

## **Chalice Dance: Hamba Nathi**

This traditional Xhosa (KHO-sah) chant, though originating in South Africa, can be found throughout the continent in 8 different languages. Xhosa is a Nguni Bantu language with click consonants and is one of the official languages of South Africa and Zimbabwe.

Hamba Nathi (AM-bah NA-tay) has many lives that stem from its origin. Hamba nathi means "go with us". As Christianity came to South Africa this chant became a staple, with many verses adding God and Jesus. As it spread to other continents, versions were incorporated into several Christian hymnals, where they can still be found today.

Hamba Nathi became a protest song during the fight against Apartheid, with a second verse of:

What have we done?  
Our sin is that we are black?  
Our sin is the truth  
They are killing us  
Let Africa return

It also forms the soundtrack for the movie *Invictus*, about Nelson Mandela helping to create an integrated Rugby team for international competition.

We invite you to "Go with us".

### **Dancers:**

Reena Bernards	Ken Shilling
Anne Hoover	Kathy Wallens
Karen Lee Scrivo	Sharon Werth

Sharon Werth, Chalice Dance Director and choreographer

## **Water Communion**

The ritual of water communion emerged out of the efforts to dismantle sexism within Unitarian Universalism. A key piece of that work was overhauling the earlier version of the Principles. It was much like the current Article II revision – how we define ourselves changes as we deepen our collective understanding of the oppression in our midst and the wisdom in the world.

At a 1980 gathering of women engaged in this work, a worship service included a water ceremony in which each woman brought water from where she lived, and shared what made it precious as the waters were combined. This mingling of waters was a ritual of deep connection and sharing.

And it spread. Today, along with many other Unitarian Universalist churches, we begin the new year with our own water communion, where we combine our waters in a communal bowl. We'll do this together in today's worship service.

### **What to Do with the Blue Paper Water Droplet**

Today, we'll add our water to the communal bowl in silence, and use the paper water droplets to share something about the water's meaning, and the place it represents. Please write what you wish to share on the droplet in your order of service. It could be a word or phrase – like "family" or "time to rest" or "playing at the beach." Or you could name or describe the place itself. Or both.

If you don't have a pen, or need another paper droplet, the ushers can help you. We'll collect these paper droplets before the water communion, and then use them to create a display for all of us to view after the service.

If you're online, you're invited to type your words into the chat, and a volunteer will add them to a paper droplet for you.