

WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



Finding Your True Self

Worship Leader: Rev. Dr. Xolani Kacela
Worship Associate: Rev. Barbara Meyers

Worship Host: Graham Bell
Music: Jessica and Jay Steele

Sunday, January 29, 2023 10:00 AM
Service theme for the month: Change

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, January 29, 2023 10-11:15 a.m.

Centering Thoughts

Knowing others is intelligence; knowing yourself is true wisdom.

Lao Tzu

All men should strive to learn before they die what they are running from, and to, and why.

James Thurber

Find out who you are and do it on purpose.

Dolly Parton

This above all: to thine own self be true, And it must follow, as the night the day, Thou canst not then be false to any man.

William Shakespeare, Hamlet

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I

could not learn what it had to teach, and not, when I came to die, discover that I had not lived. *Henry David Thoreau*

Prelude

Bell

Rev. Barbara Meyers

Call To Worship

Rev. Barbara Meyers

Unison Chalice Lighting

Rev. Barbara Meyers

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

Gayle Tupper

Welcome Song

Morning Has Come #1000
Music and Words - Jason Shelton

Jay Steele

Time for all Ages

The Lion and the Sheep
Mukesh Mani

Rev. Barbara Meyers

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).

Joys and Concerns Invitation

Rev. Barbara Meyers

Song of Reflection	<i>Somebody Else's Story</i> Benny Andersson, Tim Rice, and Bjorn Ulvaeus	Jay Steele
Shared Joys & Concerns		Rev. Barbara Meyers
Reading / Reflection	<i>Immortal Diamond: The Search for Our True Self (excerpt)</i> Richard Rohr	Rev. Dr. Xolani Kacela
Anthem	<i>A Change is Gonna Come</i> Sam Cooke	Jay Steele
Message	Finding Your True Self	Rev. Dr. Xolani Kacela
Closing Hymn	<i>There's a River Flowin' in My Soul, #1007</i> Rose Sanders	Jay 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.	Rev. Barbara Meyers
Benediction		Rev. Dr. Xolani Kacela

Next Week's Service: February 5 – "The Myths and Realities of True Love"

Rev. Greg Ward will lead the service and assisting will be Worship Associate Next Week's Associate's Name. Worship Host will be Erik Alm. Peak Performers will provide our music.

Falling in love is the euphoric moment when we discover someone with the unique combination of what you've always wanted and needed: attention, acceptance, appreciation, affection, allowance - what David Richo calls 'the 5 A's of Love'. And, somehow, you muster the courage to go all in. You find - or borrow - enough to lower the powerful shield of our ego, and rejoice and make promises that bind you in that reunion with connection. But there are downsides as well. As he meanders through his 4th year as a married man, this is Rev. Greg's chance to talk about the promises and pitfalls of True Love.

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.