

FIRST UNITARIAN
CONGREGATIONAL SOCIETY
BR[©]KLYN
A UNITARIAN UNIVERSALIST CONGREGATION

WHOEVER YOU ARE

Whoever you are
Whomever you love
Wherever you are on your life journey
You are welcome here.

SONG OF HOPE

From all that dwell below the skies
Let songs of hope and faith arise.
Let peace, good will on earth be sung
Through every land by every tongue.

CHILDREN'S RECESSIONAL

Musical notation for the Children's Recessional. The first line of music is in 4/4 time, starting with a treble clef and a key signature of one flat (Bb). The melody consists of eighth and quarter notes. Above the staff, the following chords are indicated: F, F/A, Bb, F, F, F/A, Gm7, and C. The lyrics "We bless you on your jour-ney through from shel-tering arms to the wide sky blue. In your" are written below the first line. The second line of music continues the melody, with chords Dm, C/E, F, Gm7, Am7, Bb, F/A, Bb/C, and F indicated above. The lyrics "joy - ful jumps and your sad times too, you bless us by be-ing you." are written below the second line.

We bless you on your jour-ney through from shel-tering arms to the wide sky blue. In your
joy - ful jumps and your sad times too, you bless us by be-ing you.

SONG OF HOPE FOR JAZZ SUNDAY

Musical notation for the Song of Hope for Jazz Sunday. The first line of music is in 6/8 time, starting with a treble clef and a key signature of one flat (Bb). The melody consists of eighth and quarter notes. The lyrics "From all that dwell be-low the skies" are written below the first line. The second line of music continues the melody, with the lyrics "Let songs of hope and faith a - rise" written below. The third line of music continues the melody, with the lyrics "Let peace, good-will on Earth be sung" written below. The fourth line of music continues the melody, with the lyrics "Through ev - 'ry land by ev - 'ry tongue" written below.

From all that dwell be-low the skies _____ Let songs of hope and faith a - rise _____
Let peace, good-will on Earth be sung _____ Through ev - 'ry land by ev - 'ry tongue _____

LIGHTING THE CHALICE

Read Responsively:

Blessed is the fire of our faith,
and the chalice of our community;

*Blessed is the living tradition that is carried
forward in our work and in our love*

Blessed is the transient flame we kindle here;

*Blessed is the illuminated moment
of our gathering.*

Blessed is the light of the eternal;

*Blessed is the sacred call of life to which
we give ourselves in answer.*

December 14, 2025

My Joy is Heavy

Welcome to First Unitarian Congregational Society in Brooklyn, where we are exploring the themes of *Inertia* and *Change* through words, music, silence, prayer, and community.

Gathering ♪ *Prelude It Came Upon the Midnight Clear* by Edmund Sears (1849)
arr. Adam Podd

♪ Enter, Rejoice, and Come In (#361)

♪ Whoever You Are (inside cover)

Chalice Lighting (inside cover)

♪ Song of Hope (inside cover)

Julie McKinney Special Music Fund

Greeting

Deepening Wisdom Story *Help Your Dragon Deal With Change* by Steve Herman

Children's Blessing & Recessional

Silent Meditation & Prayer

Candle Lighting

Offering

♪ *God Be In My Head* by John Rutter / arr. Adam Podd

Sermon

♪ *My Joy Is Heavy!* by The Bengsons / arr. Adam Podd

Connecting Announcements

♪ Let the Life I've Lived (American Spiritual)

Let the life I've lived speak for me.

Let the life I've lived speak for me.

When I come to the end of this road,
and I lay down my heavy load,

Let the life I've lived speak for me.

Benediction

361 Enter, Rejoice, and Come In

$\text{♩} = 112$

1. En - ter, re - joice, and come in.
 2. O - pen your ears to the song.
 3. O - pen your hearts ev - 'ry - one.

En - ter, re - joice, and come in.
 O - pen your ears to the song.
 O - pen your hearts ev - 'ry - one.

To - day will be a
 joy - ful day; en - ter, re - joice, and come in.

4. Don't be afraid of some change.
 Don't be afraid of some change.
 Today will be a joyful day;
 enter, rejoice, and come in.

