

Before the start of services, please turn off all electronic devices that can make a noise.

Sunday

October 30, 2011

"Mindful Interactions: Developing Compassion in Relationship"

Marina Barnes

*"There is only one happiness in this life, to love and be loved."
George Sand*

Forget the criticism, the should-of, the judgments, blame and shame. Forget the one and only way. There is another world of healthy communications. And Marina Barnes, a resident of Los Gatos, will explore non-aggressive tools to hear and be heard to facilitate our communication with each other.

Marina Barnes has been a student and practitioner of Non Violent Communication since 2007. She has experienced liberation in understanding the meaning behind the words: to be able to hear without judgement; and to open the pathways for a deeper and richer connection with herself and with others. It is Marina's passion to support her community in experiencing this for themselves.*

*(*Non Violent Communication is based on Marshall Rosenberg's life work.)*

Order of Service

Prelude - Dave Coldren

Welcome/Announcements ~ Lynn O'Keefe

Sounding Prayer Bowl

Opening Words ~ Lynn O'Keefe

Chalice Lighting ~ Lynn O'Keefe

Gathering Hymn # 128 ~ *“For All That Is Our Life”*

Candles of Joys and Concerns ~ Lynn O'Keefe

Time for All Ages ~ Marina Barnes
followed by **Hymn # 413** ~ *“Go Now in Peace”*

Offertory ~ Lynn O'Keefe
followed by **Hymn # 402** ~ *“From You I Receive”*

Meditation and Reflection ~ *“The Heart Knoweth”* by
Ralph Waldo Emerson

Musical Interlude – Dave Coldren

Morning Message

"Mindful Interactions: Developing Compassion in Relationship" **Marina Barnes**

Hymn # 1031 ~ *"Filled with Loving Kindness"*

Extinguish Chalice (*Unison*)

***We extinguish this flame, but not the light we carry
in our hearts until we meet again***

Benediction ~ Lynn O'Keefe/ Marina Barnes
During which we hold hands, listen and then sing

Sung Benediction:

*"Joy, Love, Peace in our Hearts until we meet again.
Let joy and love and peace be in our hearts until we meet
again."*

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### **Special thanks to:**

Volunteer Coordinator: Katie Stubstad

Sound Engineer: Alan Martin

Greeters: Maggie Benson & Yvonne Liu

Snacks: Ellen Hill & Colleen Hamilton

Coffee Setup: Merritt Benson

Chancel Décor: JJ Martin

Lockup: Walt Main

Cleanup: Ellen Hill

Religious Education: Coralee Linton, Lynn Golbetz, and  
Colleen Hamilton

*We, The member congregations of the Unitarian Universalist*

*Association covenant to affirm and promote:*

**The inherent worth and dignity of every person**

**Justice, equity, and compassion in human relations**

**Acceptance of one another and encouragement  
to spiritual growth in our congregation**

**A free and responsible search for truth and meaning**

**The right of conscience and the use of the democratic process  
in our congregation and in society at large**

**The goal of a world community with peace,  
liberty and justice for all**

**Respect for the interdependent web of all existence,  
of which we are a part.**



**Minister ~ Rev. Lisa Wiggins**

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