

## **Valentines Order of Service**

**Call to Worship: Hymn # 361, *Enter, Rejoice, and Come In***

## **Welcome & Announcements**

**Reading** We Go on Loving by David Richo

## **Prelude**

**Chalice Lighting** Love Can Transform the World by Maureen Killoran

## **Joys and Concerns**

**Hymn #1008** When Our Heart is in a Holy Place

**Time for All Ages: Creating a Valentine of Caring** by Lyn Cox  
Recorded Music Will Play

**Responsive Reading** We Speak the Language of Love by Erika A. Hewitt

## **Moment of Reflective Silence**

**Hymn #123, *Spirit of Life***

**Message: Chocolate Communion (selection from *Love is Like a Box of Chocolates* by Rev. Sarah Schurr)**

**Hymn #6** Just As Long As I Have Breath

## **Offertory:**

*Let this be an offering to sustain and strengthen this place, which is so sacred to many of us, a community of memory and hope, for we are the keepers of the dream.*

## **Unrequited Love**

## **Discussion**

**Extinguishing Chalice** *We extinguish this flame* by Elizabeth Selle Jones  
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.

## **Welcome & Announcements**

### **Reading** We Go on Loving by David Richo

What makes us human beings so uniquely wonderful in this puzzling universe is that we never give up on love.

Against all odds, with no guarantee of being loved in return, out of the hate and hurt so often handed us, in the face of the sad suffering history has let us see, we go on loving.

What deep respect we deserve for this capacity of ours to make love out of anything and to let it last.

### **Prelude**

#### **Chalice Lighting** Love Can Transform the World by Maureen Killoran

Love is the aspiration,

the spirit that moves and inspires this faith we share.

Rightly understood,

love can nurture our spirits and transform the world.

May the flame of this chalice honor and embody the power and the blessing of the love we need,

the love we give,

the love we are challenged always to remember and to share.

### **Joys and Concerns**

#### **Hymn #1008**

#### **Time for All Ages:**

#### **Creating a Valentine of Caring** by Lyn Cox

Minister: As Unitarian Universalists, we stand on the side of love in many ways. We live out our UU values through acts of caring and service, both large and small.

Leader: In our families, in our friendships, in this congregation, in our schools and workplaces and neighborhoods, across our country, and all over the world, our acts of caring and service make the Spirit of Love visible and tangible.

Minister: When you entered the sanctuary today, many of you received sticky notes. Ushers can supply you with one if you don't have one now. You may also borrow a pencil to share with others in your row.

Leader: On your sticky note, write down one act of caring and service that you have done in the last year, or maybe even in the last week. If it is easier for you, draw a picture of how you care and serve. We'll name some ways to make love tangible in case you need ideas.

Minister: If you have done something helpful for a friend in need, that is an act of caring and service. When we send a thoughtful card, give someone a ride, bring food to a neighbor in their time of grief, hold someone in prayer or meditation, take notes for a classmate who is sick, model and remind each other about covenantal behavior, we are creating a valentine of caring.

Leader: If you have been kind to animals, that is an act of caring and service. When we offer birdseed in the winter, care for our gardens without pesticides in the summer, walk our dogs, play with our cats, volunteer at the animal shelter, clean up after our pets, plant flowers for bees and butterflies, we are creating a valentine of caring.

Minister: If you have offered public witness for a more just, equitable, and fair world, that is an act of caring and service. When we help people register to vote, write to our legislators, speak up for equality, learn about racial justice, sponsor and protect refugees, build coalitions for change, we are creating a valentine of caring.

Leader: If you have volunteered to make someone's life or this world a better place, that is an act of caring and service. When we increase access to food and clean water, work in a community garden, help out in a soup kitchen, visit friends in prison, collect blankets, knit hats, plant trees, help a neighbor learn a new language, volunteer for the church, we are creating a valentine of caring.

Minister: We have so many ways of showing love. Write yours down on a sticky note. As the music begins, please come forward and

place your sticky note on our valentine at the front. You may give your note to a neighbor to carry for you.

Leader: May we create a valentine of caring, today and every day. Please come forward as you are moved [or hand your note to someone who can bring it forward on your behalf].

*(Participants add their sticky notes to the giant valentine as instrumental music plays.)*

Minister: For these and many other opportunities to stand on the side of love, we give thanks.

### **Responsive Reading**

We Speak the Language of Love by Erika A. Hewitt

We arrive from many different experiences and backgrounds. Some of us have trouble speaking; others are so young that they're still learning to talk. Some of us speak English as a second language, and others of us can speak several foreign languages. All of us share this in common:

*(congregation:) We speak the language of love.*

In the moments before worship begins, and again when we return to the service of life, we greet one another with kind words; we chat about the days behind us and days to come, and

*we speak the language of love.*

We lift our voices in song — not to sing perfectly or in tune, but to hear and feel our voices form a life-giving sound; and

*we speak the language of love.*

We form a web of compassionate listening when individuals among us, embodying vulnerability, name the fears that grip their hearts, the joys that buoy their spirits.

*We speak the language of love.*

At times, our voices clash. We disagree. Tension enters our voices as we make room for different beliefs, different opinions, different perspectives. Through it all, it's our intention that...

*we speak the language of love.*

In this congregation, we welcome a multiplicity of truths, and invite them to be named out loud. We prophesy, summoning the age when justice and peace will be evident all around us, and

*we speak the language of love.*

Let us worship together, making room for one another as whole beings, tender hearts, hungry spirits, and curious minds. With our actions and with our words, let us

*...speak the language of love.*

### **Moment of Reflective Silence**

### **Hymn #123, *Spirit of Life***

### **Message: Chocolate Communion**

“In the movie by the same name, Forrest Gump says, “Life is like a box of chocolates; you never know what you’re going to get.” Is that true of love as well: that you never know what you’re going to get? Well, life is full of surprises, and love can be as well.

