

WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



Grief for Beginners

Worship Leader: Rev. Greg Ward
Worship Associate: Drew Wilson

Worship Host: Graham Bell
Music: Peak Rocks

Sunday, October 17, 2021 10:00 AM
Service theme for the month: Grief

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, October 17, 2021 10-11:15 a.m.

Centering Thought

"Sometimes, only one person is missing, and the whole world seems depopulated." — Alphonse de Lamartine

"How lucky I am to have something that makes saying goodbye so hard." — Winnie the Pooh, from A. A. Milne

"Grief is just love with no place to go." — Jamie Anderson

"You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair." — Old Chinese proverb

Prelude

Bell Rev. Greg Ward

Call To Worship Drew Wilson

Welcome Annette Breingan

Welcome Song A Long December Peak Rocks (Mark Kahn singing lead)
Counting Crows

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 Badger's Parting Gifts Ruby Dees
Written and Illustrated by Susan Varley

Practice of Generosity (Offering) Drew Wilson

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 Rev. Greg Ward

Song of Reflection Keep Me in Your Heart Peak Rocks (David Lefkort singing lead)
Warren Zevon

Reading of Shared Joys & Concerns – Rev. Greg Ward

Reading Three Poems for James Wright Rev. Greg Ward
Mary Oliver

Music Everybody Hurts Peak Rocks (Taunya singing lead)
R.E.M.

Message Grief for Beginners Rev. Greg Ward

Going Deeper

Closing Hymn Let it Be Peak Rocks (Paul Kwinn singing lead)
Lennon and McCartney

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: October 24 – "Animal Blessing"

Shawn Snavley and CaYRE will lead the service and assisting will be Worship Associate Shawn Snavley. Worship Host will be Steve Wallcave. Jo Ann Schriener, Knuti VanHoven, Shawn Snavley will provide our music.

The bonds forged between human beings and our animal companions can often be the most compelling and powerful of all emotions and loyalties. Acts of cultivating these connections are among the greatest lessons available in our lifetimes. They require an open-heartedness, a selflessness, a shared - instead of a selfish - reality. Daring to open our hearts even after they've been broken is an act of transformational love. In this service we will name, honor and bless the animals that taught us to stretch to the bounds of our humanness.

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

Peak Rocks is:

Mark Kahn – Piano, keyboards/organ, vocals, synthesizer & other synthesized orchestration (strings, horns, drums), master sound engineer (for "Everybody Hurts" & "A Long December")

Stephen Longfield – Bass guitar, ukulele, electronic drums & other synthesized orchestration (guitar, piano, strings, horns, drums), master sound engineer (for "Keep Me in Your Heart" & "Let it Be")

David Lefkort – Vocals, harmonica, hand drums, any percussion other than a drum kit (& occasional trombone)

Paul Kwinn - Acoustic guitar, vocals

Beckett Gladney – Harmonica (on "Let it Be")

Taunya Gren – Vocals

Announcements:

Rev. Jo Green is being installed later this afternoon as minister of the UU Fellowship of San Dieguito. We celebrate her ministry there with the gratitude and conviction we feel now because of her ministry with us here.

Safety for those attending service in Cole Hall

Attendees should be masked inside and outside of Cole Hall during the service. Because it is becoming apparent that vaccinated people can still spread the disease to others, we strongly encourage those in contact with children, and unvaccinated or immunocompromised adults to attend services outside or via Zoom. We allow worship leaders, associates, and other service participants to be unmasked while speaking if they voluntarily disclose they are vaccinated and are 10ft apart from others who are not fully vaccinated.

The board Safety Policy on how we allow services in Cole Hall is in the "[About->Congregational Documents](#)" section of the mpuuc.org web site. If you wonder how we are trying to keep us all safe as we gather together again, please read it. We expect to continue to monitor what is safe and make changes as needed.

We also have other board policies related to Covid-19 in section 18 of the board policies document, which is also in the "[About->Congregational Documents](#)" section of the website. The [outdoor event guidelines in section 18.2](#) will control how we would be able to have food or drinks outside after the service, or for special events. Contact Steve Wallcave with any questions about either safety policy.

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.