

Welcome to Worship!

Winchester Unitarian Society · Sunday, July 12, 2026

Livestream Attendees: To notify our Tech Deck of a broadcast issue,
email checkingin@winchesteruu.org or call the WUS Office
- 781.729.0949

Centering Thought

"Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing".

- John Kabat-Zinn

Prelude	Meditation No. 5, John Kramer	Andrew Goodridge
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Community Welcome Announcements, and Invitation to Greeting	Liz Lintz
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*In person attendees: Note that the congregation will be briefly visible in the livestream. If you do not want to be seen, please sit in the back pews, marked accordingly. **Livestreamers: Please let us know who you are and what's on your mind by sending an email to checkingin@winchesteruu.org***

Ringling of the Bell

Opening Words	Jean McClurken
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Chalice Lighting	"Breath of Life" by Danna Faulds
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*Opening Hymn #86	<i>Blessed Spirit of My Life</i>	Gray Hymnal
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**Please rise in body or in spirit*

First Reflection "Saturday" by Oge Mora

Blessing *The Light Within*, John Kramer

As children and teachers leave for Religious Education, the community is invited to sing them on their way!

May the light within you shine before you, everyday, everyday.
May the light within you shine before you, guide your way,
guide your way.
May the love we share surround you and chase your fears away.
May the light within you shine before you, this we pray,
this we pray.

Joys and Sorrows *At this time, you are invited to come forward, light a candle, and share a joy or sorrow you carry within. Please note that, as this service is being livestreamed, it is available over the internet in the moment and as an archived recording. If anyone wishes to have a candle brought to them, please raise your hand.*

Silence

Centering Hymn #1031 *Loving Kindness* Teal Hymnal
Please remain seated

Reading "Embracing Formal Practice:
Tasting Mindfulness" by Jon Kabat-Zinn

Meditation Hymn #1009 *Meditation on Breathing* Teal Hymnal

Second Reflection "Mindful Moments" Jean McClurken

Offering

Liz Lintz

The offering is a spiritual practice, a collective affirmation of our shared values and commitment to the mission of this liberal religious congregation.

Those in the sanctuary are also welcome to donate electronically.
Text GIVE to (781) 230-6690, used the QR Code or visit
www.tinyurl.com/wusgiveonline Please write or type the date
of your offering in the memo line or comment field.



Offertory Song

Let it Be, Lennon/McCartney

See insert

Affirmation of Shared Ministry *Those who wish to do so are invited to join in the unison Affirmation.*

We gather not for ourselves alone, but to use our common power to build the Beloved Community within and beyond these walls.

We create and reaffirm this covenant this day - to make justice flourish, to practice compassion amidst difference and to embody transformative love.

*Closing Hymn #108

My Life Flows On in Endless Song

Gray Hymnal

Benediction

“Each Moment Is Precious” by Patricia Fleming

Jean McClurken

Postlude

Sonata in E major, Domenico Scarlatti

Extinguishing the Chalice

Please read together the words for extinguishing the chalice

We extinguish this flame but not the light of truth, the warmth of community or the fire of commitment. These we carry in our hearts until we are together again.

Serving Today

Marianne DiBlasi, *Summer Minister* ♦ Andrew Goodridge,
Guest pianist ♦ Jean McClurken, *Worship Leader* ♦ Liz Lintz,
Worship Associate ♦ Jason Tran, *Livestream Coordinator*

WUS Standing Committee (Governing Board) Members

Kim Foley, Chair (2028), John Keller (2027), Gordon McIntosh (2027),
Marcy Tompson (2027), Liz Scott (2028), Matt Wilson (2028),
Ryan Levering (2029), Becky McVey (2029), Lee Barton (2029),
Ginger Hanson (Clerk), Judy Murray & Chris Weigand (Co-Treasurers).
Contact your Standing Committee via SC@winchesteruu.org