

WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



When We Find Ourselves in a Liminal Place

Worship Leader: Rev. Greg Ward
Worship Associate: Beth Schaefer

Worship Host: Graham Bell
Music: Jay and Jessica Steele

Sunday, October 31, 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 31, 2021 10-11:15 a.m.

Centering Thought

“Those we love don’t go away, they walk beside us every day. Unseen, unheard, but always near, still loved, still missed and very dear”

– Unknown

For life and death are one, even as the river and the sea are one.

– Kahlil Gibran

Life and death are illusions. We are in a constant state of transformation.

– Alejandro Gonzales Inarritu

Prelude

Bell Rev. Greg Ward

Call To Worship Beth Schaefer

Welcome Allysson McDonald

Welcome Song Jay and Jessica Steele
#1051 We Are
Ysaye Barnwell

Unison Chalice Lighting Beth Schaefer

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 Rev. Greg Ward
Coco
Adrian Molina, Lee Unkrich, Jason Katz, Matthew Aldrich

Practice of Generosity (Offering) Beth Schaefer

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 – Beth Schaefer

Song of Reflection

Knocking on Heaven’s Door
Bob Dylan

Jay and Jessica Steele

Reading of Shared Joys & Concerns – Rev. Greg Ward

Reading

Excerpts from Anam Cara
John O’Donohue

Rev. Greg Ward

Music

Ashes
Patrick Martin, Jordan Smith and Tedd Tjornhom

Jay and Jessica Steele

Message

When We Find Ourselves in a Liminal Place

Rev. Greg Ward

Going Deeper

Closing Hymn

#1040 Hush
African American Spiritual

Jay and Jessica Steele

Extinguishing the Chalice

#456
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.

Beth Schaefer

Benediction

Rev. Greg Ward

Next Week’s Service: November 7 – “Power vs. Force”

Rev. Greg Ward will lead the service and assisting will be Worship Associate Calista Ames. Worship Host will be Graham Bell. Peak Performers will provide our music.

David Hawkins, M.D., Ph.D. wrote a trilogy of books beginning in 1994 which explored the energy associated with consciousness. Employing techniques of measuring energy to definitive levels of consciousness, he revealed how different levels of consciousness - such as 'shame,' or 'anger,' or 'courage,' or 'love,' all possess inherent levels of energy. He proposed that when we bring a specific consciousness into any engagement, we also bring its commensurate energy (which is always felt by others). This service is designed to help us become more aware and intentional about the consciousness and the energy we bring into any interaction.

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

Announcements:

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.