



Soledad Vaquer Hosts:

UUC Community Sunday!

This is the popular Sunday gathering when we meet in the Social Hall for a brief welcome. At that point, adults, children, congregants and guests are invited to attend a breakout workshop of choice. At 11:40, our coffee hour begins in the social hall.

Our Vision: An inclusive religious community, a beacon for reason, meaning and bold social action.

Our Mission: To celebrate dignity and respect for all, nurture lifelong spiritual growth, act for justice and equality, and serve the wider community.

Pre-service music Original music
Played by Chuck Miller

Welcome Soledad Vaquer, Worship Associate

Tingsha

Prelude Dr. Robinson and the UUC Choir

Call to Worship "Let Beauty In"
By Rebekah Savage
Senior Minister at the UU Congregation of Rockville, MD
Delivered by Soledad Vaquer

Chalice Lighting "Remembering Our Unity"
By Katie Romano Griffin
Senior Minister at All Souls Indy in Indianapolis, IN.
Delivered by Soledad Vaquer

May the flame of this chalice, the symbol of our faith,
connect us to all who have come before us,
all who are with us in body and and spirit,
and all who are yet to come into being.
May it serve as a reminder of our unity and connection across all time and space.

Joys and Sorrows Delivered by Soledad Vaquer

Offering Soledad Vaquer

For online giving: <https://uuc.breezechms.com/give/online>
For text giving: (727) 500-2410

Extinguishing the Chalice

"Go in peace, go making peace, live gently, love mightily and bow to the mystery"



[Our Grateful Thanks:](#)

Worship Associate and Service Host: Soledad Vaquer; **Service Technical Support:** Jeremy Dillow, Rich Cann, David Feick; **Zoom Host:** TBD; **UUC Choir:** Barbara Bedingfield, Matt Bouchie, Rich Cann, Linda Carroll, Gretchen Craig, Anne DiNatale, Pan Godchaux, Sue Hand, Ed Kraemer, Francine Lancaster, Chris Parliman, Bruce Peller, Susie Safford; **Slides and Video:** Margie Manning and Jeremy Dillow; **Ushers:** TBD; **Visuals:** Ana "Soledad" Vaquer; **Staff:** Anne Gilbert, Campus Administrator; Rev. Amy Kindred, Developmental Minister; Chuck Miller, Pianist; Dr. Susan Robinson, Choral Conductor, Zoraida Santana, Custodian; Gary Strauss, Security Guard; Susan Strauss, Handyperson; Lori Thorn, Lifelong Learning Dale Zwick, Bookkeeper; **Pastoral Associates:** Bill Foley, Pan Godchaux, Kathy Krohn; Aryna Ryan

[SUNDAY FLOWER DONATIONS](#)

If you would like to supply the flowers for an upcoming Sunday service in honor of a special event or person in your life, please email Ana "Soledad" Vaquer at soledad.globalre@gmail.com. She will help you coordinate your contribution.



Community Sunday Experiences	Facilitator(s)	Location
<p><i>What's Exhale! Weekly Mindfulness Meditation?</i> Come and learn how UUC approaches the benefits of meditation together. Our goal is to offer a variety of types of meditative experiences so that all can develop their own practice. Often inspired by Buddhist teachers, but open to all ways to increase awareness. If weather permits, we will incorporate a bit of a walking meditation and then reflection.</p>	Ned Bellamy, Kathy Krohn and Dennis Krohn	Chorale Room
<p><i>Healthy Ways to Cope with Grief</i> Come join a session that focuses on healthy ways to heal from grief. Loss can break us if we let it. Learn how to accept the reality of loss without losing ourselves. This session can help you move on using healthy habits and stress management techniques like diaphragmatic breathing and anchoring techniques.</p>	Vickie Klapper	Maxwell Library
<p><i>Tiny Habits</i> Tiny Habits is a proven (and fun) method of developing lasting habits. Aryna is a certified coach in this method, which is based on <i>Tiny Habits: The Small Changes that Change Everything</i> by B.J. Fogg, Ph.D., a Stanford researcher. If you want more information, here's the official website: https://tinyhabits.com/courses/</p>	Aryna Ryan	Surti Hall
<p><i>Black Leaders' Quotations in Our Lives</i> To honor Black History Month, we will select famous and less familiar quotations by Black thought leaders and share how they have affected or resonated with our personal experiences over the years.</p>	Trude Diamond and Christina Bellamy	Westwood Room
<p><i>A Unique Version of Affordable Housing</i> Come and enjoy the wonderful pictures that Pam and Bill have of their construction of an off-the-grid cob tower in Taos, NM, and learn how it was done. This method of home construction is one of many types of tiny homes that are gaining in popularity.</p>	Bill Hyde and Pam Hyde	Patio Room
<p><i>Zoom Offering: The Humorous Side to Procrastination</i> Stop beating yourself up for being distracted!</p>	TBD	Zoom