

**Champlain Valley
Unitarian Universalist Society
Spirituality and the Arts Summer Series**

Land Acknowledgement Becky Strum

Welcome & Pathways to Connection

Gathering Song *For The Beauty of the Earth* #21 Gray

Call To Worship *As We Gather Together* by Bets Wienecke

Chalice Lighting (Unison) *Shared Light, Shared Future*

by Josh, Prudence and Percival Robern

We are all flames.

When we gather

hand in hand

our church

our community

our home.

We inspire,

we celebrate,

we come together

sharing our light

of hope

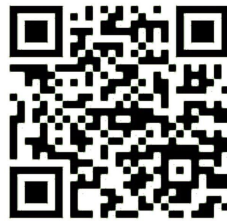
for our shared future.

Time for All Ages *Harold & the Purple Crayon*

by Crockett Johnson

Offering **Five Flood Relief Organizations**

This month we are sharing our plate with five different organizations involved in **flood relief** within Vermont. Please write checks to CVUUS. Cash and checks not otherwise specified will be split between CVUUS and the donee. You can donate online with the QR code.



Offering Music Ronnie Romano

Receiving the Offering *From You I Receive* #402 Gray

Milestones & Passages Becky

Readings: *I Go Down To The Shore* by Mary Oliver

The Artist's Way: A Spiritual Path to Higher Creativity
by Julia Cameron

Reflection *The Mindfulness and Timelessness of Daily Sketching*
with Hannah Sessions

Part 1 *Daily Sketching: Noticing*

Readings: One by Mary Oliver & One by Georgia O'Keefe Becky

Part 2 *Sharing Art* Hannah

Part 3 *Group Sketch*

Hymn *Oh Life That Maketh All Things New* #12 Gray

Closing Words Hannah

Postlude Ronnie

Thank you! Thanks to Hannah Sessions our Guest Speaker, Rebecca Strum our Worship Associate, Ronnie Romano for providing music, our tech team: Abi Sessions and Liam Battjes-Greenwood, Revell Allen for flowers; Dinah Smith for ushering; Social Hour with Mike Greenwood; and all others who made today possible.

Hearing Assistance: Headsets to amplify sound or for hearing the worship service audio while elsewhere in this building are available in the back of the Sanctuary by the sound system.

FREE THINKER'S SPACE



RELIGIOUS EXPLORATION (RE) FOR CHILDREN AND YOUTH

Nursery is open and staffed from 9:45-11:15 Sunday mornings, Older children may also choose to sit with their adults or at the table on the west side of the sanctuary or go to the nursery.

Stay Connected!

Weekly Blast (Wednesdays) provides links to our upcoming worship service, past services, and events.

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CHAMPLAIN VALLEY UNITARIAN UNIVERSALIST SOCIETY

Spirituality and the Arts

The Mindfulness & Timelessness of Daily Sketching

with Hannah Sessions

August 6, 2023

Champlain Valley Unitarian Universalist Society exists to spiritually nourish, challenge, and sustain people of all ages and circumstances, so that they might lead lives of meaning, integrity, and service.

Pathways to Connection

NEXT Sunday Aug 13–Dancing through Life and Understanding Life Through Dance With Christal Brown, Middlebury College Dance Professor assisted by Karl Lindholm.

Speaking of worship, don't forget to gather your summer waters to pour into our communal bowl and then on our gardens for our **Ingathering Water Communion on Sun. Sept 10** led by our new co-minister Rev. Christina. CVUUS will march in Burlington's Pride Parade again which is that day. Details to follow.

CVUUS' Heating & Cooling Future: The Facilities Team has been working on getting cost estimates for heat pumps to serve the dual purposes of cooling the sanctuary, lobby, and nursery during hot weather and reducing the amount of fossil fuel used for heating. We've reached the point where we have technological questions which must be resolved before we go further. Also, this is a good time to broaden our working group to cover more than just technology issues.

We have decided to form a task group to: 1. Resolve technology questions 2. Understand the congregation's priorities with regard to adding some air conditioning and finding ways to reduce fossil fuel consumption as an integrated project 3. Determine how the selected solution can best be funded and when

We have begun to put a core team together but want to reach out to see if there are any congregants who believe that they might also have something to contribute. If you would like to be considered, please contact Llyn Rice (802-443-8028).

YOU CAN HELP EASE THE HOUSING CRISIS Attend our meeting **THIS Mon Aug 7 at 7 pm in Fellowship Hall** to help our efforts to spread the word among your friends, family and neighbors in

Addison County about three options we're targeting. Housing advocates say that only about 1,000 people in Addison County know about these resources. 1) [HomeShare Vermont](https://www.homesharevermont.org/) 2) [Accessory Dwelling Units \(ADU\)](https://accd.vermont.gov/adu) Basic Info: <https://acrpc.org/regional-programs/housing/> Addison County Guide: <https://homesfirstvt.org/> 3) [Homes First \(Tiny Homes\)](https://homesfirstvt.org/)

International Day of the World's Indigenous Peoples is THIS Wed Aug 9. Follow our efforts to honor them at cvuus.org/news.

Sanctuary Boston Concert, THIS Fri. Aug 11, 7 pm, Fellowship Hall: Alex Fam is a spirited folk singer-songwriter and multi-instrumentalist known for her witty lyrics, love for trees, improvisation, and creative arrangements. On this tour, Alex's band includes her talented friends Mark David Buckles (guitar, vocals), Matt Meyer, (drums) and Taiward Wider (cello). Alex Fam concerts are a real show with creative audience involvement, improvisation of songs on the spot, inspiring and thought-provoking lyrics, and usually at least one silly piece of headwear. \$10 free will donation appreciated. Bring the family!

Milk & Honey Quilters Guild will gather again to sew in Fellowship Hall on Sat. Aug 19 & are hosting a Stashbuster Sale on Sat. Aug 26 (9-3). See Dorothy Mammen if interested in this or hanging a quilt you've made or acquired in Fellowship Hall for this summer.

Breadloaf Mountain Zen Center will be with us for a retreat in Fellowship Hall on Wed Aug 30 through Sept 2 from 6 am to 8 pm. Please avoid access during that time. See Colleen Brown or Dinah Smith if interested in helping at their **Gather Drop-in Center** downtown on Merchants Row. More on that on our lobby bulletin board.