

Offering Introduction

This week's loose plate collection will be shared with **KidSafe Collaborative**, whose mission is to engage community groups, individuals and agencies to work together to improve our community's prevention of and response to child abuse and neglect.

Offertory *Improvisation*
Sam Whitesell

Offering Dedication

“With gratitude, we dedicate these gifts in the service of our mission to inspire spiritual growth, care for each other and our community, seek truth, and act for justice.”

Sermon “Growing Into Ourselves”

Hymn #95 *There Is More Love Somewhere*

A Communion of Flowers & Community

Music *Selah*
Eric Clapton; arr. James Stewart

Chalice Extinguishing

“We extinguish this flame, but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts and share with the world until we are together again.”

Benediction

Postlude *Mercy, Mercy, Mercy*
Joe Zawinul; arr. Sam Whitesell

TODAY'S WORSHIP CREATORS

Developmental Senior Minister	Rev. Patricia Hart
Director of Music	James Stewart
Musician	Sam Whitesell
Director of Lifespan Faith Development	Erika Reif
Youth Ministry Coordinator	Gabriel Ely
and Members of the Yuuth Group!	

Transcript of Today's Reflection for All Ages: "Fox's Self-Respect Triumph"

Narrator: Today, you're going to see a story about how Fox learns to be braver and kinder by having more self-respect and being braver and kinder to herself, with a little help from her good friend, Dragon.

Act 1: Scene 1

****Fox, Dragon & Giraffe are on a chat together.****

Dragon: Oh my gosh! That example video Mr. Mohammad sent out was so bad! Am I right?

Fox: Yeah, I mean, why would he make that the example? It just kind of stinks.

Dragon: Did you see that editing skill? That was just not good at all.

Fox: It looks like they spent like two minutes on it. It's not good man. Do better. Step up man.

Dragon: They cut like so sharply to another scene. It's like there was no transition *at all*.

Fox: Not even that. It looks like it was filmed on his grandpa's phone. You know? Like get some equipment.

**** Fox & Dragon laugh****p loop*

Giraffe: I made the video.

Dragon: Ooh

Fox: Wait what?

Giraffe: Yup, that was me.

Fox: Oh no no no no no no! Oh no! I'm so sorry! Oh my gosh! Why would I even say something like that? I just... oh!.. I'm such a horrible person! I - I should never have said anything so terrible. I - just - I mean - no, I was bluffing. I could never make a video that good. You're so better at it than I am. You're way better at this class than I am. I - I don't know what to say. I can't believe I would ever do anything like that. I'm so so so sorry.

Dragon: I'm sorry too, but at least you got it featured by the teacher, which is kind of cool, so good for you on that. Even though the editing wasn't great, the story you told was actually really creative.

Giraffe: I forgive you guys.

Dragon: Thanks

Fox: I feel like I don't deserve it.

Giraffe: I'm gonna go.

Dragon: bye

Fox: good bye

****Giraffe logs off the chat.****

Fox: I can't believe we did that. That was such a mistake. It's not what good friends should do. It was horrible! I - I feel like I can never repay it to him.

Dragon: Well, I mean, you kind of did. You apologized and he accepted it. You don't have to put yourself down for him. Cause like, you made a mistake and you said sorry for it. It still means you're a fine person. It just means you shouldn't do that again.

Fox: But what if apologizing wasn't enough?

Dragon: Well, I mean, maybe it wasn't enough, but you don't have to put yourself down about it. Just continue to be his friend. Don't do it again. It will be fine.

Fox: Are you sure?

Dragon: Yeah, I guess so.

Fox: Ok. I guess I'll have to think about that next time.

****fade out****

Act 1: Scene 2

****Fox is in a chat with Panda, Lion & StingRay to coordinate on a group project.****

Fox: Hello!

StingRay: Hi!

Lion: Hi.

Panda: Hey

Fox: Nice to see you guys!

StingRay: Yeah you too.

Lion: You too!

StingRay: How's school going?

Fox: It's been alright. You know.

Panda: Boring. I miss seeing my friends.

Lion: It's kind of fine.

StingRay: Mine's been good, except this one person is really annoying me.

