

Welcome

Welcome to Allen Avenue Unitarian Universalist Church,
a presence for liberal religion in Portland since 1821.

From mid-June through Labor Day weekend, our Sunday
services are led by lay-members of the congregation.

Our summer programs are more informal and offer an
exploration of a wide variety of topics and presenters. The
rest of the year, most services are led by Rev. Tara
Humphries.

If you are visiting and would like to know more about our
church, please speak to one of our morning worship leaders
following the program.

MISSION: At Allen Avenue Unitarian Universalist Church,
we are a growing community that transforms lives through
the power of love. We celebrate diversity, encourage
spiritual growth, and promote social responsibility as we
travel with care on this earth. We empower our members to
share their gifts to build a world of compassion, equality,
and freedom.

ALLEN AVENUE UNITARIAN UNIVERSALIST CHURCH
524 Allen Avenue
Portland, ME 04103
www.a2u2.org

Rev. Tara Humphries, Minister – a2u2minsister@gmail.com
Margaret Steward, Office Administrator ~ office@a2u2.org
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Sunday, July 21, 2024
10 a.m.



*Applying the Four Agreements to Your
Own Life*

Cate Sullivan

Allen Avenue Unitarian Universalist
Church

July 21, 2024 ORDER OF WORSHIP 10:00 a.m.

Gathering Music *Ataypura from Voice of the Xtaby*
Yma Sumac

Welcome and Announcements Cate Sullivan

Call to Worship/Introduction
Referencing the work of Don Miguel Ruiz

Lighting the Chalice *Opening to the Light*
Sarah Ruth Wekaye

*Hymn – #1074, Turn the World Around

Joys and Sorrows

Musical Interlude *Sonata in G Major*
Georg Philipp Telemann

Reflection 1st Agreement *Be Impeccable with Your Word*
Cate Sullivan

Reflection 2nd Agreement *Don't Take Anything Personally*
Cate Sullivan

Offertory and Music *Andante Espressivo*
Felix Mendelssohn

Reflection 3rd Agreement *Don't Make Assumptions*
Cate Sullivan

Reflection 4th Agreement *Always Do Your Best*
Cate Sullivan

Benediction & Extinguishing the Chalice Cate Sullivan

Closing Music *La Calaca* performed by
Linda Ronstadt

**Please rise in body or spirit.*

Please join us for refreshments after the service.

Presented by Cate Sullivan
Participants and helpers in this service are: Erica Bartlett
and Anna Noyes Benoit

Thanks to Michael Argondizza for the cover art.

We are grateful for our tech & Zoom team, too, and all those
working behind the scenes to make multi-platform worship
possible!

Share the Plate for July is the Alzheimer's Association,
Maine Chapter, which provides education and support to all
those facing Alzheimer's and other dementias including
those living with the disease, caregivers, families, and
health care professionals. Learn more at
<https://www.alz.org/maine>.