

# WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



## What's So Bad About Feeling Good?

**Worship Leader:** Rev. Greg Ward  
**Worship Associate:** Paul K. Davis

**Worship Host:** Drew Wilson  
**Music:** Peak Performers, Knuti Van Hoven, Solo

**Sunday, November 1, 2020 10:00 AM**  
**Service theme for the month: Healing**

We are very glad that you are with us today and hope you feel our welcome. If you would like to learn more about us and receive our weekly email newsletter, please send an email to [welcome@mpuuc.org](mailto:welcome@mpuuc.org). We request your name, email, phone number and address. We'd be happy to answer any questions.

### ***Our Mission Statement:***

*The foundation of Mission Peak is love. We are a spiritual community of open minds, nurturing growth and healing in ourselves and all people. Together we strive to live compassionately and courageously as we work for a nonviolent, just and sustainable world.*

### **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 the conscience and the use of the democratic process within our congregations and 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.

# Order of Service

Sunday, November 1, 2020 10-11:15 a.m.

## Centering Thought

*"It isn't by getting out of the world that we become enlightened, but by getting into the world...by getting so tuned in that we can ride the waves of our existence and never get tossed because we become the waves."*

Ken Kesey

*"People will do anything, no matter how absurd, in order to avoid facing their own souls. One does not become enlightened by imagining figures of light, but by making the darkness conscious."*

Carl Jung

*"The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines."*

Anne Lamott

## Prelude

**Bell** Rev. Greg Ward

**Call To Worship** Paul K. Davis

**Welcome** DeAnna Alm

**Pulpitorial** Gayle Tupper

**Welcome Song** #95 There Is More Love Somewhere Peak Performers  
African American Hymn

**Unison Chalice Lighting** Paul K. Davis

We light this chalice...To remind ourselves to treat all people kindly,  
because we are all one family;  
To take good care of the Earth, because it is our home;  
To live lives full of goodness and love,  
because that is how we will become the best people we can be.

**Time for all Ages** Peter Pan, the Lost Boys, Neverland and Shadows Paul K. Davis  
JM Barrie

**Practice of Generosity (Offering)** Paul K.  
Davis

## Please donate generously if you are able, in one of these ways:

- Mail check to Mission Peak Unitarian Universalist Congregation  
P.O. Box 545 Fremont, CA 94537-0545  
(If you use Bill Pay with your bank, you could use them to mail the check)
- Drop envelope with check or cash in Mission Peak UU mail slot addressed to:  
Mission Peak Unitarian Universalist Congregation  
We will be collecting this once per week.
- Pay on line at <https://mpuuc.org/contact-us/donate/> with credit or debit card. (Note we use PayPal for this and they charge us around 3%.)

## Joys and Concerns

Introduction

Paul K. Davis

Song of Reflection

Lay Down Your Burden  
Susan Osborne and the Paul Winter Consort

Knuti Van Hoven, voice  
Shauna Pickett-Gordon, piano

Reading of Shared Joys & Concerns – Rev. Greg Ward

**Reading**

For Citizenship  
John O'Donohue

Rev. Greg Ward

**Anthem**

Tomorrow  
Kate and Justin Miner

UUA General Assembly 2020 virtual choir

**Message**

What's So Bad About Feeling Good?

Rev. Greg Ward

**Going Deeper**

**Closing Hymn**

#6 Just As Long As I Have Breath  
Alicia Carpenter / Johann Ebeling

Peak Performers

**Extinguishing the Chalice**

#456

Paul K. Davis

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.

**Benediction**

Rev. Greg Ward

### **Next Week's Service: November 8 – "Recover to What?"**

Mark Rahman will lead the service and assisting will be Worship Associate Barbara Meyers. Worship Host will be Steve Wallcave. Jay Steele will provide our music.

As I Write this I do not know who shall prevail in the election at any level. We shall explore how others have recovered from traumatic events that had lasted all their lives. In some cases the promise of escape was fulfilled and sometimes not. If there is hope on this Sunday, it will be about what can put us back into right relationship, else about how shall we endure the unendurable.

Go to <https://mpuuc.org/zoom/> for order of service and how to connect for all services

## **Announcements:**

- **MPUUC Plans Multiple Post Election Events** In a year full of stressful events the upcoming election is, for some of us, the most stressful of all. Worrying about the outcome of the election and the safety of ourselves and others has definitely added to our anxiety level. To help us deal with our feelings and fears Mission Peak UU is offering multiple Post-Election Events. See the Week on the Peak or [mpuuc.org/zoom](https://mpuuc.org/zoom/) for more details.
- **Request for Class Proposals - Adult Education – Winter 2020**

The Adult Education Committee is seeking proposals for classes for the Winter quarter - Jan through March of 2021. This is an opportunity for you to share what you know with others.

During this pandemic, members have been successfully conducting classes via Zoom. This past quarter, we offered a couple of Book discussions and some other classes. Past topics have included Buddhist meditation, art and spirituality, the Enneagram, and celebration of the sacred feminine. Classes can vary from one-time events to meeting every week.

How can you submit a proposal? Contact Linda Messia at 510 792-1539 or email her [lmessia@yahoo.com](mailto:lmessia@yahoo.com) with your course information.

Please submit your proposal no later than Nov 15th. Thank you!

- **In search of mental health family support or peer support resources in the larger Tri-City area?**  
Contact Rev. Barbara Meyers, a mental health educator and peer support provider. There are some activities that are available during the pandemic. Email [com\\_minister@mpuuc.org](mailto:com_minister@mpuuc.org), or call 510-796-5722.
- **Videos of many previous services are on our web site** – We recently posted recent services/sermons to the web site. Look for [Video] after the title when you go to the "Service Archive"