

## WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



### What Happened to You?

Worship Leader: Rev. Greg Ward  
Worship Associate: Mark Rahman

Worship Host: Steve Wallcave  
Music: Jo Ann Schriener, Knuti Van Hoven and Peak Performers

Sunday, August 28, 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](mailto: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 28, 2022 10-11:15 a.m.

## Centering Thoughts

*“To live in the body of a trauma survivor is to never be able to leave the scene of the crime. I cannot ignore the fact that I live here.”* Blythe Baird

*“Childhood trauma can lead to an adulthood spent in survival mode, afraid to plant roots, to plan for the future, to trust, and to let joy in. It’s a blessing to shift from surviving to thriving. It’s not simple, but there is more than survival.”*

Unknown

*“Someone once asked me, “Why do you always insist on taking the hard road?” I replied, “Why do you always assume I see two roads?”* A Trauma Survivor

*“Trauma fractures comprehension as a pebble shatters a windshield. The wound at the site of impact spreads across the field of vision, obscuring reality and challenging belief.”* Jane Leavy

*“Trauma is a fact of life. It does not, however, have to be a life sentence.”* Peter A. Levine

*“Trauma creates change you don’t choose. Healing is about creating change you do choose.”* Michelle Rosenthal

## Prelude

**Bell** Rev. Greg Ward

**Call To Worship** Mark Rahman

**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.

**Welcome** Colleen Arnold

**Welcome Song** Peak Performers  
Hymn 134 Our World is One World  
Cecily Taylor

**Time for all Ages** A Terrible Thing Happened  
Margaret Holmes and Cary Pillo

**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 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).

<b>Joys and Concerns Invitation</b>		Rev. Greg Ward
<b>Song of Reflection</b>	Find a Stillness Words, Carl Seaburg; Music, Transylvanian Folk Tune	Peak Performers
<b>Shared Joys &amp; Concerns</b>		Rev. Greg Ward
<b>Reading</b>	The Madness Vase (excerpted) Andrea Gibson	Rev. Greg Ward
<b>Anthem</b>	Comfort Me Mimi Bornstein-Doble	Knuti Van Hoven, vocals Jo Ann Schriener, piano
<b>Message</b>	What Happened to You?	Rev. Greg Ward
<b>Going Deeper</b>		
<b>Closing Hymn</b>	1012 When I Am Frightened Shelley Jackson Denham	Peak Performers
<b>Extinguishing the Chalice</b>	#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.	Mark Rahman
<b>Benediction</b>		Rev. Greg Ward

**Next Week's Service: September 4 – "My Struggles With Anxiety Disorder"**

Drew Wilson will lead the service and assisting will be Worship Associate Paul K. Davis. Worship Host will be Graham Bell. Peak Performers will provide our music.

I've always been a bit of a worrier, but I eventually realized that my level of worry often went beyond reasonable caution. In this message, I will describe my journey of discovery that I had anxiety disorder, some of the effects it has had on my life, the medical factor that is probably behind my more than neurotypical level of anxiety, and what I have done about it.

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. We encourage people to wear N95 mask (or equivalent) which are more effective than cloth or surgical masks. We have such masks available in Cole Hall on Sunday mornings. We encourage people to only come inside Cole Hall if fully vaccinated and boosted. Because vaccinated people can still spread the disease to others, we strongly encourage those in contact with unvaccinated or immunocompromised people to attend services outside or via Zoom.

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](mailto:com_minister@mpuuc.org), or call 510-796-5722.