5. Enter, rejoice, and come in.
 Enter, rejoice, and come in.
 Today will be a joyful day;
 enter, rejoice, and come in.



The Julie McKinney Music Fund

The Julie McKinney Music Fund was established in 1992 to honor the wife of our late Minister Emeritus, Rev. Dr. Donald W. McKinney. Julie was a music lover and longtime choir member. Contributions to this fund help to maintain a high quality of special music including on Christmas Eve, Palm Sunday, and Second Sunday Jazz.

We urge you to contribute to keep our program alive and healthy. Checks written to First Unitarian and marked "JMF" in the memo line may be sent to the church office (48 Monroe Place, Brooklyn, 11201) or placed in the Sunday offering plate. Contributions may also be made on-line at www.fuub.org.

Select the Julie McKinney Fund option or use the QR Code.

Gifts in honor of a loved one are welcome.



Patron: \$1,000 and over

Sponsor: \$500-\$999

Friend: \$250-\$499

Donor: \$100-\$249

Contributor: Up to \$99

Name(s) as you would like it to appear in the program:

In honor/memory of _____

Amount of contribution: \$ _____

Sermon Garnett R. Losak

Wisdom Story Wendy Russell

Music Director Adam Podd

Announcements Garnett Losak, Director of Congregational Life

Our Worship Associate is Rev. Micah C. Ma

Our Lay Pastoral Minister is Daniel Walters

Our Livestream Producer is Jay Lawrence

Connections Table Hosts are Brian Elig & Charles Lynch

NOTES:

Mystical reading by Karen Armstrong

MUSIC NOTES:

Brandon Hornsby-Selvin, soloist (*God Be In My Head*)

Candice Helfand-Rogers, soloist (*My Joy Is Heavy*)

Welcome to Second Sunday Jazz Worship. Each month, we bring you a jazz worship service featuring some of the best musicians in NYC, as well as our great choir. Every Sunday, but especially on Jazz Sundays, we invite you to take a moment to recognize the origins of the music that moves you here at First U. Much of it traces back to a Black tradition. We can best honor those traditions by listening with our hearts, responding with our bodies, and opening ourselves up to the depth of expression.

This monthly series is made possible entirely by your donations to the Julie McKinney Special Music Fund. Thanks so much to those who donate and have sustained our Second Sunday Jazz programming over the years. You can give at fuub.org/JMF

Today's musicians include: **Jason Prover**, trumpet / **Skye "Blue" Carranza**, alto saxophone / **Nathan Ellman-Bell**, drums / **Rob Jost**, bass

Today in Religious Education:

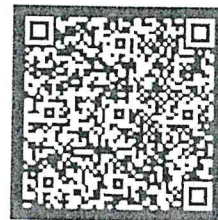
- **Nursery, Toddler, Pre-K / 11 AM-12:30 PM.** Drop off at the 50 Monroe Classroom. Pick up after the service.

The children will recess to the McKinney Chapel following the wisdom story. We'll have a short rehearsal for the song "One Beautiful Light", which the kids will sing at the December 21st pageant, and then the teachers will escort them to their classrooms.

- **Grades K-1 / Love Surrounds Us /** Eastman Room
- **Grades 2-3 / Moral Tales /** Green Room
- **Grades 4-5 / Toolbox of Faith /** Frances White Room
- **Grades 6-7 / Building Bridges /** 3rd Floor Teen Room
- **Grades 8-9 / Coming of Age / 11:00-12:30** Library
- **Grades 10-12 / HS Youth Group / 12:30-1:30 /** 3rd Floor Teen Room

PAGEANT REHEARSAL 12:30 in the Sanctuary

Registration is Open and Ongoing! Use the QR code to register your child today!
Your child/children must be registered in order to participate in our programs.



All are welcome at fellowship in the undercroft, following the service.

COMMUNITY EVENTS

Today at First Unitarian:

❖ ***Let's Celebrate Garnett Today, 12:45***

Director of Congregational Life Garnett Losak's last Sunday is today, so let's all celebrate her dedication to First U in her style: no toasts or speeches or fancy frills, just connection and community. Find the festivities in both the Chapel and the Undercroft after the service.

