

# Unitarian Universalist Fellowship of Redwood City

2124 Brewster Avenue, Redwood City, CA 94062

## THE BREATH OF LIFE

AUGUST 30, 2020

Breath has a profound religious significance in many religious traditions and something many of us have become more aware of during this COVID pandemic. This worship service will explore the importance of breath both symbolically and practically in our spiritual lives.



**Worship Leader:** Rev. Brian Ferguson

**Worship Associate:** Liz Davis

**Pianists:** Dawn Reyen & Larry Chinn

*Please silence all electronic devices and join us in this moment.*

**INGATHERING MUSIC:** #188 “Come, Come Whoever You Are,” led by Quentin Lewis; Larry Chinn, piano

### COMMUNITY ANNOUNCEMENTS

**WELCOME:** Liz Davis

### LIGHTING THE CHALICE:

*“With the kindling of this flame.  
We affirm our commitment to accept life’s  
gifts with grace and gratitude.  
And use them to bless the world in the spirit  
of love.”*

*- Starr King School for the Ministry Chalice  
Lighting*

**OPENING HYMN:** #16 “’Tis a Gift to Be Simple”  
led by Dawn Reyen

**CALL TO WORSHIP:** “We Cast Our Eyes Not  
Below” by Rev. Ma Theresa Gustilo Gallardo

**TIME FOR ALL AGES:** Rev. Brian Ferguson

**SPECIAL MUSIC:** “Meditation on Breathing”  
The UUFRC Choir

### MEDITATION

**OFFERING AND OFFERTORY:** “On A Clear Day” by  
Burton Lane & Alan Jay Lerner, played by Larry  
Chinn

**REFLECTION:** Breath of Life - Rev. Brian Ferguson

**SPECIAL MUSIC:** “Meditation on Breathing”  
Performed by Larry Chinn

**REFLECTION:** On Breathing - Liz Davis

**HYMN:** #1001 “Breaths” led by Dawn Reyen

**REFLECTION:** Breath of Life - Rev. Brian Ferguson

**SPECIAL MUSIC:** “Meditation on Breathing”  
The UUFRC Choir

### SHARING OF JOYS AND SORROWS

### MEDITATION

**CLOSING SONG:** #1007 “There’s a River Flowin’  
in My Soul” led by Dawn Reyen

### EXTINGUISHING THE FLAME:

*“We extinguish this flame, but not the light of  
truth, the warmth of community, or the fire of  
commitment. These we carry in our hearts until  
we are together again.”*

*— Elizabeth Sëlle Jones*

**CLOSING WORDS:** Rev. Brian Ferguson

### POSTLUDE

*Thank you for joining us. Please stay after the service for virtual coffee.*

## **Welcome to the Unitarian Universalist Fellowship of Redwood City**

If you would like more information about this liberal religious congregation, check out the UUFRC Facebook page ([facebook.com/uufrc](https://www.facebook.com/uufrc)), visit our website ([RedwoodCityUU.org](https://www.RedwoodCityUU.org)) for news and events, or request a call from our Minister.

**Visitors:** Visitors are always welcome to participate in UUFRC events and activities. During this time, some are being conducted virtually. To see what is happening, please check out our Facility Calendar on our website: <https://www.uufrc.org/upcoming-events/calendar-of-events/>. For more information about this liberal religious congregation, please request a call from our Connections Coordinator, learn more at: <https://www.uufrc.org/connection/visiting-us/>

**Sunday Offering:** A familiar Sunday Service is a critical part of life for many of us. We are happy you joined us. If you would like to support our programs, you can donate now!  
<https://www.uufrc.org/connection/donate/>

### **Thank you to our virtual service support team**

We would like to give a very heartfelt THANK YOU to all the wonderful volunteers working on and off screen during today's service. It definitely takes a dedicated and hard-working team to make the virtual services run as wonderfully as they do:

**Online Host:** Susie Idzik  
**Website Support:** Greg Stovall  
**Video Recording:** Susie Idzik  
**Sound:** Greg Stovall

**Projection:** Rob Fawcett  
**Music Support:** Dawn Reyen,  
Larry Chinn  
**Social Hour Host:** Rob Davis  
**Grounds Crew:** Rob Veslius,  
Dick Edminster

### **UUFRC Mission Statement**

We are a welcoming and inclusive community of individuals of all ages who seek spiritual meaning, empower personal growth, build connections with our neighbors, act for justice, and inspire others to join us.

### **Our Principles in Brief**

This congregation is part of the larger Unitarian Universalist Association. Together, we covenant to affirm and promote Seven Principles:

1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

### **Staff and Board Contact Information**

**Minister:** Rev. Brian Ferguson: [ministeratuufrc@gmail.com](mailto:ministeratuufrc@gmail.com) , 650-365-1426

**Director of Religious Education:** open

**Connections Coordinator:** Jen Gill: [connecting@uufrc.org](mailto:connecting@uufrc.org)

**Music Director:** Dawn Reyen: [musicdirector@uufrc.org](mailto:musicdirector@uufrc.org)

**Office:** Jan Johnson and Crystal Valdez-Chandra: [office@uufrc.org](mailto:office@uufrc.org), 650-365-6913

**Bookkeeper:** Cyndi Williamson: [bookkeeper@uufrc.org](mailto:bookkeeper@uufrc.org)

**Board of Trustees:** Chris Stovall, Graham Abra, Rob Davis, Tavis Page, Polly Ragusa  
David Stoutamire, Steve Hill: [board@uufrc.org](mailto:board@uufrc.org), 650-508-7941

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