

Arlington Street Church, Unitarian Universalist

Boston, Massachusetts

SUNDAY, JANUARY 29TH, 2017

You are invited to share your sorrows and joys with the congregation by filling out a Candle Card in the back pew on the right-hand side of the sanctuary. Candle Cards are collected until the end of greetings.

PRELUDE

The Dance of Coral *Mingxin Du* (b. 1928)
The Dance of Waterreeds *Mingxin Du* (b. 1928)
Lunar New Year Overture *Huan Zhi Li* (1919 - 2000)
Linli Wang, piano

WELCOME AND CHALICE LIGHTING

The flaming chalice is the symbol of our free faith

INTROIT

The Lone, Wild Bird text: *Henry Richard McFadyen* (1877 - 1964)
music: *Southern Harmony* (1835)
arr. *David N. Johnson* (1922 - 1987)

Julie Gregorio, soprano

The lone, wild bird in lofty flight
Is still with thee, nor leaves thy sight.
And I am thine! I rest in thee.
Great spirit, come, and rest in me.

The ends of earth are in thy hand,
The sea's dark deep and far-off land.
And I am thine! I rest in thee.
Great spirit, come, and rest in me.

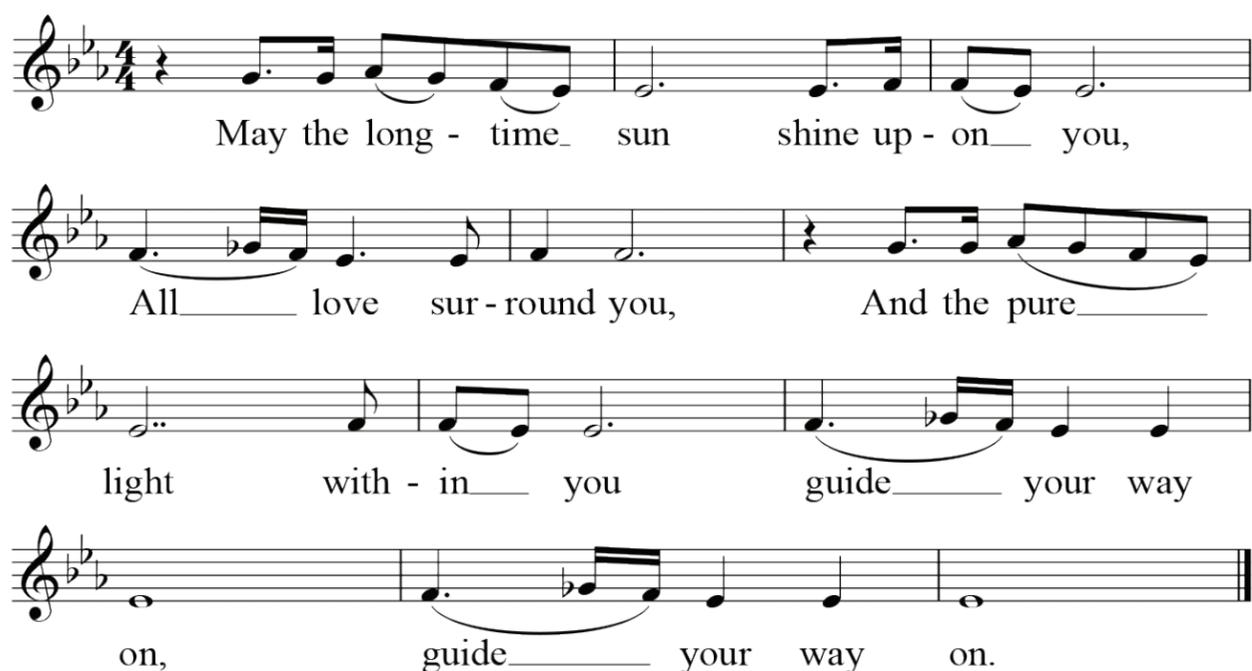
GREETINGS

*HYMN 353

Golden Breaks the Dawn
Julie Metcalf, violin

CHILDREN'S BLESSING

Longtime Sun *Mike Heron* (b. 1942)
from *A Very Cellular Song* arranged: *Mark David Buckles* (b. 1980)



May the long - time_ sun shine up - on_ you,
All_____ love sur - round you, And the pure_____
light with - in_ you guide_____ your way
on, guide_____ your way on.

*At this time, all children are welcome to join
the Children's Religious Education program!*

COMMUNITY CANDLES OF SORROW & JOY

Sanctuary *John W. Thompson and Randy Scruggs (b. 1953)*

text adapted: *Crawford Harvie/Buckles*

music arranged: *Mark David Buckles (b. 1980)*

Open my heart to be a sanctuary
All made holy, loved and true
With thanksgiving, I'll be a living
Sanctuary for you

AFFIRMATION AND COVENANT

Love is the spirit	El amor es el espíritu
of this congregation,	de nuestra congregación
And service is our gift.	Y el servicio es nuestro regalo.
This is our great covenant:	Esto es a lo que nos comprometemos:
To dwell together in peace,	Convivir en paz,
To speak our truths in love,	Hablar nuestras verdades con amor,
And to help one another.	Y ayudarnos los unos a los otros.

