

# Prairie Unitarian Universalist Society

2010 Whenona Drive, Madison, WI 53711 \* 608-271-8218 \* www.uuprairie.org

## “Laughter Yoga,” presented by the Madison Laughter Club

July 28, 2013



### Today's Order of Service

**Prelude:** “Chorale,” by Brahms. Performed by Mary Frantz.

**Greeting and Announcements** – Penny Eiler

**\*\*Introduction of Guests and Visitors**

**Opening Words**

**\*Hymn #338 (SLT):** “I Seek the Spirit of a Child,”  
accompanied by Aileen Nettleton.

**Chalice Lighting:** In unison.

#### **The Big Smiling Oath**

I do unsolemnly swear,  
To turn up each side of my mouth,  
And to smile as often as possible,  
I agree to laugh several times daily.  
And to give and receive at least three hugs per day!  
I vow to have frequent bouts of silliness,  
And more happiness for no reason.  
From this day forth,  
I promise to laugh long and prosper.  
*What All Children Want Their Parent to Know:  
12 Keys to Raising a Happy Child  
by Diana Loomans with Julia Godoy*

**Story for All Ages**

**Singing the Children Out**

**\*\*Joys and Concerns**

**Silent Meditation**

**Presentation:** “Laughter Yoga,” presented by the Madison  
Laughter Club.

**Discussion**

**Offering & Offertory:** “Saraband,” by Bach. Performed by  
Mary Frantz.

**\*Hymn #346 (SLT):** “Come Sing a Song with Me,”  
accompanied by Aileen Nettleton.

**Closing Words:**

Children are so receptive to a smile that if a parent could  
make just one change in a thirty day period to vastly  
improve their parenting style, I would suggest smiling more  
often at their children and offering more hugs and affection.  
Read “The Big Smiling Oath” at breakfast with your  
family, and share stories at dinnertime each evening – and  
there will be stories.”

– Diana Loomans

**Greet Your Neighbor**

\*please stand as you are able.

\*\*please wait for the microphone before speaking; this allows  
those using the assistive listening devices to hear.

### Announcements

#### **Green Note**

**The Humanist Union's August meeting** will be this  
coming Saturday, August 3, at 6:30pm at Bob and Barb  
Park's house, 5610 Hammersly Road in Madison. There  
won't be a potluck this month, but please bring finger-  
foods to share if you can. The Union will view and discuss  
the Japanese movie, Departures, and hold a discussion  
afterward. The movie was recommended by Jane  
Esbenson.

**What do 2 pairs of reading glasses, an umbrella, and a  
snorkel have in common?** They're all in Prairie's lost and  
found! Take a look at these items and more on the table  
under the coat rack just inside the front door.

#### **Prairie UU Society Bond of Union**

*We, the members of Prairie, wish to associate ourselves  
together in a religious community which affirms that we  
share a common humanity, that we need one another, and  
that our futures are inescapably bound together. Together  
we would expand our intellectual horizons, enrich our  
sensory experiences, and deepen our emotional sensitivities.  
We would sharpen our ethical awareness and broaden our  
sense of social responsibility. We would stand tall in our  
quest for integrity of life, yet not at others' expense. As the  
prairie stretches out until it becomes one with the sky, let us  
reach out to touch and be one with the natural world, and  
with one another.*

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### Prairie Calendar

#### **Sunday, July 28, 2013**

10:00 Service – “Laughter Yoga,” lead by the Madison Laughter Club.

#### **Saturday, August 3, 2013**

9:00 PrairieWOW meets  
6:30 Humanist Union meets at the home of Bob and Barb Park

#### **Sunday, August 4, 2013**

10:00 Service – Solar Homes by the Sierra Club.  
5:30 Prairie Men's Group meets

#### **Sunday, August 11, 2013**

10:00 Service – “Foreign Aid Best Practices,” by Gary Peterson

#### **Sunday, August 18, 2013**

10:00 Service – Service by Reverend Sandra Ingham.

#### **Sunday, August 25, 2013**

10:00 Service – A presentation by SERRV.

#### **Sunday, September 1, 2013**

10:00 Service – Labor Day program  
5:30 Prairie's Men's Group meets.

#### **Saturday, September 7, 2013**

9:00 PrairieWOW meets

#### **Sunday, September 8, 2013**

10:00 Service – Water Ceremony

#### **Sunday, September 15, 2013**

10:00 Service by Rev. Sandy Ingham

#### **Sunday, September 22, 2013**

10:00 Service – “What Will You Do with Your One Wild and Precious Life?”

### **Prairie Unitarian Universalist Society**

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**Reverend Sandra Ingham**, Minister – 608-271-8218  
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**Susan Herr-Hoyman**, religious education chair,  
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**Gary Gates**, housing and property chair

**Penny Eiler**, program chair, pennyeiler@gmail.com

**Aileen Nettleton**, caring committee, aanett@sbcglobal.net

**John (Veera Raju) Eliganti**, janitor, janitor@uuprairie.org

### **Principles of the Unitarian Universalist Association of Congregations**

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty and justice for all;
- Respect for the interdependent web of all existence of which we are a part.

### **Next week's service:**

Solar Homes by the Sierra Club

