

# Decorah Unitarian Universalist

Sunday, January 22, 2023  
218 West Water  
Decorah, Iowa 52101

DecorahUU.org  
DecorahUU.Contact@gmail.com

## Welcome and Announcements

Today's service relates to our UU Principle #3 Acceptance of one another and encouragement to spiritual growth in our congregation

### Chalice Lighting

Sorrow will one day turn to joy.

All that breaks the heart and oppresses the soul  
will one day give place to peace and understanding  
and everyone  
will be free.

--Paul Robeson

Opening Song #1031, *Filled with Loving Kindness*

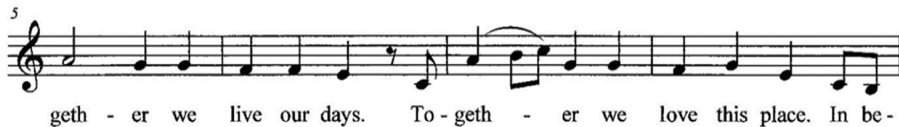
## Land Acknowledgement

Joys and Sorrows You may light a votive candle as you share any joys or concerns with the fellowship.

## Silence / Response

### Your Joy Is My Joy

Ellen Rockne



Offering / Response #128 For all that is our life, we sing our thanks and praise. For all life is a gift that we are called to use to build the common good, and make our own days glad. ...Findlow

## Readings of quotes from *Our Grandmother's Hands*

### *Our Grandmother's Hands*

A book by Resmaa Menakem.

About the author - As a trauma consultant for the Minneapolis Police, author and therapist Resma Menackem developed a body centered practice to heal racialized trauma, to feel safe and secure in our bodies and in the world, and to pass that safety and security to future generations.

### Extinguishing the Chalice

If, here, you have found freedom, take it with you into the world.

If you have found comfort, go and share it with others.

If you have dreamed dreams,

help one another,

that they may come true!

If you have known love,

give some back

to a bruised and hurting world.

Go in peace

-Lauralyn Bellamy

## Closing Song #1051 *We Are...*



## Announcements

Thank you to Lyra McNight for playing the piano!

**Share-the-Plate** - Our plate recipient for January - February is the [Senior Citizens Hospitality Center](#) which is undertaking a remodeling project. To donate to the recipient, place in the offering envelope. Loose cash goes to Decorah UU.

**Decorah UU Auction** - send your 'gifts' to Julie Ohde at [littleredkayak@gmail.com](mailto:littleredkayak@gmail.com)

**Dance for Justice & Equity for Public Education TODAY**, 12 - 1:00 Water Street Plaza.

**My Grandmother's Hands reading group** starts Monday Jan 22, 5-6p. Contact [decorahuu.contact@gmail.com](mailto:decorahuu.contact@gmail.com) to join.

**Strategies of Hope and Resistance** - a discussion series. Join us in facilitated conversations about finding joy in the act of resistance. Wednesday January, 25 6-7p, at the Lingonberry

### Upcoming Sundays

**January 29 - Decorah UU Annual Auction** (with wine and cheese)

**February 19 - Decorah UU Votes to Adopt the 8th Principle**

Send suggestions for **Share-the-Plate recipients** to Julie Ohde, Decorah UU Chair: [littleredkayak@gmail.com](mailto:littleredkayak@gmail.com)

Send suggestions for the weekly Decorah UU e-newsletter to [DecorahUU.contact@gmail.com](mailto:DecorahUU.contact@gmail.com)

**Decorah UU Board of Trustees** - Board members for 2022-2023 are Julie Ohde (Chair), Maggie Hayden (Treasurer), Lynn Pleggenkuhle, Lyra McKnight and Shawn Dettmann. The next meeting of the Board is Thursday, February 9, 4:00 p.m.

**Find more:** [DecorahUU.org](http://DecorahUU.org) and Northeast Iowa Unitarian Universalist Fellowship on Facebook

# Decorah Unitarian Universalist

considering themes from

*My Grandmother's Hands*

a book by Resma Menackem addressing healing from racialized trauma

with Carolyn Corbin

January 22, 2023