



“Flow: Perseverance and the Power of Community”

April 13, 2025, at 10:30 a.m.

Prelude	<i>Energy Flow</i> by Ryuichi Sakamoto
Welcome & Announcements	Susan Greenberg, Board Member of the Week
Chalice Lighting & Opening Words	“I Breathe,” by Craig Rowland, Rev. ReBecca Ames Sala
Gathering Song	Enter, Rejoice, and Come In (#361)
Candles of Joy and Concern	Kevin Weber, Worship Associate <i>A time for a brief sharing of personal joys and concerns</i>
Offertory	<i>Sakura</i> , Traditional Japanese Folk Song, arr. Michael Scott <i>If you wish to give to FUSW, after the service click here. A link will also be placed in the chat at the end of the service.</i>
Reading	“To My Fellow Swimmers,” <i>from the</i> Elders of the Hopi Nation, Oraibi, Arizona, June 8, 2000
Sermon	“Flow: Perseverance and the Power of Community,” Rev. ReBecca Ames Sala
Hymn	We Are Climbing Jacob's Ladder (#211)/ We are Dancing Sarah's Circle (#212)
Congregational Reflection	Kevin Weber, Worship Associate <i>A time for brief sharing about how today's worship has made a difference for you</i>
Closing Words & Chalice Extinguishing	“A Blessing for a New Home,” <i>adapted</i> by John O'Donohue Rev. ReBecca Ames Sala

Thank you to everyone who helped with this service!

Rev. ReBecca Ames Sala, Pulpit Guest | Kevin Weber, Worship Associate | Diane Guernsey, Pianist
Matthew Clowney, Remote Tech

We respectfully acknowledge that the Rivertowns stand on the unceded territory of the Munsee, Lenape, and Wappinger peoples.

Our Zoom session will stay open for coffee hour after service until 12:00pm.

Click here to [join our online worship service via Zoom](#),
or call 646-558-8656, Meeting ID: 921 3956 4302, Passcode: 266397



The Rev. ReBecca Ames Sala is the Manager of Spiritual Health & Well-Being at Stamford Health. She graduated from New York Theological Seminary in 2003 and was ordained as a Unitarian Universalist Minister in 2005. She is a Board Certified Chaplain through the Association of Professional Chaplains since 2007.

Rev. ReBecca Ames Sala currently lives in Stamford, CT with her husband Ron and their two cats, Arya and Groot.

Enter, Rejoice, and Come In #361

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

Open your ears to the song...

Open your hearts ev'ryone...

Don't be afraid of some change...

Enter, rejoice, and come in...

**We Are Climbing Jacob's Ladder #211/ We are
Dancing Sarah's Circle #212**

We are climbing Jacob's ladder,
We are climbing Jacob's ladder,
We are climbing Jacob's ladder,
We are climbing on.

We are dancing Sarah's circle,
we are dancing Sarah's circle
we are dancing Sarah's circle,
sisters, brothers, all.

Ev'ry round goes higher, higher...

If I stumble, will you help me? ...

Though the road is steep and rugged...