

WELCOME TO OUR SUNDAY  
MORNING CELEBRATION

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 walk with care on this earth. We empower our members to share their gifts to build a world of compassion, equality and freedom.

We welcome individuals and families of all religious upbringings, racial and ethnic backgrounds, and sexual orientations. To aid us in getting to know each other, we encourage everyone to wear a nametag and to stay for the social hour following the worship service.

**If you are visiting this morning**, please sign our guest book in the foyer. You will receive our newsletter for a few months, so you can learn more about us. If you have any questions, speak with the Ushers at the door.

**Parents:** Visiting children are invited to join with others of their age in our Religious Education Programs. *Please speak with the group leaders, so that they have parent contact information for all visiting children.* Children begin in the sanctuary, and then go to their programs after the Lesson for All Ages. Staffed nursery care is provided for infants and toddlers to age 3 1/2 at both services in the Nursery Room. **Please pick up your children at 11:15am in their program rooms.**

**Special Needs:** *In the event you may need to leave the sanctuary (e.g. persistent cough or fussy baby) you may listen to the service from the speaker in the foyer, near the sliding doors.* **If you need a large print order of worship and hymnal, ask the ushers.**

*Several of our members have severe allergies, and so we'd like to ask folks to refrain from wearing perfumes or scented products when you come to our church building.*

Allen Avenue Unitarian Universalist Church  
524 Allen Avenue, Portland, ME 04103  
207-797-7240    Office@A2U2.org    www.A2U2.org

The Rev. Tara Humphries, a2u2minister@gmail.com  
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Moe Blanchard, Sexton

Allen Avenue  
Unitarian Universalist Church



**~My Cup Runneth Over~  
Water Communion Service**

**Sunday, September 11, 2022  
10 AM**

**ORDER OF WORSHIP**

*If you wish to share a personal joy or concern with the congregation, please write it at the joys and concerns table and place it in the basket there.*

**GATHERING MUSIC**

**WELCOME & ANNOUNCEMENTS**

**RINGING THE BELL**

**CALL TO WORSHIP**

**LIGHTING THE CHALICE & COMMUNITY CANDLE**

*Those impacted by 9/11* by Janet Parsons

**OPEING HYMN** #1007 There's a River Flowin in My Soul

**TIME FOR ALL AGES** Wholly, Holey, Holy

**JOYS & SORROWS**

**MUSIC**

**OFFERING & MUSIC FOR REFLECTION**

**RESPONSIVE READING** *Ingathering* SLT #729

**REFLECTION** *My Cup Runneth Over* Rev. Tara

**WATER RITUAL (with traveling music)**

**CLOSING HYMN** #126 Come, Thou Fount of Every Blessing

**BENEDICTION & EXTINGUISHING THE CHALICE** Alice Walker

**POSTLUDE**

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**SHARE THE PLATE SEPTEMBER—Family Promise:**

Share the Plate for September is Greater Portland Family Promise. The mission of Greater Portland Family Promise is to help families experiencing homelessness and low-income families to achieve sustainable independence through a community-based response. The group partners with faith communities such as A2U2 and other social-service organizations.

<https://www.gpfamilypromise.org/>

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***The creation of services takes a team!***

Thank you George Hixon, Peter Reed, Troy Moon, Erica Bartlett, and Keith Prairie for serving on the multi-media platform team.

Thank you to Vicky Delfino, Erica Bartlett, Susie Hubley & Lee Shenton for serving on the Zoom team.

Thank you to the Board of Trustees for creating a path forward for worship!

Thank you also to our Agility Team (COVID Response Team) for helping to keep us as safe as possible.

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**Dale Churchill, Music Director ~ dalechurchill@gmail.com**  
**Emily Jones, Director of Religious Education ~ dre@a2u2.org**

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1007

# There's a River Flowin' in My Soul

Slow gospel feel ♩ = 120

E<sup>b</sup> E<sup>b</sup>7 A<sup>b</sup>/C E<sup>b</sup> B<sup>b</sup>7

There's a riv-er flow-in' in my soul. heart. mind.

