

## WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



### Real Self Care Beyond Bubble Bath

Worship Leader: Mark Rahman  
Worship Associate: Rev. Barbara Meyers

Worship Host: David Gibbons  
Music: Peak Performers & Peak Rocks

Sunday, July 30, 2023 10:00 AM  
Service theme for the month: Visiting

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, July 30, 2023 10-11:15 a.m.

## Centering Thought

*“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”*

— *audre lorde*

*“Self-care is never a selfish act - it is simply good stewardship” - Parker Palmer*

*As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep.”*

— *Akiroq Brost*

*“Taking care of myself doesn't mean 'me first.' It means 'me, too.”*

— *L.R. Knost*

## 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 Beth Schaefer

Welcome Song Peak Performers  
#118 This Little Light of Mine  
African American Spiritual

Time for all Ages Storyteller  
Practicing Self-Care  
Stephany Finn

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 Mark Rahman

Song of Reflection Piano: Jo Ann Schriener  
You'll Never Walk Alone  
Rodgers and Hammerstein

Shared Joys & Concerns Mark Rahman

