

12/3/23

# Bodhi Day: Cultivating Equanimity



## *Enter to Worship*

*^Please rise in body and/or in spirit.*

### **Ingathering**

*No Matter If You Live Now Far or Near*

Sutta Nipata, Cedar Lane Choir

*Gitanjali Chants*

Craig Hella Johnson, Cedar Lane Choir

### **^Greet your Neighbor**

### **Tolling the Bells**

*A recording of the bells ringing in our Partner Church in Dicsöszentmárton, Transylvania (Romania) signifies the time for quiet as we prepare for worship.*

### **Prelude**

*Each of Us Has a Light* by Sally Albrecht and Jay Althouse  
Children's Choir

### **Welcome & Land Acknowledgment**

Rev. Dayna Edwards

### **Invocation**

Rev. Abhi Janamanchi & Srikanth Seshadri

### **^Kindling the Chalice**

Srikanth Seshadri, Worship Associate  
*the Four Immeasurables, adapted*

May all beings have happiness, and the causes of happiness.  
May all be free from sorrow, and the causes of sorrow.  
May all never be separated from sympathetic joy which is sorrowless.  
May all live in boundless equanimity, free from attachment and aversion.  
May the flame of our chalice,  
light our way to awakening, awe, and attention.

### **^Hymn #184**

*Be Ye Lamps Unto Yourselves*  
Words: Sutta Nipata

### **Joys and Sorrows**

Srikanth Seshadri

### **Silence**

*During the silence, those grieving a loss or commemorating an anniversary of a loss are invited to rise in mourning and memory.*

### **Prayer**

Rev. Edwards

### **Hymn**

*I Release Control*  
Jenny Lynn Moyer

*I release control  
And surrender to the flow of love  
That will heal me*

## Invitation to the Offering

Andrew Batcher, Social Justice Coordinator



Our Give the Plate Offering supports **Beacon House Community Ministry**  
You can give by texting CLUUC \$ to 73256, online <https://bit.ly/CedarLaneGiveNow>,  
Paypal <https://bit.ly/cedarlanepaypal>, QR Code, or the offering plate.  
Thank you for your generosity and support!

## Offertory

*Gaté Gaté*

Words: Buddhist Mantra/Music: Brian Tate, Cedar Lane Quartet

## Reflection: Upekkha (Equanimity)

Rev. Janamanchi

## Anthem

*On Compassion*

Words: HH the Dalai Lama; Music: Stephanie Andrews  
Cedar Lane Quartet; Dr. Jasmin Lee, piano

## Equanimity Meditation

Sheila Maher

## ^Hymn: #1031

*Filled With Loving Kindness*

## Benediction

Revs. Edwards & Janamanchi

## Announcements

Revs. Edwards & Janamanchi

## Postlude

Libby Wiebel, piano

## ***DEPART TO SERVE***

- ❖ Join us for coffee and fellowship after service!
- ❖ We are grateful for everyone who creates this community - for each and every one of you in person and at home; for those whose generosity and support ensure funding for our worship services and ministries - our Annual Campaign pledgers and contributors. Thank you,
  - our ministry and worship team, music ministry, and our A/V team for preparing and co-creating worship together with the congregation today.
  - our facilities and office staff, our membership & faith formation staff, ushers, greeters, and Caring Team volunteers, for engaging with and caring for our community.
  - Lyn Peters for the beautiful flower arrangement.
- ❖ **Next Sunday, December 10, 2023**
  - **9 am Quiet Callings: Advent Rev. Dayna Edwards**
  - **10 am “Jubilate Deo” - taking place at UUC Fairfax.** Cedar Laners are invited to attend the live performance at 2709 Hunter Mill Road, Oakton, VA 22124. The service will also be live-streamed in the chapel.