Like love, chocolate comes in many forms. The confection we usually think of as chocolate is made of processed cocoa beans mixed with some kind of fat and some kind of sugar. How much fat and sugar, and whatever else they add, determines a lot about what it tastes like.

Have you ever tasted unsweetened baking chocolate? Blech! It’s really bitter. Eating it isn’t a pleasant experience. Bittersweet chocolate, on the other hand, is made just of cocoa beans, cocoa butter, and sugar. The cocoa content is often about 70%, and the flavor is kind of complicated: it has the pleasant sweetness of fine chocolate, but it’s not very sweet. You can’t eat too much of it because after too much, the bitter starts to show through.

Milk chocolate has more sugar and less cocoa than the bittersweet. There’s no bitter aftertaste so it’s easy to eat, but after a while can start to get cloying in its sweetness.

Chocolate can disappoint. Think about the mass-produced, inexpensive chocolate in coins or Easter bunnies: you see them and say, "WOW, Chocolate."

They look like chocolate and they are brown like chocolate, but when you bite down there are so many additives, so much partially hydrogenated soybean oil, that the taste of the chocolate is just not there. Sometimes we keep eating it, thinking that it must be good because it is, after all, chocolate. But it never works.

I think love can be like this. Not everyone has the same needs in terms of love. Just as some of us like a 70% cocoa content while others like a 35%, and there are even those who like white chocolate, there's a wide variety of tastes in what we look for in a loving relationship.

Some folks want excitement while others want comfort. Sometimes we don't get what we want.

In terms of Eros and excitement, is it love or is it just a good time? The key to living in compassion and respect is to know what you seek and, if you enter a relationship, make sure you know what the other person seeks.

In a moment, we will take part in a Chocolate Communion by passing dishes down the aisles, filled with good old Hershey Kisses take a piece of chocolate as the dish passes by, but wait before you unwrap or eat your candy. We are going to do a chocolate mediation together.

Does everyone who wants one have a chocolate? Okay, now: all together, unwrap your chocolate and hold it in your hand. Look at the color. Smell the aroma. Is it melting in your hand? Is your mouth watering?

Now, take your chocolate and rather than put the whole thing in your mouth, just bite off a tiny bit and let it dissolve slowly, without chewing. Notice the taste... the sweetness, notice any other flavors present in your chocolate. How do you feel when you eat the chocolate? Is this flavor associated with any memories?

When you are ready, go ahead and finish your candy in any way you want to. You can continue to nibble at the edges or you can pop the

whole thing in your mouth or something in-between. Which did you choose? When your chocolate is gone, how do you feel?

Yes, Love is like a box of chocolates. Both can involve some choice and some risk. Love and chocolate can bring you joy but can also be kind of messy. Different people have different tastes and different desires. But know that your love and your life is honored here, as we grow in compassionate community.”<sup>1</sup>

## **Hymn #6**

### **Offertory:**

*Let this be an offering to sustain and strengthen this place, which is so sacred to many of us, a community of memory and hope, for we are the keepers of the dream.*

## **Unrequited Love**

The last part of our service today is going to involve a sense of openness from everyone; the kind that comes from trying something new with excitement instead of reservation.

I wanted today’s service to give us as many points of connection with love as possible. First we created a valentine of caring. We thought and shared together all the ways that service is love.

We shared in a responsive reading which called attention to how our voices are love. How we can choose to commit to the language love.

And then we shared in the experience of Rev. Schurr’s chocolate communion. We experienced the correlation between love and chocolate.

Just as chocolate has hundreds of flavors, love is expressed in so many ways. And received in just as many.

The way you communicate love may not be the way those you love need to experience love.

---

<sup>1</sup> <https://www.uua.org/worship/words/sermon/love-box-chocolates>

Can we be open to hearing what those we love need?

In Gary Chapman's book, "The Five Love Languages: How to Express Heartfelt Commitment to Your Mate," he outlines five ways to express and experience love

Chapman calls these "love languages": receiving gifts, quality time, words of affirmation, acts of service (devotion), and physical touch.

His idea is that we communicate love and receive love based on these primary love languages though he admits the actual list of loves languages would be too numerous to mention

The idea in practice is relatively simple.

Some people like presents. They feel the most love from someone when receiving a gift or giving one.

For others, it's the time you spend with them.

Some people prefer words of affirmation. Like good job and way to go!

For others still, it's service. Time spent in service to others makes them feel love.

And lastly, physical touch. To be hugged, held and kissed goodnight.<sup>2</sup>

In closing out our service today it is the last love language I want us to experience. The idea that physical touch is love.

In a moment we will move our chairs to the edge of the sanctuary and open up our room.

We are going to play a UU conference game called unrequited love.

Unrequited love is love that is not openly reciprocated or understood by the beloved, in fact they may not even be aware of the admirer's

---

<sup>2</sup> [https://en.wikipedia.org/wiki/The\\_Five\\_Love\\_Languages](https://en.wikipedia.org/wiki/The_Five_Love_Languages)

affection.

The way the game works is it gives people the opportunity to show love and affection with out embarrassment.

Let's try (move chairs)

Now we will divide the room in half. Half the room will stand with their eyes closed. Place your hands at your sides if you are comfortable with hugs and place your hands across your chest if you are not. (demonstrate)

The other half of the room will then move through out the room giving hugs or a sincere hand on the shoulder, or a whispered word of encouragement.

When they are done we will switch.

## **Discussion**

**Extinguishing Chalice** *We extinguish this flame* by Elizabeth Selle Jones

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.