Looking Forward:

❖ ***Poetry of Devotion and Doubt, Sunday, December 21st, 1:45PM***

This month we will be looking at poetry of faith as it is challenged or reaffirmed by the messages we hear during the holiday season. Participants are invited to bring poems written by others and themselves. We meet in the Frances White Room. All are welcome. Contact Beth Evans (beth.evans.is@gmail.com) with any questions.

❖ ***Winter Solstice Meditation, Sunday, December 21st, at 4:00 p.m.***

Join Octavia Findley for a Winter Solstice Meditation. The event will feature candlelight, silence, drums, and snacks. It will take place in the McKinney Chapel.

❖ ***Stewardship Team Info Session, Sunday, January 11th, Following the worship service***

Do you enjoy meeting new people, sharing what we love and growing what we need? We're the stewardship team, we reach out to prospective new members to learn about their gifts and help them discern their financial contributions. We also create and implement the annual pledge drive. Please reach out to Vicki Antonini (victoriaantonini@msn.com) to let her know you're interested. All are welcome!

❖ ***Soul Matters Info Session, Sunday, January 11th, following worship***

In January, First Unitarian is launching a new small group ministry called ***Soul Matters***, a monthly space to deepen connection with each other and ourselves by discussing the "Big Questions." Through individual and small group work, we'll delve into monthly themes like belonging, practicing resistance, and paying attention—to name a few! We will meet in the Francis White Room. Learn more at soulmatterssharingcircle.com.

❖ ***Meditation Group meets Sundays, 10:00AM***

For more information contact Daniel Walters. (dpwalters@gmail.com)

Please be respectful of the scent free area below the west balcony.
Choose another area of the Sanctuary if you use perfumes, scented soaps,
essential oils or scented laundry supplies.

❖ **2026 MLK Day of Service, Monday, January 19th, 10:30AM-2:30PM**

Tuff Art Media will screen the 35-minute film about closing Rikers "Closing the Last Penal Colony." Tuff Art Media Founder Edwin Santana will speak about the film after it screens. Lunch will be served, followed by a 1:15 – 2:30 PM training sponsored by the Immigrant Solidarity Committee/Social Justice Committee. Please reach out to the committee for more details on that training. **We need volunteers! We can't make this happen without help. Childcare will be provided.** Sponsored by the First Unitarian Social Justice Committee.

Join First Unitarian For the Winter Holidays

Holiday Pageant

Sunday, December 21st, 11:00AM

Yule/Solstice Celebration

Sunday, December 21st, 4:00PM

Christmas Eve Family Service

Wednesday, December 24th, 3:30PM

Christmas Eve Candlelight Service

Wednesday, December 24th, 5:00PM

Mid-Holiday Vespers

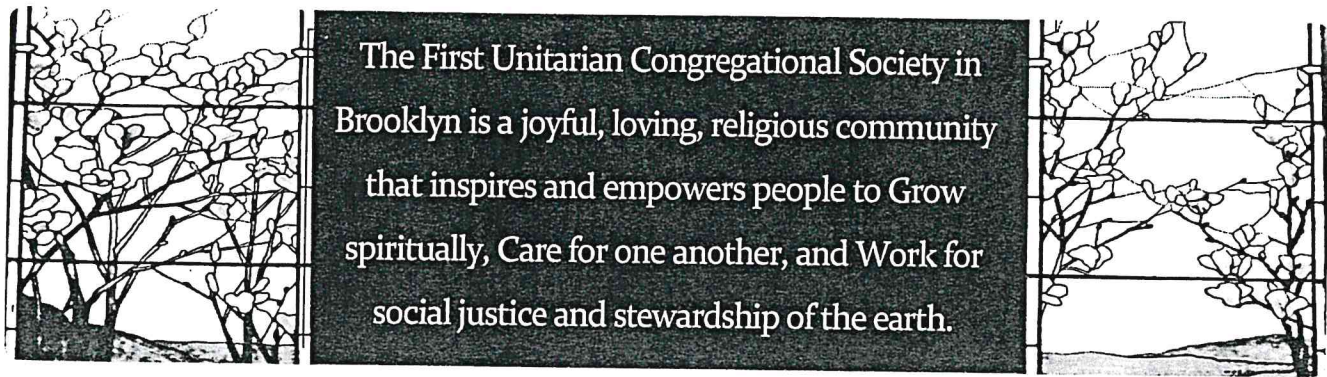
Sunday, December 28th, 4:00PM

Share the Plate December: Unitarian Universalist Service Committee (UUSC)



