

Unitarian Universalist Fellowship of Redwood City

2124 Brewster Avenue, Redwood City, CA 94062

The Healing of Self-Forgiveness November 15, 2020

Forgiveness can be one of the most challenging acts for a person to undertake and perhaps the most difficult act of forgiveness for many of us is the act of forgiving oneself for our own wrongdoing. This worship service will explore how undertaking a practice of self-forgiveness can be an important step in healing our own pain and help increase our empathy for others.

Worship Leader: Rev. Brian Ferguson
Worship Associate: Chris DeCardy
Musical Director: Dawn Reyen
Pianist: Larry Chinn



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

Gathering of our Community

WELCOME: Chris DeCardy

LIGHTING THE CHALICE: Rev. Brian Ferguson

We are about to make this time and this place sacred by our presence and intention.

Let us turn down the volume on our fears; to remove our masks; and to loosen the armor around our hearts.

Breathe. Let go of the expectations placed on you by others—and those they taught you to place on yourself.

Drop the guilt and the shame, not to shirk accountability, but in honest expectation of the possibility of forgiveness.

Let go of the thing you said the other day. Let go of the thing you dread next week. Be here, in this moment. Breathe, here.

Adapted from the words of Chip Roush

OPENING HYMN: #347 “Gather the Spirit”

WELCOMING WORDS: Rev. Ben Meyers

Connecting within Our Community

COMMUNITY ANNOUNCEMENTS

TIME FOR ALL AGES: Rev. Brian Ferguson

JOYS AND SORROWS: Rev. Brian Ferguson

MEDITATION: Rev. Brian Ferguson

Deepening

SPECIAL MUSIC: “I Believe in the Sun” - Mark Miller
Performed by UUFRC Choir

REFLECTION: Chris DeCardy

SERMON PART 1: “The Healing of Self-Forgiveness”
Rev. Brian Ferguson

HYMN: #205 “Amazing Grace” Verses 1-3
Performed by Thomas Atwood

SERMON PART 2: “The Healing of Self-Forgiveness”
Rev. Brian Ferguson

OFFERING AND OFFERTORY: Chris DeCardy

Today’s Share the Plate Recipient is [Grip Training Institute](#) who use Restorative Justice Principles and mindfulness to help incarcerated people understand and transform their violent behavior.

Returning to Life in Service

EXTINGUISHING THE FLAME: Rev. Brian Ferguson
“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 SONG: #1051 “We Are....”

CLOSING WORDS: Rev. Ben Meyers

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), visit our website (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: Rob Davis

Projection: Josh Moore

Video Recording: Rob Versluis

Music Support: Dawn Reyen & Larry Chinn

Sound: John Kim

Social Hour Host: Rob Davis

Website Support: Crystal Valdez-Chandra

Grounds Crew: Sharon & Gregory Gee

Sanctuary Video: Grant Huberty &
John Cooney

Announcements: Graham Abra

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, 650-365-1426

Interim Director of Family and Youth Programming: Lillian Svec: dyaf.uufrc@gmail.com

Connections Coordinator: Jen Gill: connecting@uufrc.org

Music Director: Dawn Reyen: musicdirector@uufrc.org

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Bookkeeper: Cyndi Williamson: bookkeeper@uufrc.org

Board of Trustees: Chris Stovall, Graham Abra, Rob Davis, Tovis Page, Polly Ragusa
David Stoutamire, Steve Hill: board@uufrc.org, 650-508-7941
