



Observing Interconnection Through the Practice of Traditional Chinese Medicine

Wendy Fritz
August 24, 2025

Music for Gathering	"Rising Appalachia" Medicine
Words of Welcome	Sharon Sauter
Chalice Lighting	"Wild Forces" By St. Francis of Assisi
	Sharon Sauter
Introit	"Blue Boat Home"
	Jennifer Drake, Tim Kieffer, Christine Hann
Joys and Sorrows	Sharon Sauter
Silent Meditation	
Offering	Sharon Sauter
Offertory	"Lei Qiang" Four Seasons
Giving Thanks for All That Sustains Us:	
<i>For 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.</i>	
Song	"Breathe In , Breathe Out"
	Jennifer Drake, Tim Kieffer, Christine Hann

Readings:

From "The Joy Luck Club", by Amy Tan	Sharon Sauter
From "Teachings on Jing and Shen" by Huainan Masters	Wendy Fritz
Reflection	Wendy Fritz

Questions for Sharing and Listening

1. What are examples of yin and yang in your environment? In yourself? Do you feel one aspect more than another?
2. Looking at the five elements, which do you feel more represents you? Which is the least?
3. What are ways you feel you could incorporate the season of late summer into your wellness practices? What is your favorite thing about this season?

Guidelines for discussion: Please speak the truth as you understand it; please do not comment on others' comments until everyone has had a chance to do initial sharing.

Closing song	"Turn the World Around"
	Jennifer Drake, Tim Kieffer, Christine Hann

Closing words	Sharon Sauter
Closing video	"Electric Boogie" Marcia Griffiths

People joining us via Zoom are invited to stay for small group conversations.

**People's Church: A beloved community embracing and
serving our diverse world**

