



The Daily Grind



Rest as
Resistance
to
"Grind Culture"

11 February 2024
Rev. Renee Ruchotzke
Unitarian Universalist Church of Kent



Rest as Resistance to “Grind Culture”

Order of Service:

February 11, 2024, 11:00 AM

“A politics of refusal is an ancient tactic.”

Tricia Hersey, Rest as Resistance

Gathering

Music for Gathering

Katie Grigg-Miller, piano

Welcome

David Weaver, Worship Associate

Chime

Prelude

This Joy
by Shirley Caesar
Kent UU Peace Chorus

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 (insert)

#360 Here We Have Gathered
with alternate lyrics by Jason Shelton
Katie Grigg-Miller, hymn leader

Story

The American Dream
by Jerilyn Bowen
from “Readers Write,” The Sun Magazine

Reflecting

Music Meditation

The Honoring Song
by Mallory Heartsong

*You are invited to come forward and choose a stone or other object
to drop into the communal bowl of joys and sorrows.*

Prayer

Rev. Renee Ruchotzke
Affiliated Community Minister

Reading from *Rest as Resistance: A Manifesto*
by Tricia Hersey

Reflection Hymn #34 *Though I May Speak with Bravest Fire*

Sermon *Rest As Resistance to Grind Culture*
Rev. Renee Ruchotzke

Returning

Offering *Loosen*, by Aly Halpert

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 until we are together again.

Closing Hymn #1024 *When the Spirit Says Do*

Benediction



Next Sunday, February 18, 2024

9:15 AM All-ages Worship: Seeds of Justice
Led by DRE Colleen Thoele with a reflection by Benny Hovancsek

10:00 AM Lifespan Religious Exploration
and Community Café (aka Social Hour) in Hobbs Hall

11:00 AM Traditional Worship
Led by CLM Deb Kotte from UU Congregation of Greater Canton, with
Worship Associate Lori Mirkin-McGee and Transitional Music Dir. Emily Hall

Activities & Events: Feb. 11 - 18, 2024

<https://kentuu.org/calendar>

kentuu.org/news/announcements-events

Feb. 11 Sunday

9:15 AM All-Ages Worship
10:00 AM Small Group Discussions
10:00 AM Social Hour
11:00 AM Worship – Traditional service
1:00 PM Rental: Hobbs Hall Reserved

Feb. 12 Monday

6:30 PM Peace in the Middle East

Feb. 13 Tuesday

1:00 PM Staff Meeting
6:00 PM Rental: Fessenden Hall
6:00 PM Tone Chimes Rehearsal
6:30 PM RE Committee

Feb. 14 Wednesday

4:30 PM Knitting & Crochet Group
4:30 PM Hobbs Hall Reserved (LWV)
6:30 PM Peace Chorus

Feb. 15 Thursday

6:45 PM Board Meeting
7:00 PM Covenant Group
7:00 PM Sacred Song Circle

Feb. 16 Friday

8:00 AM Rental: Hobbs Hall Kitchen
8:00 PM Church Building Reserved

Feb. 17 Saturday

8:00 AM Rental: Hobbs Hall Reserved

Feb. 18 Sunday

9:15 AM All-Ages Worship
10:00 AM Small Group Discussions
10:00 AM Social Hour
11:00 AM Worship – Traditional service

Church Address: Unitarian Universalist Church of Kent
228 Gougler Avenue, Kent, OH 44240.

Office – 330.673.4247

Email – churchoffice@kentuu.org

On the web – <https://kentuu.org>

Facebook - www.facebook.com/uuchurchofkent

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

Visit our website.



CHURCH STAFF

Minister

Congregational Administrator

Dir. of Religious Education

Transitional Music Director

Accompanist

Campus Use Manager

Nursery Staff

Sexton

Tech Manager

Affiliated Community Minister

Affiliated Community Minister

Commissioned Lay Minister (CLM)

Commissioned Lay Minister (CLM)

MaryBeth Hannan

Colleen Thoele

Emily Hall

Vanessa Vesely

Katie Kuras

Michelle Bores

Brian Mulloy

Julie Swango

Rev. Renee Ruchotzke

Rev. Christie Anderson

Lori Mirkin-McGee

Kathy Kerns

churchoffice@kentuu.org

colleen@kentuu.org

emily@kentuu.org

rentals@kentuu.org

sexton@kentuu.org

tech@kentuu.org

rruchotzke@uua.org

BOARD OF TRUSTEES 2023 – 2024

Board Moderator

Board Asst. Moderator

Board Co-Secretary

Board Co-Secretary

Trustee

Trustee

Trustee

Kara Kramer

Ginny Horvath

Susanna Smart

Carol Weigand

Heidi Shaffer Bish

Kay Eckman

David Weaver

board@kentuu.org

#360 Here We Have Gathered

(alternate lyrics by Jason Shelton)

Here we have gathered, gathered side by side;
circle of kinship, come and step inside!
May all who seek here find a kindly word;
may all who speak here feel they have been heard.
Sing now together this, our hearts' own song.

Here we have gathered, called to celebrate
days of our lifetime, matters small and great:
we of all ages, living out our span
Infants and sages, sharing what we can
Sing now together this, our hearts' own song.

Life has its battles, sorrows, and regret:
but in the shadows, let us not forget:
we who now gather know each other's pain;
kindness can heal us: as we give, we gain.
Sing now in friendship this, our hearts' own song.

#34 Though I May Speak with Bravest Fire

Though I may speak with bravest fire,
and have the gift to all inspire,
and have not love, my words are vain
as sounding brass and hopeless gain.

Though I may give all I possess,
and striving so my love profess,
but not be given by love within,
the profit soon turns strangely thin.

Come, Spirit, come, our hearts control,
our spirits long to be made whole.
Let inward love guide every deed;
by this we worship, and are freed.

#1024 When the Spirit Says Do

You got to do when the spirit says do!
You got to do when the spirit says do!
When the spirit says do, you got to do, oh Lord!
You got to do when the spirit says do!
Spirit says do (6x)

Zipper: Do, sing, play, rest, sleep, do