

**ORDER OF SERVICE**  
Sunday December 6, 2020, 10:15 am  
**"Stillness"**



**Rev. Florence Caplow**

**Matthew Gladden, Piano**

**Austin Cody, Song Leader**

**Umeeta Sadarangani, Kiri Fagen-Ulmschneider, Sarah Wisseman, Readers**

**Steve Troyer, AV**

**Photos and video by Rev. Florence Caplow**

*"Then your mind will become still in any surroundings, like a clear forest pool... You will see many strange and wonderful things come and go, but you will be still. ~ Achaan Chah*

**Opening Words & Land Acknowledgment** Rev. Florence Caplow

**Prelude:** "Impromptu in A-flat Major" by Franz Schubert

**Chalice Lighting** offered by the Robinson family

As we kindle this flame, we re-ignite our commitment to the mission of our congregation:  
To build community, seek inspiration, promote justice, and find peace

**First Reading** "A Still Forest Pool" by Achaan Chah, read by Kiri Fagen-Ulmschneider

**Sitting Still Like a Frog**

**Hymn #352** "Find a Stillness"

**Community Matters & Offertory** "Romance" by Jean Sibelius

**Joys and Sorrows & Blessing Song** "May the Longtime Sun"

**Shared Joys and Sorrows** (send joys and sorrows to [joysandsorrows@uucuc.org](mailto:joysandsorrows@uucuc.org))

**Time of Music and Reflection**

**Second Reading** "Keeping Still" by Pablo Neruda, read by Umeeta Sadarangani

**Reflection** "Stillness" by Rev. Florence Caplow

**Third Reading** "Winter Grace" by Patricia Farnoli, read by Sarah Wisseman

**Hymn #55** "Dark of Winter" used by kind permission of the UU Church in Charleston, WV

**Words from Matthew Gladden**

**Postlude** "Clair de Lune" by Claude Debussy

**Chalice Extinguishing**

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.

**Land Acknowledgment:** *We recognize and acknowledge that we gather today on indigenous land, taken through deception, coercion, and violence. We acknowledge the continued displacement and oppression of Native people and honor their commitments to survival, identity, and the protection of our world.*

**Readings today**

"A Still Forest Pool" by Achaan Chah, from *A Still Forest Pool: The Insight Meditation of Achaan Chah*, compiled by Jack Kornfield and Paul Brieter, (Quest Books, 2004).

"Keeping Still" by Pablo Neruda, from *Extravagaria*, translated by Alastair Reid (Farrar, Straus and Giroux, 2001).

"Winter Grace", by Patricia Farnoli, from her book *Winter* (Hobblebush Books, 2013)