

Northshore Unitarian Universalist Church

Sunday, January 24, 2021 via Zoom

Music for Gathering “Every Time I Feel the Spirit” The Sky Pilot Choir
African American Spiritual, arr by Doris Aikens

Welcome Terri Hansen

Opening Words Lao-Tzu

Chalice Lighting

Song “Come Thou Fount of Every Blessing” Song Leader, Helen Brandt
words v.1 by Robert Robinson Piano, Judy Putnam
v. 2 & 3 by Eugene B. Navias, music by John Wyeth

Sharing Cares and Celebrations

Story For All Ages “Return to Your Hermitage”
by Thich Nhat Hanh

Meditation

Music for Meditation “Meditation on Breathing” Singing Group
by Sarah Dan Jones

Reading from “Listening for Our Lives”
by Kathleen McTigue

Reflection Rev. Carol Strecker

Offertory

Offertory music “Ubi Caritas” The Songs of Taize Session Singers
Taize chant, music by Jacques Bethier

Announcements

Closing Song “Winds Be Still” Song Leader, Terri Hansen
words by Richard Kimball Piano Judy Putnam
music by Samuel Sebastian Wesley

Closing Words by Judith Carpenter

Blessing

May love surround us,
May joy gladden us,
May peace lie deep within.
And may our lives,
And the lives of all
Those we touch, go well.

Edwin C. Lynn

Music Notes

Every Time I Feel the Spirit

Every Time I Feel the Spirit is an [African-American spiritual](#) dating to before the [US Civil War](#). This particular version was arranged by Doris Akers, an African American gospel composer, arranger and singer. Known for her work with the Sky Pilot Choir, she was inducted into the Gospel Music Hall of Fame in 2001. She became director of the Sky Pilot Choir in Los Angeles, an integrated choir, which was also featured on recordings, television shows, and radio broadcasts across the country. Her fresh, modern arrangements of traditional Negro spirituals drew large crowds from far and near and increased attendance at the church dramatically. Doris Akers' lyrics differ slightly from those many of us know, but both versions speak to the energetic joy of connecting to something larger than oneself.

Every time I feel the spirit moving in my heart I will pray.

I can't forget how He raised me, I can't forget how He saved me.

*Up on a mountain my God spoke.
Out of his mouth came fire and smoke.
I looked all around me, looked so fine.
I asked the Lord if all was mine.*

Come Thou Fount of Every Blessing

*Come, thou fount of ev'ry blessing, tune our ears to sing thy grace.
Streams of mercy never ceasing, call for songs of loudest praise.
While the hope of life's perfection fills our hearts with joy and love,
teach us ever to be faithful, may we still thy goodness prove.*

*Come, thou fount of ev'ry vision, lift our eyes to what may come.
See the lion and the young lamb dwell together in thy home.*

*Hear the cries of war fall silent, feel our love glow like the sun.
When we all serve one another, then our heaven is begun.*

*Come, thou fount of inspiration, turn our lives to higher ways.
Lift our gloom and desperation, show the promise of this day.
Help us bind ourselves in union, help our hands tell of our love.
With thine aid, O fount of justice, earth be fair as heav'n above.*

Meditation on Breathing

*When I breathe in, I'll breathe in peace.
When I breathe out, I'll breathe out love.*

Ubi Caritas

"**Ubi caritas**" or "**Ubi Caritas et Amor**" is a hymn of the [Western Church](#), long used as one of the [antiphons](#) for the washing of feet on [Maundy Thursday](#). Its text is attributed to [Paulinus of Aquileian](#) 796. The traditional melody probably also stems from the late 8th century. The [Taizé](#) chant by [Jacques Berthier](#) (1978) uses only the words of the refrain, with verses taken from [I Corinthians](#) 13:2-8.

*Ubi caritas et amor, Ubi caritas Deus ibi est.
Where charity and love abound, God is there.*

Winds Be Still

Samuel Wesley's composition itself – even without lyrics – is a prayer, beautifully formed in a conversational style (and an irregular meter) that calls us to speak what is on our hearts. Whether that is a prayer to God (“Lead me lord”) or as we encounter it, a prayer to Creation, this tune – with its complex harmonies yet ease of singing – calls us to look inward even as we look far outward. And then we add the lyrics – for some Unitarian Universalists, this might be as close to prayer to anything or anyone as they might come. The words themselves draw us outward and inward – stillness, flight, and light become prayerful metaphors for that which our souls cry out for.

-from Notes from the Far Fringe

*Winds be still.
Storm clouds pass and silence come.
Peace grace this time with harmony.
Fly, bird of hope, and shine, light of love,
and in calm let all find tranquility.*

*Bird fly high.
Lift our gaze toward distant view.
Help us to sense life's mystery.
Fly high and far, and lead us each to see
how we move through the winds of eternity.*

*Light shine in.
Luminate our inward view.
Help us to see with clarity.
Shine bright and true so we may join our songs
in new sounds that become full symphony.*