



A Year for Befriending Our Bodies

January 7, 2024

Gathering of Community

Music for Gathering	'Whoever You Are'
Opening Words	Rev. Rachel Lonberg
Words of Welcome	Matthew Morris McCormick
Announcements	Rev. Rachel Lonberg
Introit	'It's You I Like' (Rogers)
Chalice Lighting	Matthew Morris McCormick

If you are lighting a chalice at home, you are encouraged to type in the chat box 'A chalice is lit in (your neighborhood/city/street).'

Words: Chalice Lighting from our 2nd-3rd Grade Religious Education Class

Affirming our Connections

Joys and Sorrows	Rev. Rachel Lonberg
Children and Teacher Recessional	'Go Forth' (Ramsey/Drake)

*Go forth in peace, in search of wisdom,
With love to guide you on your way
And may the joy of life surround you
Wherever you may go.*

Offering Rev. Rachel Lonberg
Support the good and important work of People's Church:



www.tinyurl.com/givingtopeoples

Offertory

Giving Thanks for All That Sustains Us

Matthew Morris McCormick

*From the countless gifts we each have been given,
gifts of life and love and sustenance,
we bring these small portions to share in the works of love
which none of us can accomplish alone.*

Searching for Wisdom and Inspiration

Silent Meditation

Spoken Meditation 'Prayer for Bodies' by Sean Parker Dennison

Musical meditation 'There's a River Flowin' in My Soul' (#1007)

Readings 'i am running into a new year' by Lucille Clifton

'God went to beauty school' by Cynthia Rylant
from *What We Don't Talk about When We Talk about Fat*
by Aubrey Gordon

Music 'As I Am' (Osborne)

Sermon Rev. Rachel Lonberg

Returning to the World

Closing song 'There is More Love Somewhere' (#95)

Closing words Rev. Rachel Lonberg

Postlude

Bibliography / for further reading and listening

Fat Church: Claiming a Gospel of Fat Liberation by Anastasia Kidd

Fat Talk: Parenting in the Age of Diet Culture by Virginia Sole-Smith

Maintenance Phase podcast hosted by Michael Hobbes and Aubrey Gordon

#VERYFAT #VERYBRAVE by Nicole Byer

What We Don't Talk about when We Talk about Fat by Aubrey Gordon