

WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



You Gotta Own It

Worship Leader: Rev. Jim McKinley

Worship Host: David Gibbons

Worship Associate: Paul K. Davis

Music: Peak Performers, directed by Von Bringhurst

Sunday, December 3, 2023 10:00 AM

Service theme for the month: Fear Not!

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, December 3, 2023 10-11:15 a.m.

Centering Thoughts

- "If there is to be peace in the world ... there must be peace in the heart."* - Lao Tse
- "We usually put the blame for our unhappiness on things outside of ourselves. ... But the truth of the matter is no matter how another person treats us, how difficult a situation might be, or which of our personal needs we feel wasn't met, we have the power to transform our own state of mind from resentment to peace and contentment."* Anyen Rinpoche
- "Blaming is a way to protect your heart, trying to protect what is soft and open and tender [and scared] in yourself."* -Pema Chodron
- "Take response -ability for yourself, it's very rewarding."*-Amanda Green

Prelude

Bell		Rev. Jim McKinley
Call To Worship		Paul K. Davis
Chalice Lighting		Paul K. Davis
Welcome		Beth Schaefer
Welcome Song	1031 Filled with Loving Kindness Traditional Buddhist Meditation; adapted by Mark W. Hayes; music by Ian W. Riddell	Peak Performers
Time for all Ages	The Frog Prince Chris Buice	Rev. Jim McKinley
Practice of Generosity (Offering)		Paul K. Davis

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
Musical Interlude		Von Bringhurst

Shared Joys & Concerns		Rev. Jim McKinley
Reading / Reflection	“If there is to be peace ...” Lao Tse	Rev. Jim McKinley
Anthem	Always Look on the Bright Side of Life by Eric Idle; arrangement by Mark Huff	Peak Performers
Message	You Gotta Own It	Rev. Jim McKinley
Closing Hymn	1057 Go Lifted Up Words and music: Mortimer B. Barron	Peak Performers
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.	Paul K. Davis
Benediction		Rev. Jim McKinley

Next Week’s Service: December 10 – “The Gift(s) We Are”

Rev. Jim McKinley will lead the service and assisting will be Worship Associate Sharon Davis. Worship Host will be Erik Alm. Jay Steele will provide our music.

While searching for gifts to give, take a moment to look no further than yourself. Take a holiday from the constant outside messaging of what you don't have and the internal critique of who you are not. Pause and unwrap the gifts you are as this person, this people, this congregation. Let's free up some appreciation, self compassion and determination so we might better enjoy who we are while living the process of the who(s) we think we need to be.

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

Announcements:

The cookie decorating and holiday singalong party is *this* Saturday, here in Cole Hall from 3-5pm. Von will be here to lead us in song. Children are welcome to come early for an optional singing practice session. RSVP encouraged, see WOP for more info or reach out to [Lisa Newstrom](mailto:Lisa.Newstrom) or Ariel.

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, or call 510-796-5722.