Grounded in the belief that all people are worthy of dignity and power, the UUSC has worked for nearly 80 years to advance human rights and social justice around the world. For more information www.uusc.org

Donations to First Unitarian are received with gratitude. Scan the QR code to the left to be taken directly to our online portal. Checks to First Unitarian or cash may be dropped in the offering plate. Thank you for your generosity.



Unitarian Universalist Values and Covenant

As Unitarian Universalists, we covenant, congregation-to-congregation and through our Association, to support and assist one another in our ministries. We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love.

Love is the power that holds us together and is at the center of our **shared values**. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.

Our congregation is located on a hill near a place where two waterways join and empty into the Atlantic Ocean.

We honor with gratitude the land and the Lenape people who cared for it through many generations. We acknowledge the contributions and experiences of Native peoples, and in tribute to them, pay homage, and strive to learn how to be in better relationship with the earth we all inhabit.

In order to reduce our use of paper, this order of service cover is re-used. If there's information you need, feel free to take it with you, otherwise, please leave it in your pew.

To protect our historic building, please refrain from bringing food into the Sanctuary. Liquids in closed containers are welcome.

At First U, it's very important to us that we care for one another.

After the service a member of our Caring Ministry will be in the Chapel of All Faiths. If you are going through a hard time or if you are concerned about someone else, we invite you to come and connect with them. We very much want to hear from you.

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Checks or cash may be dropped in the offering plate.

Thank you for your generosity.



FIRST UNITARIAN BROOKLYN

A UNITARIAN UNIVERSALIST CONGREGATION

CONGREGATION ORGANIZED IN 1833

BUILDING DEDICATED IN 1844

CLERGY & STAFF

Rev. Micah C. Ma, micah@firstubrooklyn.org
Interim Senior Minister

Rev. Meagan Henry, meagan@firstubrooklyn.org
Assistant Minister, Education, Family & Pastoral Care

Adam Podd, adam@firstubrooklyn.org
Director of Music

Garnett Losak, garnett@firstubrooklyn.org
Director of Congregational Life

Wendy Russell, wendy@firstubrooklyn.org
Office Manager/Bookkeeper/RE Assistant

Renee Strickland, renee@firstubrooklyn.org
Director of Facilities

John McKeown, john@firstubrooklyn.org
Building Engineer

Bobby Blackman, bobby@firstubrooklyn.org
Sexton

Sean Sellers, sean@firstubrooklyn.org
Youth Coordinator

Yvonne Garrett, yvonne@firstubrooklyn.org
Intern Minister

OFFICERS

Anne Calder & Mark Weiss
Co-Presidents, Board of Trustees

Trustees:

Vicki Antonini, Michele Ascione,
Barbara Bornmann, Julie Elting,
Luke Messina, Amanda Nietzel, Jake Powell

Sarah Morgan | *Clerk of the Society*

Lee Pardee | *Treasurer*

James Goward | *Moderator*

Deacons:

Robert Bero, Thomas Check, Liz Davis,
Beth Evans, Patrick Gunn, Laurel Lesio-
Eisenstadt, Edwin Lord, Lee Pardee,
Nancy Wolf

Senior Deacon: Constance Newsom

Music Director Emeritus: William Peek

Bert Eisenstadt *Children's Music Director*

Phylisa St. Fleur *Nursery Caregiver*

Ruby Stackhouse *Nursery Caregiver*

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Office Hours:

Sunday 9:00-2:00 / Monday by appt
Tues – Wed - Thurs | 10:00 am–4:00 pm
Office Closed Friday & Saturday

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YOU TUBE: FirstUnitarianBrooklyn

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First Unitarian Universalist Society in Brooklyn

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