



**LAKESHORE UNITARIAN UNIVERSALIST FELLOWSHIP**  
*proud to be a "fair share" member of the UUA*

**October 4, 2020**

**"Offering Empathy"**  
Guest Speaker, Rev. Karon Sandberg

"In times of distress and hardship, we struggle with how to help our loved ones. How can we be of support when sometimes there are no words or even actions that can comfort? I've have grown to be in awe of the amazing power of offering empathy. Join us as we explore what empathy is and how we can be present for others in ways that can offer peace and healing."

Rev. Karon Sandberg has been a hospice chaplain for close to 10 years. She was ordained by the Fox Valley UU Fellowship and serves them as a Community Minister. Through her work, she says her patients have taught her how to live her life more fully. She has learned that by sharing our stories with one another we learn the most sacred truths about ourselves and that we are not alone.

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**GATHERING HYMN:** "Enter, Rejoice, and Come In"

**WELCOME AND ANNOUNCEMENTS**

**CHALICE LIGHTING:**

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

*Albert Schweitzer*

**OPENING WORDS:**

Let your life speak. Have the patience to be silent and listen for truth.

Then have the courage to let the best that is in you direct your actions.

Recognize that your true identity is nothing more or less than the way in which you conduct your public and private affairs—the way in which, for good or for ill, you let your life speak.

*Robert Lawrence Smith*

**OPENING HYMN:** No. 131: "Love Will Guide Us"

*You are invited to sing along at your computer with your mike muted*

**JOYS AND CONCERNS**    *(A time for **brief**, personal sharing from the heart)*

**READING:** "Empathy"

*Dr. Brene Brown*

**MEDITATION**

**PRESENTATION:** "Offering Empathy",

*Rev. Karon Sandberg*

**CLOSING HYMN:** "Room at the Table"

*Carrie Newcomer*

Let our hearts not be hardened to those living on the margin  
There is room at the table for everyone  
This is where it all begins, this is how we gather in  
There is room at the table for everyone

Too long we have wandered, burdened and undone  
But there is room at the table for everyone  
Let us sing the new world in, this is how it all begins  
There is room at the table for everyone

There is room for us all  
And no gift is too small  
There is room at the table for everyone  
There's enough if we share  
Come on pull up a chair  
There room at the table for everyone

No matter who you are, no matter where you're from  
There is room at the table for everyone  
Here and now we can be, the beloved community,  
There is room at the table for everyone

There is room for us all  
And no gift is too small  
There is room at the table for everyone  
There's enough if we share  
Come on pull up a chair  
There room at the table for everyone

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There is room at the table for everyone  
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Come on pull up a chair  
There's room at the table for everyone.

**CLOSING WORDS:**

To wish for compassion  
To pray for courage  
To experience doubt  
To bear sorrow  
To strive for sureness—  
All these are qualities  
For which each of us  
Should be grateful.  
But to feel a genuine fellowship  
For the *whole* human family,  
To act  
So that our empathy  
Is evident  
Wherever we go—  
That is the object.  
That is the life-long goal.

*David Hicks MacPherson*

**SHALOM****BREAK OUT ROOM “COFFEE HOUR”**

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**NEXT WEEK’S SERVICE:** “UU the Vote: Vote Love and Organize for the Long Haul” with Rev. Christina Leone-Tracy and National UU Leaders.

Our national UUA has made a commitment to electoral justice, and we'll be participating in a national UU the Vote Sunday. Join worship leaders from around the country, including UUA president Rev. Susan Frederick-Gray to find out how to "Vote Love and Organize for the Long Haul."

Rev. Christina Leone-Tracy, Senior Minister, of Fox Valley UU Fellowship, has served the Fellowship since August 2017. She grew up in Texas and discovered UU while a student at Southern Methodist University. She earned a master of divinity (M.Div.) degree from Meadville Lombard Theological School in Chicago, IL She is honored to serve FVUUF as its second settled senior minister,