

# Unitarian Universalist Society of Martha's Vineyard

February 2, 2025

## *"Equanimity in Difficult Times"*

with

Rev. Paul Langston-Daley

---

**Ring the Bell**

**Welcome and Community Connection**

Liz Loucks

**Prelude**

Jeremy Berlin

**Opening Words** by Rev. Kristin Harper

**Chalice Lighting**

**Hymn #38** "Morning Has Broken"

**Candles of Joy and Concern**

Liz Loucks

**Prayer** Meditation on Equanimity

**Offering**

**Offertory Music**

Jeremy Berlin

**Reading** "The Power of Metta: A Buddhist Story"

A reflection on practice from the Mountain Heritage

**Sermon** "Equanimity in Difficult Times"

Rev. Paul Langston-Daley

**Closing Hymn #1031** "Filled with Loving Kindness"

**Benediction/Blessing** - words of Octavia Butler

**Postlude**

Jeremy Berlin

Thank you to our volunteers Bil Bridwell, Lucinda Sheldon, Stephanie Michalczyk for our service support, Sue Streeter providing refreshments and Stephanie Michalczyk for visual arts/flowers.

Worship Committee's hope is to create Sunday services relevant to your lives and informed by a powerful sense of something beyond ourselves. Our sermons are not TED talks, they are spiritually-driven moments in time when we connect and share our vulnerabilities with each other. The sermon takes place in a spiritual mix of song, prayer, poetry and candle-lighting. If you feel that you have an idea for a worship topic or sermon (even if it is not fully shaped in your mind), please reach out to a member of the Worship Committee: Linda Moffet, Liz Loucks, Peter Palches, or Mary Jane Aldrich-Moodie. We will collaborate with you in making something germane and powerful.

### **Pastoral Coverage and Care**

Rev. Vicki Hanjian will provide pastoral care. She can be reached at 508-696-8225 or [av.hanjian@verizon.net](mailto:av.hanjian@verizon.net)

### **Need Someone to Listen?**

In addition to pastoral care being available from Rev. Vicky, your Lay Ministers (Bill Bridwell, Jan Casey, Kevin Longval) are available to lend support to anyone in our USMV community in their time of need by being available to listen and offer comfort. You can reach them individually by calling: Jan Casey (508-942-3643), Bill Bridwell (774-563-8542), Kevin Longval (781-249-4712) or reach out to [uu.society.mv@gmail.com](mailto:uu.society.mv@gmail.com)

Scan this code to make a secure donation to UUSMV. Your support is greatly appreciated.



### **Upcoming events**

**Monday, February 3, 10-11:30 am:** Project Connect Monday Group (Stevens Chapel)

**Tuesday, February 4, 2-3:30 pm:** Project Connect Tuesday Group (Stevens Chapel)

**Tuesday, February 4, 5 pm:** Worship Committee Meeting (Zoom)

**Wednesday, February 5, 5 - 6 pm:** Social Justice Planning (Zoom)

**Friday, February 7, 10 am:** Let's Have A Visit (Zoom)

**Friday, February 7, 2 pm:** Sewcial Action Knitwork (meet at the home of Mimi Davisson)

**Saturday, February 8, 1:30 - 3:30 pm:** Valentine's Craft w/Lucinda in person at Stevens Chapel

**Monday, February 10, 3-5 pm:** Parish Committee (Zoom)

**Friday, February 14, 6 - 7:30 pm:** Valentine's Potluck Hosted by Eric and Kristy

**Saturday, February 15, 10 am:** Island Insight Meditation (all are welcome!)

