

# WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



## Breathing Love

Worship Leader: Eric Dittmar  
Worship Associate: Mark Rahman

Worship Host: Graham Bell  
Music: Jay Steele

**Sunday, December 31, 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](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, December 31, 2023 10-11:15 a.m.

## Centering Thoughts

*“Sometimes we get too angry with ourselves thinking we ought to be perfect from the word go. But this being on earth is a time for us to learn to be good, to learn to be more loving, to learn to be more compassionate.”*  
–Desmond Tutu.

*“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”*  
–Rumi

*Theologians may quarrel, but the mystics of the world speak the same language.* –Meister Eckhart

## Prelude

Bell Eric Dittmar

Call To Worship Eric Dittmar

Chalice Lighting Mark Rahman

Welcome Stephen Longfield

Welcome Song New Years Day  
By U2 Jessica and Julia Steele

Time for all Ages TBD Mark Rahman

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 Mark Rahman

Song of Reflection It's just another New Year's Eve  
By Barry Manilow Jay Steele

Shared Joys & Concerns Mark Rahman

<b>Hymn - Message Prelude</b>	#1031 “Filled with Loving Kindness”, 3x Traditional Buddhist Meditation	Jay Steele
<b>Message</b>	Breathing Love #1009 “Meditation on Breathing”, 2x melody sung, 1x melody piano only	Eric Dittmar
<b>Pulpitorial</b>	About “Auld Lang Syne”	Mark Rahman
<b>Closing Hymn</b>	“Auld Lang Syne” Traditional Scottish	Jessica and Jay Steele
<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.	Eric Dittmar
<b>Benediction</b>		Eric Dittmar

**Next Week’s Service: January 7 – “Three Suggestions for the New Year”**

Rev. Jim McKinley will lead the service and assisting will be Worship Associate Paul K. Davis. Worship Host will be Erik Alm. Peak Performers will provide our music.

Wisdom to remember from a clay tablet a potter gifted Rev. Jim on which she'd inscribed three koans of life advice he'd been given and returned with from his month-long journey to Panama. A tablet handed down with three guides for right relationship with life; sounds like a familiar ancient story that had ten, but they were in the form of commandments.

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

**Announcements:**

Remember -GUEST AT YOUR TABLE . January 7 is our final collection date for this year’s campaign to support the Unitarian Universalist Service Committee

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.