

WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



Stone by Stone; Bird by Bird; Hand in Hand

Worship Leader: Rev. Greg Ward
Worship Associate: Don Ramie

Worship Host: Steve Wallcave
Music: Peak Rocks

Sunday, August 21, 2022 10:00 AM

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, August 21, 2022 10-11:15 a.m.

Centering Thought

To get the full value of joy you must have someone to divide it with.

Mark Twain

Having someone wonder where you are when you don't come home at night is a very old human need.

Margaret Mead

Those who are enjoying something, or suffering something, together, are companions. Those who enjoy or suffer one another, are not.

C.S. Lewis

Joy multiplies when it is shared among friends, but grief diminishes with every division. That is life.

R.A. Salvatore

Some people will hear you louder in silence. Those are your tribe - they'll get you through the tough days and give you something to laugh about on the ride.

Nikki Rowe

Prelude

Bell

Rev. Greg Ward

Call To Worship

Don Ramie

Unison Chalice Lighting

Rev. Greg Ward

Honoring who we have been, embracing who we feel called to be, we come together as an inclusive and diverse community, growing in love and truth, courageously collaborating to liberate one another from hurt and hate and to create hope and justice.

Preamble of our MPUUC Covenant

Welcome

Suzette Takei

Welcome Song

Everybody Hurts
R.E.M.

Peak Rocks

Time for all Ages

Two Brothers in a Field
Oral Traditional

Rev. Greg Ward

Practice of Generosity (Offering)

Don Ramie

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 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: 3% surcharge).

Joys and Concerns Invitation		Rev. Greg Ward
Song of Reflection	Help! Lennon and McCartney	Peak Rocks
Shared Joys & Concerns		Rev. Greg Ward
Reflection	Two Brothers in a field Oral Tradition	Rev. Greg Ward
Anthem	I'll Be There For You The Rembrandts	Peak Rocks
Message	Stone by Stone; Bird by Bird; Hand in Hand	Rev. Greg Ward
Going Deeper		
Closing Hymn	There is More Love, Somewhere Traditional Spiritual	Peak Rocks
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.	Don Ramie
Benediction		Rev. Greg Ward

Next Week's Service: August 28 – "What Happened to You?"

Because of the rapid proliferation of technology and communication, traumatic events and acute personal reminders have become much more common place experiences. We've become conscious of what previous generations could only imagine. These difficult new experiences can startle and trigger anxiety and alarm rather than empathy and compassion. This is a sermon about what recent events have taught us about mental health and how to cultivate compassion instead of paralysis.

Rev. Greg Ward will lead the service and assisting will be Worship Associate Mark Rahman. Worship Host will be Steve Wallcave. Jo Ann Schriener will provide our music.

Because of the rapid proliferation of technology and communication, traumatic events and acute personal reminders have become much more common place experiences. We've become conscious of what previous generations could only imagine. These difficult new experiences can startle and trigger anxiety and alarm rather than empathy and compassion. This is a sermon about what recent events have taught us about mental health and how to cultivate compassion instead of paralysis.

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, preferably with N95 or KN95 masks. We have such masks available at the welcome table in the back, please help yourself. Eating and drinking are only allowed outside.

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.