

Online Worship Services

at Central Unitarian Church



Worship services for Central Unitarian Church moved online only, starting Sunday, March 15. Our sanctuary is closed to congregants and visitors at this time. This document provides you with information on how to access the service and ways that you can participate both before and after the service.

What to Expect in Our Online Worship Service

Our online worship services will be delivered through a live online video at our normal worship time on Sundays at 10:30 a.m. Our sanctuary is closed to congregants and visitors at this time. The service is supported and delivered by CUC staff and lay leaders including Rev. Andrée Mol (Minister), Lynn Sodora (Director of Religious Education), Matt Anderson (Director of Music), René Galvan (Choir Director), and CUC members Phil Sosinsky and John Freund.



Our online service lasts for about 30 minutes and includes songs, meditations and reflections. As always we will light our chalice and share the joys and concerns of our community.

The recorded service will remain posted on our Facebook page after it is done. This way, if you miss the service at the time of broadcast, you can still participate by watching the recording.

How to Access Our Online Service

We stream the service live through our public Facebook page at www.facebook.com/CentralUnitarianChurch/posts.

You do not need a Facebook account to access the service. All you need is a computer with an internet browser and speakers.

We recommend testing your access to the page (see recommended ways to prepare below) and planning to arrive at the page *by* 10:15a.m. If you do not see the video playing on the page at 10:15 a.m. please refresh your browser page.

If you run into technical difficulties, email Phil Sosinsky at (psosinsky@mac.com).

Recommended Ways to Prepare for Our Online Service

- **Test your computer system.** Before Sunday, visit our FaceBook page at www.facebook.com/CentralUnitarianChurch/posts. There you will find a video recorded by Rev. Andrée explaining how the worship service will work. If you can access and view this video, you are in good shape for Sunday! If you know others within our CUC community who many need assistance with this test, we encourage you to reach out to them and help them through the process.
- **Bring Your Own Chalice.** One of the central components of each worship service is the lighting and extinguishing of our chalice, the symbol of Unitarian Universalism. We encourage you to prepare your own chalice at home and have it ready for the service. You may already have a chalice or your family may decide to make its own. Even if you don't have a chalice, a small candle or electric candle can still be used. Participants will be invited to light your chalices at home at the same time we light the CUC chalice in our sanctuary.
- **Participate Together as a Family.** Families in the same household can participate together in the service by viewing the service from a single device, lighting a chalice together, singing along with familiar hymns, and sharing joys and sorrows with each other. Because the service is recorded, you can do this live or after the final recording is posted on FaceBook.
- **Share Your Joys and Sorrows.** As we continue to care for each other, outside of our regular live worship routine, we continue to hold the joys and sorrows of our community. Please email Rev. Andrée (revandree@cucparamus.org) with any joys or sorrows you wish to share. You can even simply ask Rev. Andrée to light a candle for you without any spoken joy or sorrows shared. Any emails Rev. Andrée receives by 8 a.m. the Sunday of the service will be included in the online worship service.
- **Participate in Our Offering.** CUC continues to operate during the time our building is closed for gatherings. We still need your contributions to keep our vibrant community connected, including your financial contributions. As we continue our weekly Sunday collection, you can donate online at <http://cucparamus.com/offertory/> or send a check in the mail to our church office.