



Paying Attention to Attention
Rev. Rachel Lonberg
July 26, 2026

Music for Gathering 'Enter, Rejoice, and Come In' (#361)
Words of Welcome Rev. Rachel Lonberg
Opening Song
Chalice Lighting Bob Davis
Words: 'For This One Hour' by Paul Stephan Dodenhoff
Joys and Sorrows Rev. Rachel Lonberg
Silent Meditation
Offering Bob Davis
Offertory 'Holy Now' (Mayer)
Giving Thanks for All That Sustains Us:

*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.*

Readings Ted Kooser, from the Preface to *Healing the Divide:*
 Poems of Kindness and Connection
 'How it Might Continue' by Rosemerry Wahtola Trommer
 Ross Gay, from the Forward to *How to Love the World:*
 Poems of Gratitude and Hope

Song 'Meditation on Breathing' (#1009.)

Reflection 'Paying Attention to Attention'
 Rev. Rachel Lonberg

Questions for Sharing and Listening

- *How do you steward your attention?*
- *Do you agree with the idea of 'feed the health, starve the dysfunction'? Why or why not?*
- *Ross Gay writes, '[The wreckage] commands our attention, and for good reason. We have to survive it. But even if we understand the wreckage to survive it, it needn't be the primary object of our study. The survival need be.' What have been the primary objects of your attention recently?*
- *Flip through a copy of the zine. Select a question to discuss with your group.*

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 'Go Forth'
Closing words Rev. Rachel Lonberg

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

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