

January 22, 2023
Presenter Dr. Greg Smith
Service Leader Magda Garrett
Musician Laura Black

Mindfulness isn't difficult; we just need to remember to do it.
Sharon Salzberg

Welcome—for coming together

Gathering Music *Lullaby from Valderys* by Edward Grieg Laura Black

Calling Bell

Prelude *Andantino and Moderato* by Cornelius Gurlitt Laura Black

Welcome and Announcements

Opening Reading *Come, Come to this Place* Daniel Budd

Dedication of Chalice *Out of the Flames of Fear* Sara Eileen LaWall

Hymn #318 *We Would be One*

Contemplation—looking for meanings

Meditation *A Survival Meditation* Nathan C. Walker

Moment of Silence

Offering—stewardship of our church

Call to Offering *Individually and Together* Heather Christensen

Offering Music *Maestoso* by Cesar Franck Laura Black

Hymn #108 *My Life Flows On In Endless Song*

Community—a time for sharing

Personal Joys and Sorrows

Musical Interlude *Prelude in C Minor* by Henry Pachulski Laura Black

Theme—our search for truth

Presentation *Mindfulness, Spirituality and the
Re-Enchantment of the World* Dr. Greg Smith

Closing—for continuing and moving forward

Hymn #123 *Spirit of Life* (2 times)

Closing Words *Only One Thing Required of Us* Kendyl R. Gibbons

Extinguish Chalice

Postlude *Romanze* by Franz Joseph Haydn Laura Black