

## WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



### Habits of the Heart

#### To Lead an Undivided Life

Worship Leader: Rev. Greg Ward  
Rev. Barbara Meyers: Rev. Barbara Meyers

Worship Host: Erik Alm  
Music: Peak Performers

**Sunday, November 6, 2022 10:00 AM**

**Service theme for the month: Beholden and Beloved**

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, November 6, 2022 10-11:15 a.m.

## Centering Thought

*Before I can tell my life what I want to do with it, I must listen to my life telling me who I am.* Parker J. Palmer

*A broken heart is not the same as sadness. Sadness occurs when the heart is stone cold and lifeless. On the contrary, there is an unbelievable amount of vitality in a broken heart.* Elizabeth Lesser

*Violence is what happens when we don't know what else to do with our suffering.* Parker J. Palmer

*It is only with the heart that one can see rightly; what is essential is invisible to the eye.* Antoine de Saint-Exupery

*The highest form of love is the love that allows for intimacy without the annihilation of difference.* Parker J. Palmer

## Prelude

**Bell** Rev. Greg Ward

**Call To Worship** Rev. Barbara Meyers

**Unison Chalice Lighting** Rev. Greg Ward

Aspiration # 4  
We aspire to be honest.  
We frame issues for accuracy and understanding  
rather than distort them for persuasive advantage.

**Welcome** Suzette Takei

**Welcome Song** There's a River Flowin' in My Soul  
Words and Music, Rose Sanders; Arr. by Kenny Smith UU Society of San Francisco

**Time for all Ages** What is Democracy? Professor Derek Matravers

**Guest at Your Table** Ineza Umuhoza Grace

**Practice of Generosity (Offering)** Rev. Barbara Meyers

**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 online 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>	It is Well With My Soul Horatio Spafford and Phillip Bliss	Peak Performers
<b>Shared Joys &amp; Concerns</b>		Rev. Greg Ward
<b>Reading</b>	Excerpt from <u>A Hidden Wholeness</u> Parker J Palmer	Rev. Greg Ward
<b>Anthem</b>	Make Me an Instrument of Thy Peace Mary McDonald	Peak Performers
<b>Message</b>	Habits of the Heart - To Lead an Undivided Life	Rev. Greg Ward
<b>Going Deeper</b>		
<b>Closing Hymn</b>	1008 When Your Heart is in a Holy Place Joyce Poley	Bob Nicol and Barry Hall Music Directors at UU Society of Grafton and Upton
<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.	Rev. Barbara Meyers
<b>Benediction</b>		Rev. Greg Ward

**Next Week's Service: November 13, 2022 – "A Dream Forgotten"**

Rev. Greg Ward will lead the service and assisting will be Michelle Wallace. Worship Host will be David Gibbons. Jay and Jessica Steele will provide our music.

Our MPUUC CaYRE program (for Children and Youth) has been in significant transition. Several events over the last five years have led to families, parents, Youth, Children and others taking a step back. Most recently, a beloved DRE also stepped away. The good news is that I strongly believe there are amazing insights that will help us understand and remember the Dream that we - together - all held for MPUUC's CaYRE program. The bad news is I can't say exactly what they are. But, I believe without a doubt, that WE can. Our collective wisdom knows both the love within the dream; and the disappointment of a dream denied. In this service we will explore the power of our hope as well as our hurt.

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 (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 Safety Policy on how we allow services in Cole Hall and other events 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.

Contact Steve Wallcave with any questions about the 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.

**Board Meeting:**

Due to the timing of the 2022 midterm elections, the Board meeting is moving from November 8th to November 15th. It will be held via Zoom from 6:30-9:30 PM.