



10 March 2024  
David Weaver  
Unitarian Universalist Church of Kent

# Self-Compassion

Order of Service:

March 10, 2024, 11:00 AM

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*“If you want to change the world, first, be sure you are changing yourself.  
Be tender. Be kind. Be at peace. Be all the things you wish for...”*

- Rev. Sean Parker Dennison

## Gathering

Music for Gathering

Welcome

Randy Bish, Worship Associate

Chime

Prelude

*Inner Peace*  
by Alexandra Love (of Beautiful Chorus)

Chalice Lighting

by James Vila Blake

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

#1053 *How Could Anyone*

## Reflecting

Holding One Another in Care and Compassion

David Weaver  
Worship Leader

*A time of silence, sharing our sorrows, joys, and prayer*

Music Meditation

*Let Go*  
music by LeLaina Romero; words by Swami Kripalu

Readings

*Enoughness*  
by DanaLee Simon

Reflection Hymn

#1031 *Filled with Loving Kindness*

Sermon

Self-Compassion  
David Weaver

## Returning

Offering

*I Am Light*  
by India Arie

March's special offering is for the  
Portage Animal Protective League

Chalice Extinguishing

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

*#1008 When Our Heart is in a Holy Place*

Benediction



*Next Sunday, March 17, 2024*

*9:15 AM All-ages Worship: The Alchemy of Ancestors  
Led by Affiliated Community Minister Rev. Renee Ruchotzke with  
Transitional Music Director Emily Hall and a reflection by Kevyn Breedon.*

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

*11:00 AM Traditional Worship: Not the Saint You're Thinking of Today  
Led by Elaine Bowen and Worship Associate Heidi Sumser*

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## Activities & Events: Mar. 10 - 17, 2024

<https://kentuu.org/calendar>

[kentuu.org/news/announcements-events](https://kentuu.org/news/announcements-events)

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### **Mar. 10 Sunday**

9:15 AM All-Ages Worship  
10:00 AM Small Groups & Social Hour  
11:00 AM Worship – Traditional service  
12:45 PM Fessenden Hall Reserved  
4:00 PM Hobbs Hall Reserved

### **Mar. 11 Monday**

### **Mar. 12 Tuesday**

9:00 AM Hobbs Hall Library Reserved  
1:00 PM Staff Meeting  
6:00 PM Rental: Fessenden Hall  
6:00 PM Tone Chimes Rehearsal  
6:30 PM Ministry Executive Team  
7:00 PM Journey of Belonging  
7:15 PM Community Sing

### **Mar. 13 Wednesday**

8:00 AM Rental: Hobbs Hall Kitchen  
4:30 PM Knitting & Crochet Group  
4:30 PM Hobbs Hall Reserved (LWV)  
6:00 PM Peace Chorus  
7:00 PM Worship Arts Team

### **Mar. 14 Thursday**

### **Mar. 15 Friday**

9:00 AM Rental: Hobbs Hall Kitchen

### **Mar. 16 Saturday**

8:00 AM Rental: Hobbs Hall Reserved

### **Mar. 17 Sunday**

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

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

Office – 330.673.4247

Email – [churchoffice@kentuu.org](mailto:churchoffice@kentuu.org)

On the web – <https://kentuu.org>

Facebook - [www.facebook.com/uuchurchofkent](https://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)

Pastoral Care

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

David Weaver/Lori Mirkin-McGee

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### **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](mailto:board@kentuu.org)

### **#1053 How Could Anyone**

How could anyone ever tell you  
you were anything less than beautiful?  
How could anyone ever tell you  
you were less than whole?  
How could anyone fail to notice  
that your loving is a miracle?  
How deeply you're connected to my soul.

### **#1031 Filled with Lovingkindness**

May I be filled with loving kindness. May I be well.  
May I be filled with loving kindness. May I be well.  
May I be peaceful and at ease.  
May I be whole.

May you be filled ...

May we be filled ...

### **#1008 When Our Heart is in a Holy Place**

Chorus: When our heart is in a holy place,  
When our heart is in a holy place,  
We are bless'd with love and amazing grace,  
When our heart is in a holy place.

When we trust the wisdom in each of us,  
Ev'ry color ev'ry creed and kind,  
And we see our faces in each other's eyes,  
Then our heart is in a holy place.

Chorus

When we tell our story from deep inside,  
And we listen with a loving mind,  
And we hear our voices in each other's words,  
Then our heart is in a holy place.

Chorus

When we share the silence of sacred space,  
And the God of our Heart stirs within,  
And we feel the power of each other's faith,  
Then our heart is in a holy place.

Chorus