Welcome

The Lighting of the Christ Candle
Marie Andel

Prelude
Gail Hintz

“Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.”
- Theodore Isaac Rubin

“Be kind whenever possible. It is always possible.”
- Dalai Lama

“Do your little bit of good wherever you are.
It’s those little bits of good put together that overwhelm the world.”
- Desmond Tutu

The Call
Being kind—truly kind—is hard. Nice requires little effort. I can be nice while also being indifferent, critical, and even sarcastic. But I can’t be kind and be any of those things. Being kind means caring. It means making an effort. It means thinking about the impact I’m having in an interaction with someone and endeavoring to make it rich and meaningful—giving them what they need at that exact moment, without worrying about whether I get anything in return. It means letting go of my judgments and accepting people as they are. Kindness requires me to do something my upbringing discouraged—it demands that I reach out and that I take a risk.
Gathering Prayer

In a world where the rhetoric of leaders often sounds more like the taunts of a playground bully, it’s easy to lose hope for kindness. We admit it feels a bit like bringing flowers to a gun fight.

And so, we pray:

Teach us, O Holy One, how to respond in love and not in fear.
Teach us what it means to speak with conviction without using words as weapons.
Teach us to carry both strength and gentleness, to offer kindness even in our anger, to listen before lashing out.
Remind us that kindness is not a nice thought for the grandmothers but a natural outcome for every image bearer who lives life in the Spirit.
You have given us a spirit of love, kindness, gentleness, and self-control.
Show us what it means to offer these gifts to our neighbors, teachers, families, and leaders with confidence, conviction, and a sound mind.
May Your kindness be our steady filter and our sure companion.

Amen,
and amen.

“*When I was young, I admired clever people. Now I admire kind people.*”

- Abraham Joshua Heschel

Children’s Time with Ms. Judy

Scripture Reading Colossians 3:12-17 (The Message)

So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as Jesus forgave you. And regardless of what else you put on, wear love. It’s your basic, all-purpose garment. Never be without it.

Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense. And sing, sing your hearts out to God! Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God every step of the way.
Music for Reflection

Gail Hintz

“When given the choice between being right and being kind, choose kind.”

- R. J. Palacio

Message

“Building on Kindness”

Prayers of the People/Lord’s Prayer

Our Father who art in Heaven, hallowed be thy name. Thy kindom come, thy will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil, for thine is the kindom, and the power and the glory forever. Amen.

Song of Response

“Beautiful City”

Kurtis Heinrich, vocalist | Ron Bryant, piano

Moment for Mission

Neighbors in Need

Emily Kuttenkuler

Thanksgiving to God

Breaths of God

Blessing and Commissioning

“The world is full of kind people. If you can’t find one, be one.”

- Unknown

Sending Forth Song

“Be the Change”

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Sources:

Bulletin Cover image is by Andrea Tummons

The Call is by Donna Cameron, in A Year of Living Kindly: Choices That Will Change Your Life and a the World Around You, 2018.

Gathering Prayer is by Emily P. Freeman, on www.emilypfreeman.com.
Come and Fill

1. Come and fill all my life,
   come and fill all my life.

Each and every tender place:
Pouring gently, rushing strong:

Holy Breath, move through me.
Holy Breath, move through me.

Words and Music: Richard Bruxvoort Colligan
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5. Be the Change

Words adapted from Gandhi (attr.)

Music by Marc Kaplan and Colin Britt
Jersey City, NJ | 2010

Steady (d = 88)

Melody

1. Be the change you want to see in the world, be the change
2. Be the voice you want to hear in the world, be the voice
3. Be the light you want to shine in the world, be the light

Harmony

C/G G Cadd9 Am7

you want to see in the world, be the change you want to
you want to hear in the world, be the voice you want to
you want to shine in the world, be the light you want to

B7 Em Am7 C/D G

see in the world, hear in the world, and change will come to you.
shine in the world,

Rhythm for hand taps on heart:  

Suggested percussion groove:

Performance Suggestions:

- Start with soloist accompanied by minimal percussion (hand taps on heart, djembe, etc.).
- Repeat verse 1 with everyone in unison.
- Add harmony, SSA or SATB with bass doubling melody.
- Accompany with piano or guitar, and percussion ad lib.

Colin writes: "Marc was asked to commission a piece for an All County Choir, and as he was thinking about being the best version of himself, Ghandi popped into his head. The melody wrote itself in 5 minutes. He called me and the rest is history!"