

Unitarian Universalist Church of Kent
Kathy Kerns, CLM
1 May 2022



Idleness as a Spiritual Practice

Idleness as a Spiritual Practice

Order of Service

May 1, 2022

The stopping actually makes the going more vivid, richer, more textured.
—Jon Kabat-Zinn

Gathering

Music for Gathering

Welcome

Kathy Kerns,
Commissioned Lay Minister

Chime

Prelude

Idle Worship
by Brad Bolton, guitar

Words of Gathering

Heidi Shaffer Bish,
Worship Associate

Chalice Lighting

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

Opening Hymn

#346, Come Sing A Song With Me

Time For All Ages

Colleen Thoele,
Director of Religious Education

Holding One Another in Care and Compassion

A time of silence, sharing sorrows and losses, pastoral prayer

Music Meditation

Recorder Meditation
by Hal Walker, tenor recorder

Sharing our joys, wonder and awe

Hymn of Community

#367, Allelu, Allelu

Reflecting

Readings Excerpt from *In Praise of Wasting Time*,
by Alan Lightman

Excerpt from *Il Dolce Far Niente: The Italian Art of Doing Nothing*,
by Grace Beard

Reflection Hymn #1009, *Meditation on Breathing*

Sermon *Idleness as a Spiritual Practice*
Kathy Kerns

Returning

Offering *Slow So Low*
by Brad Bolton, guitar

Finding a Pause

Extinguishing the Chalice

We extinguish this flame, but not the light of truth, the warmth of
community, or the fire of commitment. May we carry these in our hearts
and minds until we are together again.

Closing Hymn #16, *'Tis a Gift to Be Simple*

Benediction

Song of Blessing and Sending *Go On Your Way in Peace*
by Hal Walker
Golden Tones Junior Choir

Next Sunday: *Beauty's Heart Blooms*
Led by Rev. Steven Protzman
and Worship Associate Elaine Bowen

May's special collection is for Camp Lilac.

Church Office: The church office is located in the Eldredge Annex
(yellow house) next to the church building.

Church Address: Unitarian Universalist Church of Kent
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On the web – https://kentuu.org
Facebook - www.facebook.com/uuchurchofkent



CHURCH STAFF

Minister
Congregational Administrator
Campus Use Manager
Dir. of Religious Education
Interim Music Manager
Music Director Pro Tempore
Nursery Staff
Sexton
Tech Manager
Affiliated Community Minister
Affiliated Community Minister, CLM
Commissioned Lay Minister (CLM)
Commissioned Lay Minister (CLM)

Rev. Steven Protzman
MaryBeth Hannan
Katie Kuras
Colleen Thoele
Vanessa Vesely

Michelle Bores
Brian Mulloy
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Rev. Christie Anderson
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Calendar Highlights

Sunday May 1st Worship Service at 10 am
Board Listening Session at 11 am
OWL at 12 pm

Tuesday May 3rd Race4Justice Eighth Principle Conversation at 7 pm

Thursday May 5th Congregational Information Meeting at 7 pm

Friday May 6th Soulful Home Family Dinner at 6 pm

Saturday May 7th Auction Items Drop Off at 3 pm

Sunday May 8th Worship Service at 10 am

Come, Sing a Song With Me

Come, sing a song with me,
come, sing a song with me,
come, sing a song with me,
that I might know your mind.

Refrain: And I'll bring you hope,
when hope is hard to find,
and I'll bring a song of love
and a rose in the wintertime.

Come, dream a dream with me,
come, dream a dream with me,
come, dream a dream with me,
that I might know your mind.

Refrain

Come, walk in rain with me,
come, walk in rain with me,
come, walk in rain with me,
that I might know your mind.

Refrain

Come, share a rose with me,
come, share a rose with me,
come, share a rose with me,
that I might know your mind.

Refrain

Allelu, Allelu

High voices: Sing and rejoice. Sing and rejoice. Sing and rejoice.
Sing and rejoice. Sing and rejoice. Sing and rejoice.

Low voices: Allelu, allelu, allelu, alleluia! Allelu, allelu, allelu, alleluia!
Alleluia! Alleluia! Alleluia!

Meditation on Breathing

When I breathe in, I'll breathe in peace.
When I breathe out, I'll breathe out love.

'Tis a Gift to Be Simple

'Tis a gift to be simple, 'tis a gift to be free,
'tis a gift to come down where we ought to be,
and when we find ourselves in the place just right,
'twill be in the valley of love and delight.

When true simplicity is gained,
to bow and to bend we shan't be ashamed.
To turn, turn will be our delight,
'till by turning, turning we come 'round right.