E<sup>b</sup> E<sup>b</sup>/G B<sup>b</sup>

There's a riv-er flow-in' in my soul. heart. mind.

B<sup>b</sup>7 E<sup>b</sup> E<sup>b</sup>/G E<sup>b</sup>/B<sup>b</sup> G

And it's tell - in' me that I'm some - bo - dy-



and give criticism; who keep alive their sense of humor.

*Blessed are those who know that the work of the church is the transformation of society; who have a vision of Beloved Community transcending the present, and who do not shrink from controversy, sacrifice, or change.*

All: Blessed are they indeed.

⊕ JOHN BUEHRENS

## Ingathering

# 729

### THE WINDS OF SUMMER

You and I and all of us blew about with the winds of summer,

*Following the sun in different ways of freedom and play,*

Finding rest in the cool stillness of shadows, and moving to the slow heatstruck rhythms which turned the long hours of summer light.

*Now it is time for gathering in. We come together at this time and in this place on the bridge of autumn.*

Summer is fading backward into memory, and winter waits in snowy brilliance.

*We meet with eagerness and delight, needing one another for sharing.*

We have joys and sorrows and hopes to share, questions, things we care about and want to help make better,

*Things that we would like to understand, ideas waiting to be heard.*

Today, we are together in gladness, once more the special community that we call our church,

*A community of all ages that sings its songs, tells its thoughts, asks its questions, and searches together with courage and with love.*

⊕ PATRICIA SHUTTEE

## Weddings and Services of Union

# 730

### MAKE NOT A BOND OF LOVE

Love one another, but make not a bond of love:

let it rather be a moving sea between the shores of your souls.

*Fill each other's cup but drink not from one cup.*

*Give one another of your bread but eat not from the same loaf.*

Sing and dance together and be joyous, but let each one of you be alone, even as the strings of a lute are alone though they quiver with the same music.

# Come, Thou Fount of Every Blessing

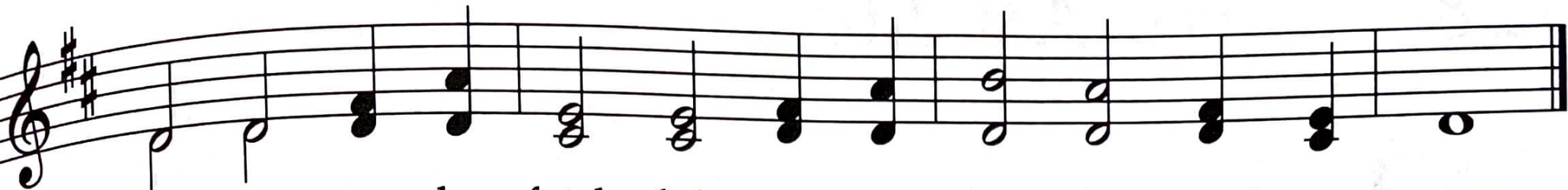
♩ = 88

1. Come, thou fount of ev-'ry bless-ing, tune our hearts to sing thy  
 2. Come, thou fount of ev-'ry vis-ion, lift our eyes to what may  
 3. Come, thou fount of in-spi-ra-tion, turn our lives to high-er

grace. Streams of mer-cy nev-er ceas-ing, call for  
 come. See the li-on and the young lamb dwell to-  
 ways. Lift our gloom and des-per-a-tion, show the

songs of loud-est praise. While the hope of life's per-  
 geth-er in thy home. Hear the cries of war fall  
 prom-ise of this day. Help us bind our-selves in

fec-tion fills our hearts with joy and love, teach us  
 si-lent, feel our love glow like the sun. When we  
 un-ion, help our hands tell of our love. With thine



ev - er to be faith - ful, may we still thy good - ness prove.  
all serve one an - oth - er, then our hea - ven is be - gun.  
aid, O fount of jus - tice, earth be fair as heav'n a - bove.

