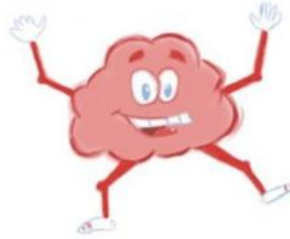


WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION

Your brain on NO. Your brain on "Yes!"



## Growing 'Yes' Brain Souls

Worship Leader: Rev. Greg Ward

Worship Host: David Gibbons

Worship Associate: Ariel Smith-Iyer, Kathi Bayne

Music: Peak Performers, Jo Ann Schriener

Sunday, August 13, 2023 10:00 AM

Service theme for the month: Learning

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 13, 2023 10-11:15 a.m.

## Centering Thought

*“Kids who approach the world from a No Brain state are at the mercy of their circumstances and their feelings. They get stuck in their emotions, unable to shift them, and they complain about their realities rather than finding healthy ways to respond to them. They worry, often obsessively, about facing something new or making a mistake, rather than making decisions in a Yes Brain spirit of openness and curiosity. Stubbornness often rules the day in a No Brain state.”*

*Daniel J. Siegel and Tina Payne Bryson*

*“Equanimity is the ability to achieve emotional equilibrium, to have a full range of emotions and attain a sense of balance within that rich inner and interpersonal life that both creates and embraces who we are and who we can become.”*

*Daniel J. Siegel and Tina Payne Bryson*

*“Mindsight is the ability to look within and understand ourselves, then use what we learn to align our actual circumstances and emotions to the present moment and connect with the people around us from a genuine place.”*

*Daniel J. Siegel and Tina Payne Bryson*

*“Eventually, you will come to know with all your brain cells that your authentic self is the one thing you can trust the most.”*

*Daniel J. Siegel and Tina Payne Bryson*

*“We can live with an internal focus of motivation and a sense of respect for the inner, authentic experience of being alive.”*

*Daniel J. Siegel and Tina Payne Bryson*

## Prelude

**Bell** Rev. Greg Ward

**Call To Worship** Ariel Smith-Iyer

**Unison Chalice Lighting** Izzy and Lisa Newstrom

**Welcome** Valerie Stewart

**Welcome Song** Hymn 1051 We Are  
Ysaye Barnwell 2020 UU General Assembly Virtual Choir  
with Ysaye Barnwell

**Dedication of our Children** Izzy Newstrom  
Maya Ryan-King  
Maxwell Longfield Rev. Greg Ward  
Ariel Smith-Iyer  
Lisa Newstrom  
Eric Ryan and Allie King  
Tiffany and Stephen Longfield

## Practice of Generosity (Offering)

Kathi Bayne

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. Greg Ward

## Song of Reflection

Piano Medley

Jo Ann Schriener, piano

Circle Game (Joni Mitchell), What A Wonderful World (Bob Thiele and George David Weiss),  
From Age to Age (F. L. Hosner, T. Benjamin)

## Shared Joys & Concerns

Rev. Greg Ward

## Reflection

An Exercise to recognize Our Brain on 'No'

Rev. Greg Ward

## Anthem

Children Will Listen

Peak Performers

From *Into the Woods*

Directed by Shauna Pickett-Gordon

Words and Music by Stephen Sondheim, arr. by Mark Brymer

## Message

Growing 'Yes' Brain Souls

Rev. Greg Ward

## Closing Hymn

Hymn # 6 Just As Long As I Have Breath  
Words: Alicia S. Carpenter; Music: Johann G. Ebeling

Elena Hemingway, Mike Menefee  
Brian Kenny, Piano  
Arr. John Edwin Giles

## Extinguishing the Chalice

#456

Kathi Bayne

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.

## Benediction

Rev. Greg Ward

### Next Week's Service: August 20, 2023 – "A Slight Change of Plans"

Rev. Greg Ward will lead the service and assisting will be Worship Associate Drew Wilson. Worship Host will be Graham Bell. Peak Rocks will provide our music.

What is it about change that makes us feel so terrified to face and yet so terrific to have experienced. Something happens at our core that feels existentially vulnerable when we release control on certainty. Sometimes fear of change is so powerful we will foresake everything in order to avoid facing it. The relationship we forge with change will determine our circumstance, our company, our politics and our legacy. In this service we will finally ask the question, 'what's so good about change?'

Go to <https://mpuuc.org/zoom/> for order of service and how to connect for all services

**Announcements:**

There is a picnic, sponsored by ARO and families in the congregation. It's today after the service from 12-4pm at Lake Elizabeth (site D2). It's a potluck - hamburgers, hotdogs and veggie burgers are provided. For questions, ask Ariel, Rev. Greg or members of our ARO team.

A New to UU class will be held after the service on Sunday, Aug. 27th for people interested in learning more about Unitarian Universalism and this congregation. To sign up or ask any questions you may have about the class, please email [membership@mpuuc.org](mailto:membership@mpuuc.org) or stop by the Welcome Table.

**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. Email [com\\_minister@mpuuc.org](mailto:com_minister@mpuuc.org), or call 510-796-5722.