

Sharing Sweetness – An Ice Cream Social Sermon

Rev. Dianne M. Daniels - UUFS, August 24, 2025

Sharing Sweetness – Three Flavors of Sweetness

By Rev. Dianne M. Daniels

Opening Words

Good morning, beloveds. It is a joy to stand before you today —in a shared space where sweetness fills the air. Not just from the promise of ice cream to come — though let’s be honest, that is a pretty sweet promise — but from the laughter, the warmth, and the possibility of something even greater: shared connection.

Today’s theme — Sharing Sweetness — invites us into something deeper than dessert. It’s an opportunity to pause and reflect on the moments in our lives that have felt... sweet. Not perfect. Not without challenge. But sweet in the way they warmed our hearts or reminded us that joy is still possible.

I'd like to invite you, either now or later this afternoon, to consider sharing one of those sweet moments with someone here. Maybe it’s a childhood memory. Maybe it happened just this week. Or maybe it’s a dream for the future — a sweetness you’re still building toward.

Chalice Lighting – Gather in Sweetness by Rev. Dianne M. Daniels

Sermon: Three Flavors of Sweetness by Rev. Dianne M. Daniels

Let’s explore a few “flavors” of sweetness — ways it shows up in our lives and our faith.

1. Sweetness as Delight

Rooted in: Pluralism & Generosity

Think about the things that bring you delight — maybe it’s a belly laugh that catches you off guard, the sparkle in a child’s eyes, or a shared memory that still makes you smile after all these years.

These small delights are no small thing. They are signs that life still wants to be enjoyed — even when the world feels heavy. When we share those moments freely, we practice generosity. And when we make room for others’ joys — even when they look different from ours — we practice pluralism.

In our UU tradition, we say: Everyone’s joy matters. Every flavor belongs.

2. Sweetness as Comfort

Rooted in: Love & Interdependence

There is a different kind of sweetness — quieter, but just as powerful. The sweetness of a hand, held in care or in grief. A casserole left on your doorstep. A smile that says, “You’re not alone.”

Comfort is a form of sweetness — and it’s something we create together. Our interdependence isn’t just an idea — it’s the way we survive and thrive. Love is not just an emotion — it’s a practice. And when we offer comfort, we embody both.

So when you think of sweetness, don’t just think sprinkles and whipped cream. Think presence. Think care. Think community.

3. Sweetness as Connection

Rooted in: Justice & Transformation

Sweetness can be powerful. Revolutionary, even.

Sometimes it's in the moment when two people reach across a divide. Sometimes it's when a community says, "We are stronger together than apart." Sometimes it's in the joy of seeing change — even slow change — made real.

Connection is sweet because it feeds us. Transformation is sweet because it gives us hope. Justice is sweet because it reminds us of what we're fighting for.

Sweetness is not just the reward. It's the fuel.

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." — Marcel Proust.

And I would add: Let us also become the gardeners. The sweeteners. The connectors.



Reflection Pause

I invite you to think for just a moment of a time you experienced one of the three "sweetnesses" — delight, comfort, or connection. Perhaps it's today, this morning, as we come together for worship. Maybe it's the last time you went grocery shopping and ran into a friend or neighbor you hadn't expected to see. Perhaps it's the flowers you walked or drove past on your way to run errands. Take just a bit of time to remember that sweetness now.



The Flavor of Our Faith

So what can we take from all of this?

Unitarian Universalism is not a one-flavor faith. We don't demand uniformity. We celebrate diversity. We seek truth in many voices, many lives, many stories. We are not here to all taste the same — we are here to create a sundae of the sacred.

Our shared values — Love, Justice, Equity, Generosity, Pluralism, Interdependence, Transformation — are the ingredients. And each time

we show up with kindness, curiosity, and courage, we add something sweet to the mix.

Let this Ice Cream Social be more than an event — let it be an experiment in community. An invitation to new connections. A beginning.

Look around you. Speak to someone new. Share a memory. Share a smile. Share something sweet — even if it's just a moment.

Because in sharing sweetness, we grow something lasting. Something sacred. Something worth coming back for.

Closing Hymn#3: #108 – My Life Flows On In Endless Song

<https://youtu.be/x5MhHPyUKcw?si=pV6vR9Pt06B5S6DV>

Benediction / Closing Blessing

May the sweetness we share today linger long after the last bite. May it ripple outward in acts of kindness, gestures of justice, and bold expressions of love. And may we carry forward the joy of this gathering into the days and weeks to come — one community, many flavors, all sacred.

Amen. Ashé. And blessed be. Let's have some ice cream!