Lion: How is this person annoying you?

StingRay: I don't know - she's just been so like -- she just keeps being so disruptive. I feel like she's not even trying.

****Lion, StingRay and Panda laugh****

StingRay: I mean, if you're going to come to the online class, you gotta at least mute your mic!

Lion: Yeah ****more laughing**** Who is it?

StingRay: Hippo

Lion: I know Hippo. I totally know what you're talking about.

Panda: Totally! In my history class, once we could hear her and their mom yelling about what to eat for dinner for like ten minutes before the teacher got her to mute their video. She didn't even care.

StingRay: Fox, You know Hippo, right? I think she's in your math class. Isn't she?

Fox: Uuuuuuuuuuum.....

****Dragon logs onto the chat****

Dragon: Hey guys.

StingRay: Hi.

Fox: Hi Dragon!

Panda: Hey

Lion: Hi.

Dragon: We're gonna have fun doing this group project, right?

StingRay: Yeeeeeah, right.

Lion: We were just talking about Hippo actually.

****Panda laughs****

Dragon: What were you guys talking about?

StingRay: You know Hippo, right? Isn't she so annoying?

Dragon: Um, I don't know, I mean, that's not very nice to talk about Hippo like that. You can, like talk about it some other time when I'm not around. It's not very nice. Just saying.

****Lion laughs uncomfortably****

StingRay: Yeah, I guess you're right.

Lion: Yeah, I guess.

Panda: Okay

Fox: Yeah, I might agree with that. We should probably start on the project.

StingRay: Yeah, do you have your part done?

Fox: Yeah, yeah I do. I worked really hard on it.

****fade out****

Act 1: Scene 3

****Fox & Dragon are in a chat together.****

Fox: Hey

Dragon: Hello Fox

Fox: It's good to see you again.

Dragon: So, what have you been up to? Did you write that essay that was due last week?

Fox: As a matter of fact I did.

Dragon: What was it about?

Fox: I wrote an essay all about self-respect. I was really inspired by what you told me Dragon

Dragon: Thank you

Fox: About how I shouldn't put myself down like that, even if I make a mistake. I mean it's like, even when you make a mistake, it's like really important to be nice to yourself cause it's important to be kind to other people and brave and it really takes self-respect to do that because I mean, it's hard to be brave if you don't really believe that you can do it and being kind to other people isn't always easy either if you can't be kind to yourself because after all, if you don't think that you can make a difference, then how are you going to believe that you can make a difference to that person? Well anyway, you know what happened with us and Giraffe, and the other thing that happened when we were working with Lion and StingRay and they were putting Hippo down like that?

Dragon: I remember that. Poor Hippo and Giraffe.

Fox: Yeah, I felt really bad about that, especially because I didn't stand up for Hippo. But as bad as I feel about it, I shouldn't be yelling at myself so harshly. I mean, if I do, maybe it won't be so easy to make Giraffe feel better or to be brave when people are being mean and saying

something is super awkward. So anyway, um our teacher asked me to collaborate with you on a graduation speech with you this year. I mentioned that you were really good at self respect and I kind of felt like you kind of helped me get better at it myself and well, frankly, I'm a little bit nervous about giving a speech in front of everyone like that.

Dragon: Wow, um, me too, a little bit. Man, in front of the whole school for graduation? I mean, your essay must have been pretty good then. But I'm still pretty nervous about it, but you know, I saw a TedTalk somewhere, and it says that if you believe stress is bad for you you're going to die, or die sooner, you're not going to outright drop dead.

****Fox laughs****

Dragon: It also said that when you get sweaty and a nervous stomach from stress, it's because your body is trying to get you ready to survive something hard. So, I mean, maybe it's just adrenaline and we shouldn't be too stressed about it. Maybe it's just like adrenaline. Because it's like a good idea. They'll like this speech. Maybe we're just pumped up.

Fox: Wow that's fascinating! Maybe I should see that TedTalk

Dragon: Yeah, I'll send you a link.

Fox: I'll keep that in mind when we're giving that speech. I gotta believe in myself to do this. I mean, I think we can do it Dragon!

Dragon: Yeah, me too.

****The End!****