

# Unitarian Universalist Fellowship of Redwood City

2124 Brewster Avenue, Redwood City, CA 94062

## The Best of My Heart November 29, 2020

Forgiveness can be the hardest thing. It can be so complicated. Yet, it offers the possibility of highest joy. It is harder to reach great height if sorrows are weighing us down but, how do you let them go in a healthy way?

**Worship Leader:** Rev. Dr. Leon Dunkley

**Worship Associate:** Jeanne De Shazo

**Interim Director of Youth and Family:** Lillian Svec

**Musical Director:** Dawn Reyen

**Pianist:** Larry Chinn



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

### Gathering of our Community

**WELCOME:** Jeanne De Shazo

**LIGHTING THE CHALICE:** Rev. Leon Dunkley

*Hope rises.*

*It rises from the heart of life, here and now, beating with joy and sorrow.*

*Hope longs.*

*It longs for good to be affirmed, for justice and love to prevail, for suffering to be alleviated, and for life to flourish in peace.*

*Hope remembers.*

*It remembers the dreams of those who have gone before and reaches for connection with them across the boundary of death.*

*Hope acts.*

*It acts to bless, to protest, and to repair.*

*Adapted from John A. Buehrens and Rebecca Parker's  
A House for Hope: The Promise of Progressive Religion for  
the Twenty-First Century.*

**OPENING HYMN:** #347 "Gather the Spirit"

### Connecting within Our Community

#### **COMMUNITY ANNOUNCEMENTS**

**READING:** "Invocation" by Dayna Kurtz  
read by Tim Bartus

#### **TIME FOR ALL AGES:**

**ACTIVITY:** Lillian Svec

**STORY:** Jeanne De Shazo

**OFFERING AND OFFERTORY:** Jeanne De Shazo

**JOYS AND SORROWS:** Jeanne De Shazo

**SPECIAL MUSIC:** "In Sweet Fields of Autumn"

by E. Madison and W.J. Kirkpatrick

UUFRC choir, led by Dawn Reyen

#### Deepening

**MEDITATION:** Rev. Leon Dunkley

**A TEACHING SONG:** #1007 "There's a River Flowing  
in My Soul" led by Rev. Leon  
Dunkley

**SERMON:** "The Best of My Heart"  
Rev. Leon Dunkley

#### Returning to Life in Service

**CLOSING SONG:** #1007 "There's a River Flowing in  
My Soul"

#### **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. Leon Dunkley

*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 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 service run as wonderful as they do.

**Online Host:** Elisabeth Rossi

**Projection:** Cyndi Williamson

**Video Recording:** Lee Rossi

**Music Support:** Dawn Reyen & Larry Chinn

**Sound:** Greg Stovall

**Social Hour Host:** Elisabeth Rossi

**Website Support:** Crystal Valdez-Chandra

**Grounds Crew:** Rob Versluis & Rick Edminister

### **Mission Statement UUFRC**

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

**Interim Director of Family and Youth Programming:** Lillian Svec: [dyaf.uufrc@gmail.com](mailto:dyaf.uufrc@gmail.com)

**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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