

Welcome to Allen Avenue Unitarian Universalist Church, a presence for liberal religion in Portland since 1821. From mid-June through Labor Day weekend, our Sunday services are led by lay-members of the congregation. Our summer programs are more informal and offer an exploration of a wide variety of topics and presenters. The rest of the year, most services are led by Rev. Tara Humphries.

If you are visiting and would like to know more about our church, please speak to one of our morning worship leaders following the program.

MISSION: At Allen Avenue Unitarian Universalist Church, we are a growing 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.

ALLEN AVENUE UNITARIAN UNIVERSALIST CHURCH
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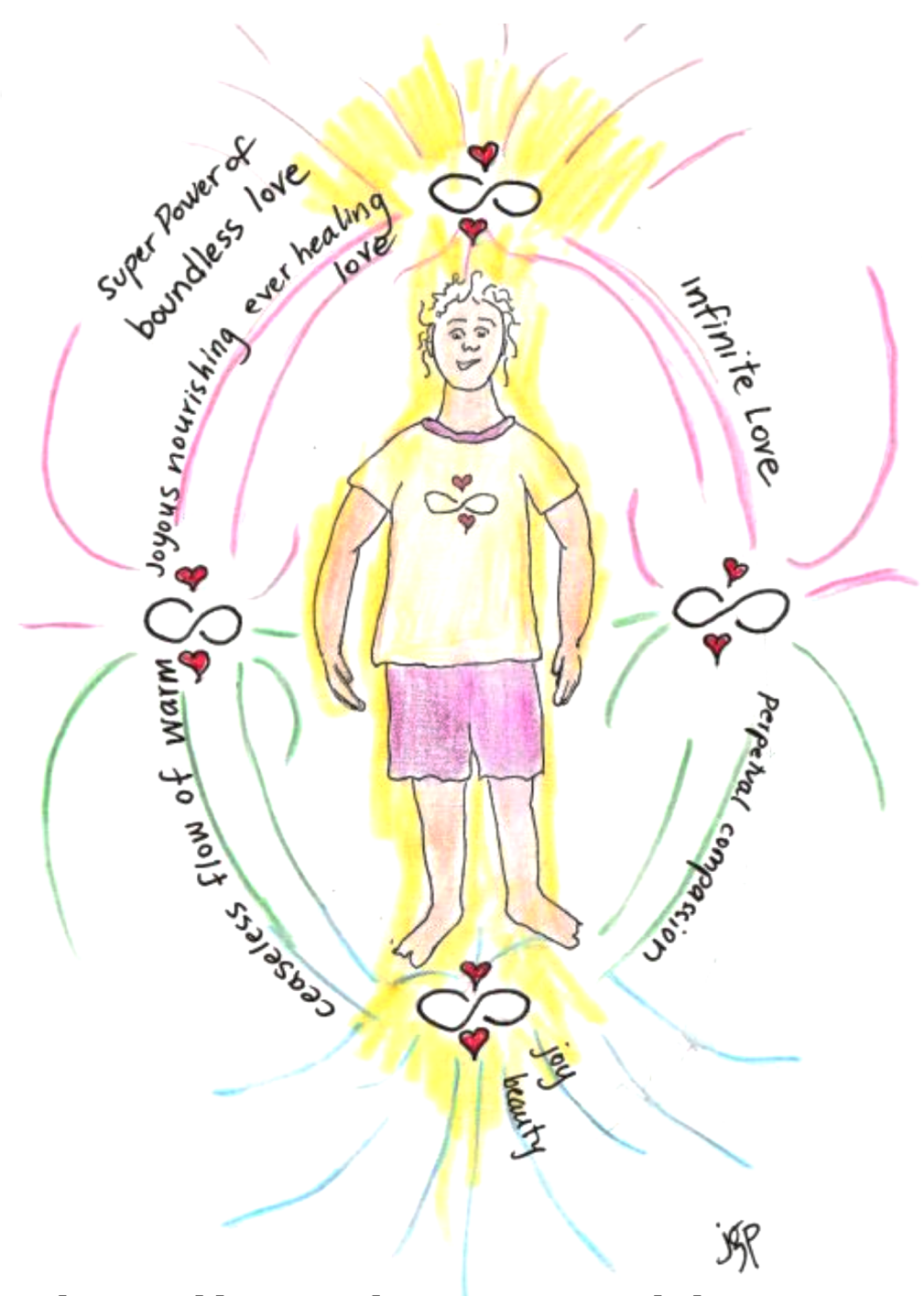
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Original artwork © Jane Prairie



**When World Events Threaten to Overwhelm us,
Tonglen May Help**

- with Jane Prairie

**When World Events Threaten to Overwhelm us,
Tonglen May Help**

GATHERING MUSIC - *The Perseids* “I was thinking about the joy of seeing sparks in the sky” - by Keith Prairie on hammered dulcimer

WELCOME AND ANNOUNCEMENTS

CALL TO WORSHIP “*Empathy is not finite...*”

Brené Brown in Rising Strong

LIGHTING THE CHALICE

JOYS AND SORROWS

OFFERTORY with Music - *Letting Go* “This is a tune I wrote for my mom in the year she died from Alzheimer’s” by Keith Prairie on hammered dulcimer

WHEN WORLD EVENTS THREATEN TO OVERWHELM US, TONGLLEN MAY HELP

AND SO WE BEGIN WITH LOVE

SONG - “Meditation on Breathing” by Sarah Dan Jones - 1009 in Teal Hymnal (words on insert)

TIME FOR BREATHING

EMPATHY, COMPASSION AND TONGLLEN WITH SOME TIME FOR PRACTICE

EXTINGUISHING THE CHALICE

BENEDICTION - May the benefit of our time together this morning linger through the week. Go forward practicing love and gentle compassion towards yourself first and then to others.

FINAL SONG - “*When Our Heart Is In A Holy Place*” 1008 in the teal Hymnal and up on the screen, words & Music: Joyce Poley, 1941

This Summer Service Presented by: Jane Prairie
Participants and helpers are:
Keith Prairie and Cate Sullivan

We are grateful for our tech & Zoom team, too, and all those working behind the scenes to make multi-platform worship possible!

Share the Plate for July is is the [Alzheimer's Association, Maine Chapter](#), which provides education and support to all those facing Alzheimer’s and other dementias including those living with the disease, caregivers, families, and health care professionals.

Please join us for refreshments after the service!

“Meditation on Breathing”

by Sarah Dan Jones 1009 in Teal Hymnal

Members of the Unitarian-Universalist church
of Kent sing Hal Walker's arrangement

<https://youtu.be/YHHxeDludT4?si=mo-Q-D9W-KmIyE9v>

D G D
Breathe in, Breathe out

D G D
Breathe in, Breathe out

D G D
When I breathe in, I breathe in peace

D G D
When I breathe out, I breathe out Love

Resources

Book: *Training in Compassion, Zen Teachings on the Practice of Lojong*, by Norman Fischer

Quotes:

Brene Brown - from *Rising Strong*

IShari Woodbury - from *Renewal in a Weary World*