WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



Perrrr-fect Equanimity

Worship Leader: Rev. Greg Ward | **Worship Host: Steve Wallcave**
Worship Associate: Drew Wilson | **Music: Peak Performers**

Sunday, June 6, 2021 10:00 AM
Service theme for the month: Re-Union

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, June 6, 2021 10-11:15 a.m.

Centering Thoughts

To cultivate equanimity we practice catching ourselves when we feel attraction or aversion, before it hardens into grasping or negativity. *Pema Chodran*

Few people are capable of expressing with equanimity opinions which differ from the prejudices of their social environment. Most people are even incapable of forming such opinions. *Albert Einstein*

We could not help contrasting the equanimity of Nature with the bustle and impatience of man. His words and actions presume always a crisis near at hand, but she is forever silent and unpretending. *Henry David Thoreau*

Prelude

Bell Drew Wilson

Call To Worship S.N. Goenka

Welcome DeAnna Alm

Welcome Song #352 Find a Stillness Peak Performers
Words: Carl Seaburg; Transylvanian Hymn Tune

Unison Chalice Lighting Drew Wilson

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 This Will Also Change S.N. Goenka
Traditional Buddhist Teaching

Practice of Generosity (Offering)

Rev. Greg Ward

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 – Drew Wilson
Song of Reflection #398 To See the World Peak Performers
Words: William Blake; Arr. by Edvard Grieg

Reading of Shared Joys & Concerns – Rev. Greg Ward

Reading Buddha's Dogs Rev. Greg Ward
Susan Browne

Music Perfect Singer Peak Performers
Words: George Beach; Music: Bela Bartok; arr. by Shauna Pickett-Gordon

Message Perrrr-fect Equanimity Rev. Greg Ward

Going Deeper

Closing Hymn #16 'Tis a Gift to Be Simple Peak Performers
Words: Joseph Brackett; American Shaker Tune

Extinguishing the Chalice #456 Drew Wilson
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: June 13 – "Flower Communion"
Rev. Greg Ward and Shawn Snavley will lead the service. Worship Host will be Graham Bell. Jay and Jessica Steele will provide our music.

There is a tradition that, within the religious world, is rather unique to Unitarian Universalism. It came at a time of tremendous political turmoil and tension when a defiant idealist encouraged everyone to surrender to the spirit of beauty, wonder and generosity. This service is the story of that ritual and its power to change struggle into strength.

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

Announcements:

Today at Noon we will ordain Alex Jensen, go to https://ordainalex.com to get your zoom link

The Flower Communion Exchange will be held on Saturday June 12 from 2-4 pm – It is both a drive by and a gathering outside of Cole Hall

On Sunday the 13th we have our Flower Communion Service followed by the Annual Meeting. We need you to make our congregational democracy thrive! We will also announce who our Volunteer of the Year Award goes to! This year the coveted parking space nearest Cole Hall might be worth something!

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We will be having a celebration of John Landers life on Saturday, June 19 at 10:30 am.

Please contact Jen King if you are interested in helping us attend services together in Cole Hall. If enough people volunteer to help on Sunday mornings, we can worship together in Cole Hall every week starting June 20th. We will still have a Zoom connection available, both for Worship participants and for congregants who prefer to attend remotely.

To find out more about these and more read This Week on the Peak

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.