18 January 2026 – Order of Worship

"Worship" comes from the Old English word weordhscipe*, meaning "worthiness." In worship we lift up that which is worthy of our reflection.*

GATHERING MUSIC **Dale Churchill, Dir. of Music**

WELCOME & ANNOUNCEMENTS **Angie Dierks, Worship Associate**

SINGING BOWL

CALL TO WORSHIP **Rev. Tara Humphries**

LIGHTING THE CHALICE & COMMUNITY CANDLE

*OPENING HYMN #276 O Young and Fearless Prophet

TIME FOR ALL AGES Up Close with our Tears *(Smithsonian Magazine)*

JOYS & SORROWS

PRAYER

SUNG MEDITATION Text Rebecca Ann Parker Music Beth Norton

There is a Love holding us. There is a Love holding all that we love.
There is a Love holding all. We rest in this Love.

INVITATION TO GENEROSITY

OFFERTORY African American Spiritual

READING Dr. King's journal, January 1956 Montgomery Alabama

Offertory **A2U2 Choir**

SERMON "Tears at the Heart of Things" **Rev. Tara Humphries**

*CLOSING HYMN #205 Amazing Grace

BENEDICTION & EXTINGUISHING THE CHALICE

*Our worship has ended… **and our service begins!***

We invite you to remain seated for a moment of silence followed by the Postlude, as we center ourselves before going back out into the world.

POSTLUDE Invention #14 J.S. Bach

*Please rise in body and/or in spirit

January's **SHARE THE PLATE** recipient is **Portland Wheelers**, who provide free rides on specially adapted tricycles for people who cannot bike, getting folks outdoors for therapeutic recreation, socialization, adventure. FMI: portlandwheelers.org.

LARGE PRINT ORDERS OF SERVICE and **ASSISTIVE LISTENING DEVICES** are available!

TODAY AFTER WORSHIP

Coffee Hour (Sanctuary/Foyer), **Brown Bag Brunch** (Board Room),
Queer Community Conversations (Gathering Room @ 11:30) &
Multifaith MLK Service (First Congregational Church, So. Portland @ 2pm)

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NEXT SUNDAY

25 January - "Reasons to Get Up in the Morning"
with the A2U2 Worship Committee

*"We are growing a community that transforms lives through the power of **love**."*

MISSION: At Allen Avenue Unitarian Universalist Church, we are growing a community that transforms lives through the power of love. We celebrate diversity, encourage spiritual growth, and promote social responsibility as we travel with care on this earth. We empower our members to share their gifts to build a world of compassion, equality, and freedom.

LGBTQ Welcoming Congregation

Mari Caminiti, Office Administrator, office@a2u2.org
Rev. Tara Humphries, Minister, a2u2minister@gmail.com
Dale Churchill, Director of Music, dalechurchill@gmail.com
Emily C. Jones, Director of Religious Education, DRE@a2u2.org

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ALLEN AVENUE
UNITARIAN UNIVERSALIST CHURCH

"The Prophets' Journey (Part II): Tears at the Heart of Things"

Reverend Tara Humphries

Sunday 18 January 2026 at 10am