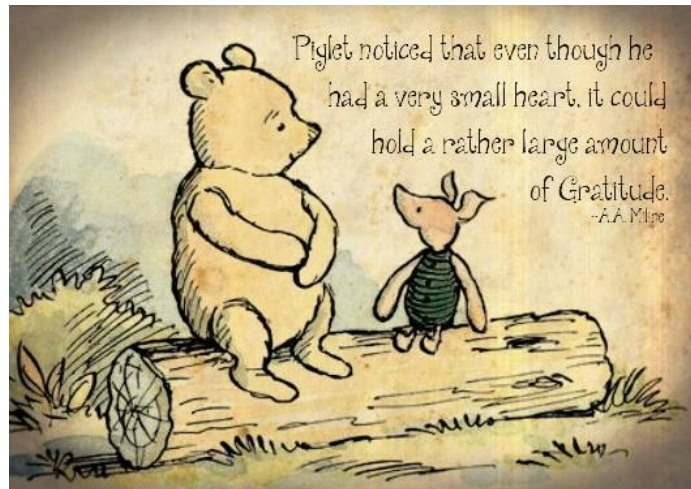


WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



Gratitude - It Can Help Heal What Ails You

Worship Leader: Kathy Wallcave
Worship Associate: Mark Rahman

Worship Host: Graham Bell
Music: Peak Performers and Friends

Sunday, December 6, 2020 10:00 AM
Service theme for the month: Stillness

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. 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, December 6, 2020 10-11:15 a.m.

Centering Thought

"Gratitude is the ability to experience life as a gift. It liberates us from a prison of self-preoccupation." -John Ortberg

Bell Kathy Wallcave

Call To Worship Mark Rahman

Welcome Allysson McDonald

Testimony **UUSC Partner, Chief Shirrell**

Rev. Greg Ward

Welcome Song #128 For All That Is Our Life Peak Performers
Pianist: Shauna Pickett-Gordon

Unison Chalice Lighting Mark Rahman

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 How Do I Have Gratitude, Let Me Count the Ways Mark Rahman

Practice of Generosity (Offering) Mark Rahman

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 – Kathy Wallcave

Interlude Ma'oz Tzur Shauna Pickett-Gordon
improvisation on a traditional Hanukkah song

Reading of Shared Joys & Concerns – Mark Rahman

Anthem Breaths Peak Performers, directed by Pete Zakel
music: Y.M. Barnwell, words from poem by Birago Diop

Message Gratitude: The Wonder Cure Kathy Wallcave

Going Deeper

Closing Hymn #6 Just As Long As I Have Breath Peak Performers
Pianist: Tom Devine

Extinguishing the Chalice #456 Mark Rahman
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 Kathy Wallcave

Next Week's Service: December 13 – "Holiday Wars"

Rev. Greg Ward will lead the service and assisting will be Worship Associate Rev. Barbara Meyers. Worship Host will be Drew Wilson. Jay Steele will provide our music.

There has been an important conversation going on for the last few years between Christmas Orthodoxy and holiday heretics. And the conversation breaks down like so many do - between the Davids and Goliaths. And it's all about who gets to control the narrative. But it's a story best not heard with our heads, but with our hearts. Rev. Barbara Meyers, a member of the ARO team will talk about another kind of narrative.

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

Announcements:

Christmas Eve Service – Join us on Dec. 24th at 5PM over Zoom for "On the Road to Bethlehem" a service with lessons, carols and conversations with the various figures in the traditional nativity story.

Although **Maria Luisa** is not taking phone calls right now, she **enjoys mail**. If you would like to send her a card to let her know you're thinking of her, please go to the Congregational Directory in the Members Only section of our web site to get her mailing address. Let's see if we can decorate her place with loving, supportive cards! Please contact me if you have any questions. - Kathy Wallcave

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, or call 510-796-5722.