

# REIMAGINING THE SELF IN THE CONTEXT OF TRAUMA

**Presenter: Ijeoma Okwuosa**

Executive Director of NOW Counseling Services LLC  
Manager of Health Promotion Advocacy, Bridgeport Hospital

August 28, 2022 10:00 am

**WELCOME AND OPENING WORDS** Jamie Forbes

**CHALICE LIGHTING**

**COVENANT**

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.

**READING** Emily Dickinson Jamie Forbes

**HYMN** "There is More LOVE Somewhere" (First Unitarian Brooklyn)  
*There is more LOVE somewhere, there is more love, somewhere  
I'm gonna keep on 'till I find it  
There is more love somewhere.*

*There is more HOPE somewhere....*

*There is more JOY somewhere....*

**READING** Václav Havel Rev Jim Francek

**CANDLELIGHTING** Marie-Claire Bue

**INTRODUCTION** Rev Jim Francek

**SERMON/LESSON** Ijeoma Okwuosa

**OFFERING** Share the Plate: **Now in Community**  
<https://vop.tucw.org/> OR VENMO (The Unitarian Church in Westport, TUCW-1)

**OFFERTORY MUSIC** "Circle Round for Freedom" Dr. Glenn Thomas Rideout  
*Circle round for freedom, circle round for peace  
For all of us imprisoned, circle for release  
Circle for the planet, circle for each soul  
For the children of our children, keep the circle whole.*

**CLOSING WORDS** Ijeoma Okwuosa

**POSTLUDE** "I Wish I Knew How it Would Feel to be Free" Nina Simone

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We're glad you're here with us, we invite you to write your contact information below and hand to an usher on your way out, or contact Beth Cliff: [beth@uuwestport.org](mailto:beth@uuwestport.org)

Name: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_



The Unitarian Church in Westport

10 Lyons Plains Road, Westport, CT 06880, 203/227-7205 [www.uuwestport.org](http://www.uuwestport.org)

**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.*