

**December 3, 2023   Spiritual Growth Through Acceptance and Gratitude**  
**Unitarian Universalist Congregation of the Upper Valley**

**Prelude**      Bach/Gounod Ave Maria      Bob Lucier, piano and Dave Nierenberg, cello

**Welcome**      Rev Jan

**Chalice Lighting** *Count up the hours, minutes, moments* by Gretchen Haley   Laura Moberg

**Hymn** #188 Come, Come, Whoever You Are   Hannah Jeffery and UUCUV Choir

**Spiritual Growth, part 1 (and orange meditation with Laura)**      Rev Jan

**Hymn** For All that has Been      Hannah Jeffery and UUCUV Choir

**Spiritual Growth through Acceptance and Gratitude, part 2**      Rev Jan

**Silent Meditation**

**Hymn** I am Willing by Holly Near      Hannah Jeffery and UUCUV Choir

**Offertory** Coventry Carol      Bob Lucier, piano

**Sacred Sharing/Prayer**

**Spirit of Life #123**

**Extinguishing the Chalice**

We extinguish this flame,  
but not the light of truth,  
the warmth of love,  
or the fire of commitment:  
these we carry in our hearts until we meet again.

**Postlude** In the Bleak Midwinter      Bob Lucier, piano and Dave Nierenberg, cello

### **Announcements:**

- We are collecting items of need for The Family Place, our neighbor across the street. Lists are on the back table- you can bring items to our January 14 potluck, where the Family Place director will speak. Or put items in our collection box.
- Our shared Offering for Sept-November allowed us to donate \$2004.67 to the Abenaki Arts & Education Center.
- If you would appreciate a quiet reflective time during the holidays, please join us for Holiday Blue Vespers on Tuesday, Dec 12 at 5:30.
- If you would like to sing with the choir in two weeks, you are welcome. Let Hannah know.
- On Christmas Eve, we will have a family-friendly Candlelight service here at 5 pm. There will be no Sunday morning service on Christmas Eve.
- Please stay today for lively conversations about our congregation and give your input in this visioning workshop. Stay for a potluck lunch first. Even if you did not bring anything to contribute- please stay.

*“...my shoes made a symphony of walking away from everything that did not want my life to sing...” ~ Andrea Gibson*