

WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



My Struggles With Anxiety Disorder

Worship Leader: Drew Wilson
Worship Associate: Paul K. Davis

Worship Host: Graham Bell
Music: Peak Performers

Sunday, September 4, 2022 10:00 AM

Service theme for the month: *I am anxious to find out what it is!*

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, September 4, 2022 10-11:15 a.m.

Centering Thought

“There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.” - Epictetus

“Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.” - Charles Spurgeon

“How much pain have cost us the evils which have never happened.” - Thomas Jefferson

“We must have pie. Stress cannot exist in the presence of a pie.” - David Mamet

Prelude

Bell Drew Wilson

Call To Worship Paul K. Davis

Welcome Gayle Tupper

Welcome Hymn #83 - Winds Be Still
Words: Richard S. Kimball
Music: Samuel Sabastian Wesley
Peak Performers

Unison Chalice Lighting Paul K. Davis

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 **Dare You Go ... Under the Sea** Drew Wilson
Written by Sarah Hewetson
Illustrated by Cathy Shuttleworth

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 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		Drew Wilson
Musical Reflection	“When I am Frightened” by Shelley Jackson Denham with variations by Shauna Pickett-Gordon	Shauna Pickett-Gordon
Shared Joys & Concerns		Drew Wilson
Reading	The Dark Cloud Overhead Jason Jepson	Drew Wilson
Anthem	“Bridge Over Troubled Waters” Paul Simon	Peak Performers
Message	My Struggles With Anxiety	Drew Wilson
Closing Hymn	Hymn #352 - “Find a Stillness” Words: Carl G. Seaburg, set to a Transylvanian hymn tune Harmony by Larry Philips	Peak Performers
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.	Paul K. Davis
Benediction		Drew Wilson

Next Week’s Service: September 11 – “Conjectures of a Guilty Bystander”

Rev. Greg Ward will lead the service and assisting will be Worship Associate Paul K. Davis. Worship Host will be Erik Alm. Jay and Jessica Steele will provide our music.

In 1968, Trappist Monk wrote Conjectures of a Guilty Bystander responding to some of the horrific events on the political landscape trying to examine what sense of accountability the good citizen had in failing to make a nation safe for its people. Today, we can look back 21 years and ask ourselves some of the same questions. And one of the questions that needs an answer is how the patriotism we initially responded with has impacted our democracy.

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, or call 510-796-5722.