

**March 20, 2022**

**Today's Message: "The Art of Being Slow"**

**Guest Speaker: Olivia Carle**

**Gathering Music** – "Variations on Sakura" a traditional Japanese song

**Welcome and Announcements**

**Greet your Neighbors**

**Prelude** – "Sonata: Andante" Alan Hovhaness

**Lighting the Chalice** – All Recite

**Opening Words** – Audre Lorde

**Opening Hymn** – #94 "*What is This Life*"

**Affirmation of Fellowship:** – All Recite

**Candles of Joys and Concerns**

**Words of Reflection** – bell hooks

**Silent Reflection**

**Offertory Music** – "Sonata: Adagio" Hovhaness

**Offering** – Please send check to: KUUF P.O. Box 1578,

New London, NH 03257

(also please consider adding KUUF to your will)

**Offertory Response** (to "Old Hundredth")

**Hymn** – #352 "*Find a Stillness*"

**Message** – **"The Art of Being Slow"**

**Closing Hymn** – #335 "*Once When My Heart Was Passion Free*"

**Extinguishing the Chalice** – All Recite

**Postlude** – "Sonata: Allegro" Hovhaness

**Closing Words** – *Truro, The Blueberry Fields* Mary Oliver