING REMARKS, Reflection

Janet Luongo

CONGREGATIONAL HYMN: “This Little Light”

SERMON, PART A: VISION.

Meditation: Fly to your ideal of paradise

Pair and Share with neighbor your vision of happiness

STORY: “Alexander the Great Meets the Yogi”

Jim Luongo

SERMON, PART B: REMOVING OBSTACLES

Meditation: Affirmations

Pair and Share: How will you overcome obstacles, and what's your next step to realize your vision?

OFFERING

POSTLUDE: “Brave” by Sara Bareilles and Jack Antoroff

After the service, please join us for refreshments and conversations in the foyer.

UNITARIAN UNIVERSALISM

Selected Principles and Sources most relevant to today's service (abbreviated).

Read more at www.UUA.org/beliefs

UU PRINCIPLES: #1. Each person has inherent worth and dignity. #3 Spiritual growth. #4. A free and responsible search for truth and meaning. 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...



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.

Sun. Aug. 25 – INVITATION to Brainstorm and Lunch, 11:30 am – 3:30 pm. Attend a "Forward" (not a "Retreat!") with the Year-Round Stewardship Committee to plan and strategize for our exciting year ahead. At the home of Matt and Mary Money. Soundings has details. Contact Elena Rockman-Blake, erockman2006@aol.com. No future commitment required to attend, but your input is valued, needed and welcome!

ONGOING

- **Meditation:** Every Sunday downstairs at 9 am before the service, led by Janet Luongo or other meditators. jluongo3@optonline.net.
- **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 11- TUCW Immigration & Refugee Outreach – "Migration, Our Human Story."

Hear short personal stories of courage and hope from refugees and immigrants and organizations that are helping them settle. WA: Doug Flam

Aug 18 – Jim Cooper, Luke Garvey and Rob Laug: A Better Man, Past, Present and TBD!" What does it mean to be a good man in 2019? A better man? Explore what manhood meant in the past; in navigating changing waters in the present, and implications for the future. Music: Chris Seiple. WA: Jamie Forbes.

We hope to see you again!