*HYMN 1001

Breaths

SERMON

We Are What We Do Rev. Kim K. Crawford Harvie

SILENT REFLECTION, MEDITATION, AND PRAYER

ANTHEM

Returning to the Root music: *Joshua Rist*

The Six Healing Sounds (Liu Zi Jue) from Qigong practice

Si (lung, metal, autumn)
Xu (liver, wood, spring)
Chui (kidney, water, winter)
He (heart, fire, summer)
Hu (spleen, earth, all seasons)
Xi (triple burner - all cavities qi and fluids, wood, all seasons)

Tao Te Ching ~ 16:1 *4th century BCE*

zhi xu ji, Seek to attain a perfect emptiness,
shou jing du, Remain patient and sincere,
wan wu bing zuo, Every living thing is rising as one,
wu yi guan fu. Through this we observe the return to the root.

A Note on Today's Anthem

This piece incorporates elements of Tai Chi Chuan and Qigong practice into the choral setting. The Qigong meditative practice called the Six Healing Sounds begins and ends the work. The melodic text is from the Classical Chinese text, *Tao Te Ching* (The Way of Virtue).

The Six Healing Sounds is a Qigong breathing technique in which there are six ways to exhale improving health and promoting healing and longevity. The earliest notation of them appears in a book called *On Caring for the Health of the Mind and Prolonging the Life Span* written by Tao Hongjing. It dates to the Northern and Southern dynasties (420 - 589 CE). In traditional Chinese Medicine, each of the sounds corresponds to the six major functions of the body to help regulate the flow of qi and bring vitality.

OUR SHARED RESPONSIBILITY

During the offertory, you are invited to open your heart and engage in the spiritual practice of generosity. For 288 years, the abundant support of our community has allowed Arlington Street Church to remain a beacon for liberal religious values in downtown Boston.



Your gifts in the Sunday plate sustain both the church and the larger community – half of the offering is shared with a partner in our mission of love, service, justice, and peace. As a convenient option, you may text the word GIVE to 617-300-0509 or scan the QR code.

Thank you for your stewardship and support!

OFFERTORY

Eight Memories in Watercolor, Op. 1 *Tan Dun* (b. 1957)

VII. Floating Clouds

Linli Wang, piano

PARISH HIGHLIGHTS

*HYMN

Swimming to the Other Side text and music: *Pat Humphries* (b. 1960)
choral arrangement: *Mark David Buckles* (b. 1980)

Mark David Buckles, guitar and vocals

Julie Metcalf, fiddle and vocals

Chorus

We are living 'neath the great Big Dipper

We are washed by the very same rain

We are swimming in the stream together

Some in power and some in pain

We can worship this ground we walk on

Cherishing the beings that we live beside

Loving spirits will live forever

We're all swimming to the other side

I am alone and I am searching,

Hungering for answers in my time

I am balanced at the brink of wisdom

I'm impatient to receive a sign

I move forward with my senses open

Imperfection, it be my crime

In humility, I will listen

We're all swimming to the other side

Chorus

On this journey through thoughts and feelings

Binding intuition, my head, my heart

I am gathering the tools together.

I'm preparing to do my part

All of those who have come before me

Band together and be my guide

Loving lessons that I will follow,

We're all swimming to the other side

Chorus

**You are invited to stand as you are willing and able.*

When we get there we'll discover
 All of the gifts we've been given to share
 Have been with us since life's beginning
 And we never noticed they were there
 We can balance at the brink of wisdom
 Never recognizing that we've arrived
 Loving spirits will live together
 We're all swimming to the other side

Chorus

***BENEDICTION AND EXTINGUISHING THE CHALICE**

***RECESSIONAL** (*sung twice; please join in!*)

When You Walk From Here text: *Linnea Good*
 music: *Tom Witt*, arranged: *Mark David Buckles*

*When you walk from here, When you walk from here,
 Walk with justice, Walk with mercy, and with God's humble care.*

POSTLUDE

Flower Drum *Wei Ju* (1917 - 2002)
 Linli Wang, piano

Today in Children's Religious Education (CRE)

If you have arrived with a baby or small child, welcome! There is a nursery/playroom with the service piped in for your listening pleasure. Go through the leather door to the right of the pulpit and cross through the chapel. The nursery is on your left before the stairs.

CRE Group	Pre-K (2- 5yrs)	Spirit Play (K-2nd grade)	UU Super Heroes (3rd-5th grade)	Coming of Age (COA) (6th-8th grade)	Youth Group (8th-12th grade)
Location	Hunnewell Chapel	Hunnewell Chapel	Hunnewell Chapel	Sanctuary or Hunnewell Chapel	Sanctuary
Lesson	CRE groups begin with the sharing of sorrows and joys				
	Year of the Rooster	Year of the Rooster	Year of the Rooster	Rev. Kim's Sermon or CRE Worship	Rev. Kim's sermon

January Share the Plate: Stop Hunger Now

Stop Hunger Now gets food and life-saving aid to the world's most vulnerable people and is working to end global hunger in our lifetime. Established in 1998, they have provided over 225 million meals in 74 countries. After worship on March 26th, we will create an all-ages assembly line in the Parish Hall to package rice, soy, dehydrated vegetables, and vitamins into an astonishing 20,000 meals!

In addition to literally putting our bodies on the line, our goal is to raise \$5,800 to put our money in the service of the vision of Stop Hunger Now by covering the cost of our meals at 29 cents each. We will be joined by friends from neighboring faith communities for this interfaith service extravaganza. Save the date! All are welcome!