

Live simply. Be of service.
Be guided by your faith and not your fear.
Go lightly on your path. Walk in a sacred manner.
Gary Kowalski

Postlude: (Please remain seated during the postlude, then join us for coffee and conversation.)

Dates to Remember...

March 2014

- Mar 21** UCN Movie Night 7:00 p.m. *Babette's Feast*
Mar 23 7th Principle: *The Meaning of Life and Death*
– Rev. Bob Bond S.L. Judith Barker
Mar 23 **Newsletter Submission Deadline**
– riseingcarol@gmail.com
Mar 23 **Collections for Gillian's Place begin**
Mar 30 **You and Nature** – Jim Glassford

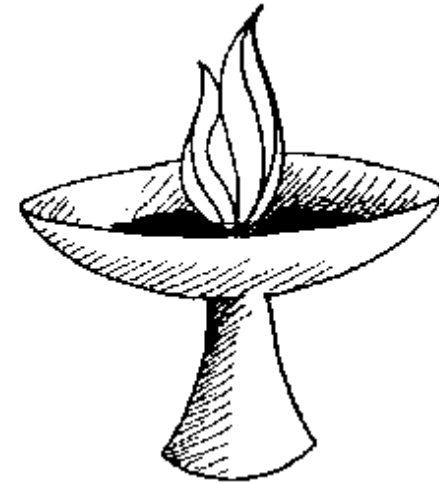
April 2014

- Apr 6** **Brave New World – Gay-Straight Alliances in Niagara's Schools** – Amy Ballett
S.L. Joan Wiley
Apr 13 **Why is There a Radio Tower in My Backyard**
– Roy Blake
Apr 20 **UU Easter** – Julianne Momirov
Apr 20 **Newsletter Submission Deadline**
– riseingcarol@gmail.com
Apr 27 **Women in Islam** – Raheel Raza
S.L. Karen Johnson-Hosein

FRAGRANCE-FREE POLICY

The Unitarian Congregation of Niagara is a fragrance-free zone. Fragrance may be distressful and threaten the well-being of those around you. In order to make this a safe and welcoming environment for everyone who comes here, we ask that you refrain from wearing fragrances. Your understanding and co-operation is appreciated.

Unitarian Congregation of Niagara



“Mysteries of the Seed: Lessons from Ethiopia”
– Martin Settle

March 16, 2014

223 Church St., St. Catharines, Ontario

www.unitarian-stcatharines.org 905-687-8433

Lay Chaplains: 905-687-8433

ucnlaychaplains@gmail.com

Ed Gilbert Karen Johnson-Hosein

Sunday, March 16, 2014

Unitarian Service Committee Sunday

Speaker: Martin Settle
Service Leader: Karen Johnson-Hosein
Musician: Theresa Pothier

Prelude

Welcome

Announcements

Opening Words and Chalice Lighting:

Take from life its coals, not its ashes.
Fan the flames of love and justice;
join hands and hearts in common endeavor;
and there will be no limit
to what we can achieve together.

Laurel S. Sheridan

Hymn: # 347 **Gather the Spirit**

Joys and Concerns

Moment of Silence, Reflection and Introspection

Offertory

Responsive Reading: **The Gratitude for Seeds**

**For generous seeds ... like maize which from ancient roots,
gives back one thousand fold from each kernel**

For feisty seeds that need to be frozen or scratched or soaked and
cajoled into releasing the very first shoot;

**For indestructible seeds which have lasted and laid in wait for
hundreds of years only to be rediscovered;**

For beautiful bean seeds that show off their rainbow of colours,
stripes, spots and slashes from bean to pod to pot!

**For funny seeds that are uneven and bumpy giving no clue as to
what they might become.**

For plain seeds that are simple and round and solid – ready to
produce the softest, tenderest lettuce leaf dripping with morning
dew.

**For light seeds that blow in the wind or drift upon the waters
spreading and sharing beyond gardens, fields and continents**

For seeds sewn into hems, braided into hair and carried along life's
most perilous of journeys to unknown lands.

**For the complexity of seeds and the knowledge they keep inside
and share only when people pause and watch**

For the bounty of seeds that are quick to sprout and grow: the wind
too soon blows them away, may they forgive us our cultivation and
fondly remember their roots;

**And finally, for seeds now gone, who fed us in their times that
we might have life**

For all these we give thanks.

Topic: **“Mysteries of the Seed: Lessons
from Ethiopia”** – *Martin Settle*

Questions and Discussion

Hymn: # 306 **Sing of Living, Sing of Dying**

Closing Words and Extinguishing the Chalice:

Go in peace, speak the truth, give thanks each day.
Respect the earth and her creatures,
for they are alive like you.
Care for your body; it is a wondrous gift.

.....(Continued on back)