WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



Mental Health Resources for Children and Youth

Worship Leader: Rev. Barbara Meyers **Worship Host: Melissa Holmes**
Worship Associate: Mark Rahman **Music: Jo Ann Schriner and Knuti Van Hoven**

Sunday, February 25, 2024 10:00 AM
Service theme for the month: The Call to Love

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, February 25, 2024 10-11:15 a.m.

Centering Thoughts

"It's important to remind your children that it's okay if they don't feel happy all the time; whatever they're feeling is okay and it can help to share this with a trusted adult." *- Anna Hart*

"Promise me you'll always remember: you're braver than you believe, and stronger than you seem, and smarter than you think." *- Christopher Robin*

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary." - Fred Rogers

Prelude

Bell Rev. Barbara Meyers

Call To Worship Mark Rahman

Chalice Lighting Mark Rahman

Welcome Beth Schaefer

Welcome Song #1021 *Lean on Me* Bill Withers — Peak Performers

Time for all Ages *Ellie's Depression* MH Literacy — Video Character

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. Barbara Meyers

Song of Reflection #1053 *How Could Anyone* Libby Roderick — Knuti VanHoven vocal arrangement, Jo Ann Schriner piano

Shared Joys & Concerns		Rev. Barbara Meyers
Congregational Recognition		Beth Schaefer
Reading / Reflection	*Congregational Suggestions for Children's Mental Health* Rev. Tandi Rogers	Rev. Barbara Meyers
Anthem	#1002 *Comfort Me* Mimi Bornstein-Doble	Jo Ann Schriner and Knuti VanHoven
Message	Mental Health Resources for Children and Youth	Rev. Barbara Meyers
Closing Hymn	#1012 *When I Am Frightened* Shelly Jackson Denham	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.	Mark Rahman
Benediction		Rev. Barbara Meyers

Next Week's Service: March 3 – "What If?"

Rev. Stephanie Etzbach-Dale will lead the service and assisting will be Worship Associate Don Ramie. Worship Host will be Erik Alm. Jay and Jessica Steele will provide our music.

When we prepare for what's ahead we are invariably challenged by the need to surrender to a complex combination of realities and mysteries. And surrender rarely comes easily, or without cost. Today we'll explore how a few well-placed questions can help us gain the clarity needed to know what to (or not to) surrender to, and why.

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

Announcements:

There will be a Microaggressions Workshop on February 29 6:30 - 8:00 PM. A chance to learn and to practice how to disrupt microaggressions. Led by Revs. Barbara Meyers and Greg Ward.

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.