

**When We Listen to Our Bodies**  
 Rev. Nancy Palmer Jones, Worship Leader  
 JoAnn Weiss, Worship Associate  
 Christiana Fernandez-McQuain, Coordinator of Family Ministries  
 Lydia Patrick and Ginny Andino, Today's Musicians  
 Michael & Rebecca Parker, Choir Directors  
 Stephen Pyle, Pianist  
 Sunday, October 20, 2024

<b>Prelude Slides</b>	<b><i>Winds Be Still</i></b>	Words: Richard S. Kimball
	Performed by Jennifer McMillan and Choir, First Unitarian Church of Baltimore	Music: Samuel Sebastian Wesley
<b>Gathering Music #1001</b>	<b><i>Breaths</i></b>	Adapted from a poem by Birago Diop Music: Ysaye M. Barnwell
<b>Welcome and Centering</b>		Rev. Nancy Palmer Jones
<b>Call to Worship</b>	<b><i>The Whisper of Our Souls</i></b>	Rev. Scott Tayler
<b>Chalice Lighting</b>	<b><i>The Echo of Inner Wisdom</i></b>	Soul Matters Team
<b>Wonder Box Experience!</b>	<b><i>Dedication of Alex Perras-Harris</i></b>	
<b>Hymn #1051</b>	<b><i>We Are ...</i></b>	Ysaye M. Barnwell
	Performed by GW Vibes; Pria McNeil, soloist	
<b>Reflection</b>	<b><i>Our Body's Brain</i></b>	Rev. Nancy Palmer Jones
<b>Embodied Practice</b> Introduction and Practice	<b><i>Learning to Listen to Our Bodies</i></b>	JoAnn Weiss
<b>Hymn #1009</b>	<b><i>Meditation on Breathing</i></b>	Sarah Dan Jones
<b>Pastoral Prayer</b>	<b><i>Listen! The Spirit Is Calling!</i></b>	John Saxon
<b>Music for Reflection</b>	<b><i>A Gift from Our Musicians</i></b> Lydia Patrick and Ginny Andino	
<b>Sharing Our Gifts</b>	Offering shared with <i>Barrow Community Crisis Fund</i>	
<b>Offertory</b>	<b><i>A Gift from Our Musicians</i></b> Lydia Patrick and Ginny Andino	
<b>Gratitudes and Call to Connection</b>		
<b>Hymn #1024</b>	<b><i>When the Spirit Says Do</i></b>	African American spiritual, civil rights era, arr. Mark Freundt
<b>Closing Words</b>		Rev. Nancy Palmer Jones
<b>Extinguishing Our Chalice</b>		Elizabeth Selle Jones (adapted)

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+Our plate is shared 50/50 with the quarterly plate recipient and UUCG.  
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