

## WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



### Preoccupied

Worship Leader: Rev. Jim McKinley  
Worship Associate: Mark Rahman

Worship Host: Steve Wallcave  
Music: Peak Rocks

**Sunday, November 19, 2023 10:00 AM**  
**Service theme for the month: Welcome**

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 19, 2023 10-11:15 a.m.

## Centering Thoughts

*This is a wonderful day. I have never seen this one before.*

- Maya Angelou

*Appreciation is a wonderful thing. It makes what is excellent in others belong to you as well.*

*I don't have to chase extraordinary moments to find happiness. It's right in front of me if I'm paying attention and practicing gratitude.*

- Brene Brown

*Rejoicing in ordinary things is not sentimental or trite. It actually takes guts.*

- Pema Chodron

*The great benefit of practicing mindfulness ... is presence of mind within a storm of emotions.*

- Phillip Moffitt

*You can't stop the waves, but you can learn to surf.*

- John Kabat-Zinn

**Prelude**

What a Wonderful World      Peak Rocks, lead vocalist, David Lefkort  
Bob Thiele and George David Weiss

**Bell**

Rev. Jim McKinley

**Call To Worship**

Mark Rahman

**Chalice Lighting**

Mark Rahman

**Welcome**

Valerie Stewart

**Welcome Song**

126 Come, Thou Fount of Every Blessing  
Words: v.1 Robert Robinson, vs 2-3 Eugene Navias, Music: John Wyeth

Peak Rocks

**Time for all Ages**

The Cure  
Rev. Chris Buice

Rev. Jim McKinley

**Pulpitorial**

Pacific Island Students Fighting Climate Change

Vishal Prasad

**Practice of Generosity (Offering)**

Mark Rahman

**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. Jim McKinley

**Song of Reflection**

Angel  
Jimi Hendrix

David Johnson

<b>Shared Joys &amp; Concerns</b>		Rev. Jim McKinley
<b>Reading / Reflection</b>	435 “We come together this morning ...” Kathleen McTigue “When we are mindful ...” Thich Nhat Hanh	Rev. Jim McKinley
<b>Anthem</b>	Angel from Montgomery John Prine	Peak Rocks, lead vocalist, Taunya Gren
<b>Message</b>	Preoccupied	Rev. Jim McKinley
<b>Closing Hymn</b>	298 Wake, Now, My Senses Words: Thomas J.S. Mikelson, Music: Traditional Irish Melody, harmony by Carlton R. Young	Peak Rocks
<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.	Mark Rahman
<b>Benediction</b>		Rev. Jim McKinley

**Next Week’s Service: November 26 – “Guest At Your Table”**

Rev. Julián Jamaica Soto will lead the service and assisting will be Worship Associate Kathi Bayne. Worship Host will be Erik Alm. Peak Performers will provide our music.

The alarming rise of fascism, authoritarianism, and nationalism in the United States and in many places around the world is putting the lives of people, and the sustainability of the planet, in critical danger. These far-right forces have co-opted the word “freedom” for their own purposes, but the concepts of liberation and freedom mean something very tangible to UUSC’s grassroots partners in communities the world over.

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

**Announcements:**

THANKS TO EVERYONE FOR THEIR SUPPORT AND PARTICIPATION IN THE BLACK & WHITE AUCTION LAST NIGHT. We are always BETTER TOGETHER!!!

SPECIAL THANKS TO JULIE AND JOHN, OUR FABULOUS HOSTS, AND COLLEEN WHO RAN THE AUCTION WEBSITE.

This coming Friday all are invited to a byo picnic lunch at Hoot Hollow in Coyote Hills Regional Park at 10AM till sunset. Entrance fees have been waived for Green Friday! See WoP for more details.

**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.