

Unitarian Universalist Congregation of Saratoga Springs



Our new home

The Journey Inward: Psychology, Spirituality, and Spiritual Metaphor

Sunday, March 29, 2026

CHIMES

WELCOME AND ANNOUNCEMENTS

OPENING BLESSING

*We gather here as we are,
Carrying what we have lived,
What has opened us, and what has challenged us.
The path of becoming more fully ourselves
Is not a straight line.
It asks us to turn toward what is difficult,
To stay present with what is uncertain,
And to soften, again and again.
As we sit together,
May we allow ourselves to be exactly where we are.
And from that place,
May we begin to sense,
The quiet strength that has always been within us.*

PRELUDE

“Psalm of Life,” words of H.W. Longfellow, music by L. Dickey

LIGHTING THE CHALICE

*We light this chalice in the spirit of freedom,
In the search for truth, and in the call to love more fully.
May its flame remind us that the light we seek
Is already within us, waiting to be lived.*

OPENING HYMN

“One with the Water,” words and music by Dan Berggren

OUR COVENANT

*Love is the doctrine of this faith,
The quest for truth is its sacrament,
And service is its prayer.
To dwell together in peace,
To seek knowledge in freedom, to serve human need,
To the end that all souls shall grow into harmony with the Divine.
Thus do we covenant with one another and love beyond belief.*

AFFIRMATION OF FAITH

*Be ours a religion which like sunshine goes everywhere,
Its temple all space, its shrine the good heart,
Its creed all truth, its ritual works of love.*

CHILDREN’S RECESSIONAL

*For we shall go out in joy
And come back in peace
Blessed be.*

SERMON

SILENT REFLECTION

OFFERING

Offertory Music: “Old Hundred,” words by P. Seeger,
music by L. Bourgeois

STONES AND WATER RITUAL

Music: “Way Down River,” words and music by Dan Berggren

JOYS AND SORROWS

*All: There is a love holding us,
There is a love holding you,
There is a love holding all.
We rest in this love.*

CLOSING HYMN

“Be Present,” words and music by Dan Berggren

BENEDICTION

EXTINGUISHING THE CHALICE

*We extinguish this flame, but not the light of truth,
The warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.*