

# Becoming a Superhero

August 4, 2024

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<b>Gathering Music</b>	<i>Rich Baldes</i>
<i>Beautiful</i> by Carole King	
<b>Ringing of the Chime</b>	
<b>Welcome</b>	<i>Nellson Jacobs-Moore</i>
<i>"It Takes Strength &amp; Courage,"</i> by author unknown	
<b>Prelude</b>	<i>Rich Baldes</i>
<i>Brave</i> by Sara Bareilles and Jack Antonoff	
<b>Call to Community</b>	<i>Sigrin Newell</i>
<b>Chalice Lighting</b>	<i>Sigrin Newell and Nellson Jacobs-Moore</i>
<i>Welcoming all free seekers of truth and meaning, we gather to excite the human spirit, to inspire its growth and development, to respond morally and ethically to a troubled world, and to sustain a vital and nurturing religious community.</i>	
<b>Hymn</b>	<i>Congregation</i>
#121 <i>We'll Build A Land</i>	
<b>Spoken Meditation</b>	<i>Sigrin Newell</i>
<i>"Attitude,"</i> by Charles Swindoll	
<b>Silent Meditation</b>	<i>Nellson Jacobs-Moore</i>
<b>Sermon</b>	<i>Nellson Jacobs-Moore</i>
<i>Becoming a Superhero</i>	
<b>Offering</b>	<i>Sigrin Newell</i>
<b>Offertory</b>	<i>Rich Baldes</i>
<i>I Won't Back Down</i> by Tom Petty and Jeff Lynne	
<b>Welcoming Guests &amp; Visitors</b>	<i>Sigrin Newell</i>
<b>Personal Joys and Sorrows</b>	<i>Donna Meixner</i>
<b>Invitations and Announcements</b>	<i>Sigrin Newell</i>
<b>Closing Hymn</b>	<i>Congregation</i>
#118 <i>This Little Light of Mine</i>	
<b>Benediction</b>	<i>Nellson Jacobs-Moore</i>
<i>"Strength Comes From..."</i> by Catherine Pulsifer	
<b>Extinguishing of the Chalice</b>	<i>Sigrin Newell and Nellson Jacobs-Moore</i>
<i>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 until we are together again.</i>	

# Becoming a Superhero

## *Nellson Jacobs-Moore*



**Albany Unitarian Universalist**  
**Sunday, August 4, 2024**  
**10:00 AM**