

Throop: Love. Compassion. Justice.

We are a welcoming community, loving the world from the heart of Pasadena through compassion and justice for ourselves, our neighbors, and our planet.

**"Adventures in the Metta-verse"**

**Jake Hearen, Intern Minister**

**Meghan Hawkes, Musician-in-Residence**

**Prelude** *Waving Through a Window* **Meghan Hawkes**  
Pasek/Paul

**GATHERING**

**Welcome** **Rev. Tera Landers**

**Chalice Lighting** **Taran Sindeband**

**Welcome Hymn** *Come and Go With Me* **#1018**

**CONNECTING**

**Welcoming Each Other**

**Responsive Reading**

Congregational Response: We need this season of resting in the darkness.

**Lesson** *Riley & Her Emotions* adapted, by Jake Hearen  
From UU Wisdom Source One: Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life

**Ritual of Farewell for Aimee Scholz** **Rev. Tera Landers**

**Singing Children and Program Leaders to Kids Dig In!**

For you shall go out in joy (2x)  
And come back in peace (2x)  
Blessed be.

**Pondering** *Karaṇīya Mettā Sutta*

**Musical Reflection** *Winds of Change Forever Blown* **#183**

## GRATITUDE

### Offering

Rev. Tera Landers

You may “text to give” by texting the amount to 866-283-4004 or give online at: [bit.ly/throopgive](http://bit.ly/throopgive).

Please place offering gifts in the green envelope, found in the pew pocket, with your name.

(Please check the “pledge payment” box to have the gift credited to your annual pledge)

### Offertory

*How Could Anyone*

#1053

### Response to Our Offering

Rev. Tera Landers

For the ministries of the church in our community,  
we bless our offering with love and hope.

### Promise to Our Planet

Rev. Tera Landers

As members of the family of living beings on earth,  
we are guided by the Unitarian Universalist principle of  
“respect for the interdependent web of all existence,  
of which we are a part.”

With hearts filled with love for it,  
eyes nurtured by its beauty,  
and minds ruminating on ways to protect  
its sacred and scarce resources,  
we promise to nurture the wellbeing of all life,  
and of the planet itself.

## RECEIVING

### Pastoral Prayer and Shared Stillness

Jake Hearen

### Centering Hymn

*Filled With Loving Kindness*

#1031

### Our Life Together

*Adventures in the Metta-verse*

Jake Hearen

## SENDING

### Closing Hymn

*As We Leave This Friendly Place*

#414

### Benediction

Jake Hearen

### Postlude

*Connection*  
OneRepublic

Meghan Hawkes

We welcome the presence of young children  
and their spontaneous outbursts  
of the Spirit of Life in our worship.

**Join us for Coffee and Conversation immediately following the Postlude.**

## Thank you, Sunday Morning Volunteers

**Greeters/Ushers:** Teri Trendler

**Livestream Tech:** Brad Wallace

**Coffee and Conversation Hospitality:** Cynthia McDonnell

**Throop Choir:** Teresa Bailey, Rachel Boller-Majestic, Michael Kelley, Gordon Maas, Marissa Morrison, George Patton, Jean Prinz, Dave Ryan, Ripley Ryan, Aimee Scholz

**Kids Dig In! Leaders:** Rachel Ryan and Derek Jones

### Throop Announcements

**Online Guest Book**, if you are new to Throop, we'd love to stay in touch. Fill out our [online Guest Book](#).

**Our Children's Program, Kids Dig In!** takes place during the worship service. To sign up children or to volunteer, contact Rev. Tera at [pastortera@me.com](mailto:pastortera@me.com).

**Get Out the Vote Letter Writing Sunday, Nov. 20!** Join the Throop Social Justice Team in writing "Get Out the Vote" letters to Georgia voters! We will convene today, Sunday Nov. 20, at 12:15 PM in Throop Hall. Letters, envelopes, and stamps will be provided. Bring your favorite pen! This effort is part of Vote Forward.

**Become A Throop Member!** Now is a great time to officially join your spiritual and religious home, Throop. We will have a New Member Welcome Ceremony on Sunday, December 4. Talk to Rev. Tera about membership and to get a new member form.

**Volunteers Needed for Saturday, December 24 Christmas Eve Service and** Sunday mornings to greet guests and collect the offering. Sign up by emailing Phillury at [phillury.throopuu@gmail.com](mailto:phillury.throopuu@gmail.com) or add your name to the sign up sheet in Throop Hall during Sunday's coffee hour.

**Help us Pack Sack Lunches for Friends in Deed!** On the fourth Sunday of each month after the service, volunteers will pack sack lunches in Throop Hall for outreach programs at Friends in Deed.

**Drought Vegetable Garden Volunteer Time**, Sundays from 7 - 11 AM. (Except on Throop Learning Garden Fourth Saturday Volunteer Weekends)

**Zoom Happy Hour**, Wednesdays at 6 PM, [by Zoom](#).

**Book Group**, Thursdays at 4 PM, [by Zoom](#).

**Descanso and Huntington Gardens Throop Group**, if you are a member of one or both of these gardens, and would enjoy a stroll or special events with other Throopers, [join our Facebook Group](#)! If you are not a garden member, join the group anyway as many members are able to take guests in with them.

**Weekly updates**, special activities and events can be found each Sunday in our **Throop Tidings** delivered via email. If you would like your name added to the mailing list, fill out our [online Guest Book](#).



## **Unitarian Universalist Principles**

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides. We live out these Principles within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience.

- 1. The INHERENT WORTH and DIGNITY of every being.**
- 2. JUSTICE, EQUITY and COMPASSION in all relations.**
- 3. Acceptance of one another and encouragement in SPIRITUAL GROWTH.**
- 4. A free and responsible search for TRUTH and MEANING.**
- 5. The right of CONSCIENCE and the use of the DEMOCRATIC process.**
- 6. The goal of world community with PEACE, LIBERTY, and JUSTICE for all.**
- 7. RESPECT for the INTERDEPENDENT WEB of which we are a part.**