

# Unitarian Universalist Society of Sacramento

Sunday, March 29, 2026, in person and online

Stoicism

**Hymn** Joy in the Morning

**Welcome & Announcements**

**Pledge Testimonial**

**Chalice Reading & Lighting**

**Music for Centering** Violin Sonata No. 3 - Op. 108 - Adagio  
-Johannes Brahms

**Blessing Song for Children and Youth** Lead with Love  
-Melanie DeMore

**Candle of Compassion and Resistance**

**Joys and Sorrows**

**Prayer and Silence**

**Hymn** May I Be Light  
- Mykal Slack

**Reflection**

**Gift of Music** Magnificence  
-Peter Makena

**Reading** From the advice column of Carolyn Hax

*“When we are no longer able to change a situation, we are challenged to change ourselves.” – Viktor Frankl*

**Shared Offering** for Effie Yeaw  
Every month we give half of the Sunday offering to a local not-for-profit organization. Donate by text at 916-619-0903, or online at [uuss.org/donate](http://uuss.org/donate), or by check to UUSS.

**Offertory** Passacaglia in G minor  
-George Friedrich Handel

**Offering Response** May generosity bless our world  
and may gratitude nourish our spirits.

**Sermon** Stoicism

**Hymn #108** My Life Flows on

**Extinguishing the Chalice and Candle Flames** Unison words

May the power of this gathering light our way forward  
with courage. In the days to come, let us remember  
that fear is outworked by hope,  
and that hatred is no match for the power of love.

**Benediction**

**SERVING IN WORSHIP TODAY**  
Rev. Lucy Bunch, preaching  
Worship Associate Dawn Huebner  
UUSS Choir ~ Music Director Anthony Tavianini  
Pianist Irina Tchanteva  
Lu Bunker, presenter

## WELCOME TO GUESTS & NEWCOMERS!

Please complete a Newcomer Card to receive follow-up information and *Our Weekly Message* by email at [uuss.org/newcomers](http://uuss.org/newcomers) or at the Welcome Table in the hall.

Find our Weekly Calendar at [uuss.org/bluesheets/](http://uuss.org/bluesheets/)

Assisted listening devices are in the back.  
Our induction-loop system connects to a T-coil hearing aid.  
Restrooms are out the sanctuary doors to the left. All-gender restroom is in the hallway to the right of the Library/Bookstore.

### OUR MISSION STATEMENT

We come together to deepen our lives  
and to be a force for healing in the world.

### OUR LAND ACKNOWLEDGMENT

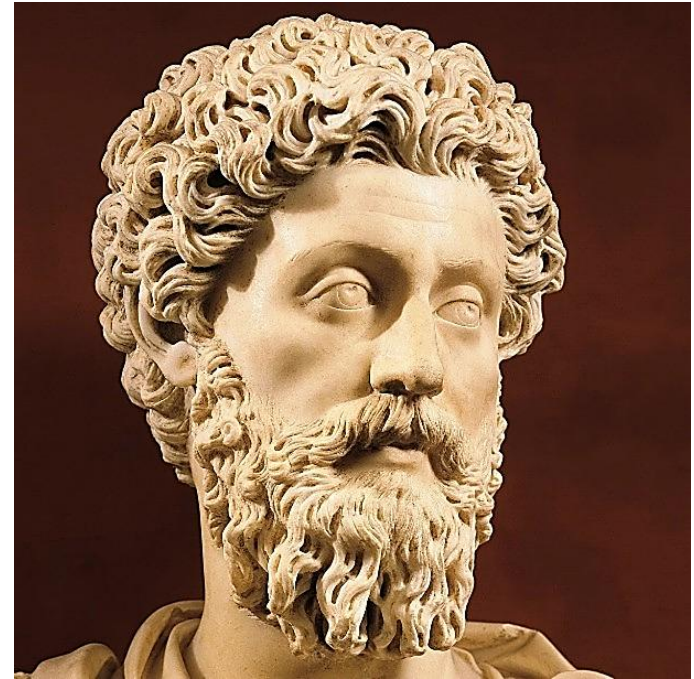
We honor the Nisenan, Southern Maidu, and Miwok peoples  
for their commitment to this land where UUSS exists.  
They have never ceded, left, nor ceased to care for this land.

UNITARIAN UNIVERSALIST SOCIETY OF SACRAMENTO

[www.uuss.org](http://www.uuss.org)

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## Stoicism

10:30 a.m., Sunday, March 29, 2026

Unitarian Universalist Society

ESTABLISHED IN SACRAMENTO IN 1868

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