

Unitarian Universalist Society of Sacramento

Sunday, May 3, 2026, in person and online

I Hope You Dance

Hymn #1024

When the Spirit Says Do

Welcome & Announcements

Chalice Reading & Lighting

Music for Invocation

Let's Face the Music and Dance

-Irving Berlin

Let It Be a Dance

-Ric Masten

Story for All Ages

Giraffes Can't Dance

-Giles Andreae

Blessing Song for Children and Youth

Lead with Love

-Melanie DeMore

Candle of Compassion and Resistance

Joys and Sorrows

Prayer and Silence

Hymn

Be Still and Breathe

Reflection

Exploring the four movement patterns

Gift of Music

Jamaican Rumba

-Arthur Benjamin

Readings

From the book MOVE: What the Body Wants

-Cynthia Winton Henry

Not Too Late?

-Rosemerry Wahtola Trommer

Shared Offering for National Alliance on Mental Illness (NAMI)
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, or by check to UUSS.

Offertory

Tango

-Issac Albeniz

Offering Response

May generosity bless our world
and may gratitude nourish our spirits.

Sermon

I Hope You Dance

Hymn #311

Let it Be a Dance

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

Rev. Dr. Roger Jones

Ministerial Intern Sophia McKean

Worship Associate Connor Lane

Music Director Anthony Taviani

Pianist Irina Tchantceva

Tom Derthick Bass, Mary Blanchette Violin, Anette Orella Viola

WELCOME TO GUESTS & NEWCOMERS!

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

Find our Weekly Calendar at 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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10:30 a.m., Sunday, May 3, 2026

Unitarian Universalist Society

ESTABLISHED IN SACRAMENTO IN 1868

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