WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



The Religion of Lamentation and Loneliness

Worship Leader: Rev. Greg Ward **Worship Host: Steve Wallcave**
Worship Associate: Chris Cook **Music: Peak Rocks and Assorted Musical Artists**

Sunday, December 15, 2024 10:00 AM
Service theme for the month: Choices

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

Centering Thought

"In times of grief and sorrow I will hold you and rock you and take your grief and make it my own. When you cry I cry and when you hurt I hurt. And together we will try to hold back the floods to tears and despair and make it through the potholed street of life." *Nicholas Sparks, The Notebook*

"When we become aware that we do not have to escape our pains, but that we can mobilize them into a common search for life, those very pains are transformed from expressions of despair into signs of hope."
Henri J. M. Nouwen, The Wounded Healer

"One who wants fellowship without solitude plunges into the void of words and feelings, and one who seeks solitude without fellowship perishes in the abyss of vanity, self-infatuation, and despair." *Dietrich Bonhoeffer, Life Together*

"Nothing created is of any ultimate use without hope. To place your trust in visible things is to live in despair."
Thomas Merton, No Man is an Island

"Four Horsemen [of Lamentation] – Terror, Bewilderment, Frustration, and Despair." *Bill Wilson, The Big Book*

Prelude

Bell Rev. Greg Ward

Call To Worship Chris Cook

Chalice Lighting Chris Cook

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Welcome Stephen Longfield

Welcome Song Sometimes, I Feel Like a Motherless Child — African American Spiritual — Amber Ewing Ellis

Time for all Ages Overcomer — Hannah Spangler

Practice of Generosity (Offering) Chris Cook

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	Everybody Hurts Coldplay	Peak Rocks
Shared Joys & Concerns		Rev. Greg Ward
Reflection		Rev. Greg Ward
Anthem	Mercy Now Mary Gauthier	Mary Guathier
Message	The Religion of Lamentation and Loneliness	Rev. Greg Ward
Closing Hymn	Nobody Knows (the Trouble I've Seen) African American Spiritual	Michael Tace
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.	Chris Cook
Benediction		Rev. Greg Ward

Next Week's Service: December 22 – "At the End of the Year We Were Given"
Rev. Greg Ward will lead the service and assisting will be Guest Worship Associate Terri King. Worship Host will be David Johnson. Jay and Jessica Steele will provide our music.

Last January a number of amazing souls from Mission Peak came together on a year long journey to gaze beyond the curtain of our own mortality. Over 12 months, we looked at everything that made the conversation with death so intimidating. A few of those who completed the course will talk about what they learned and the process of replacing fear of death with acceptance, reverence and respect. They will also explore ways this conversation with death has instilled a deeper appreciation for life.

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

Announcements:

Today after the service - The Palm Hill Bell Choir will perform in the Methodist Sanctuary, members are from Mission Peak and the Methodist Congregation. After the bell choir come to Cole Hall for a bowl of soup at noon for a "Lunch and Learn" to share our ideas, hopes and concerns and plan a path forward for action in our community.

Dec. 24th at 5PM Christmas Eve service - With carols, candles and stories we will explore Dicken's magical story of how Christmas Spirits help Love come-to-life within soul of Ebeneezer Scrooge. In his journey from crumudgeon to Christmas saint, he helps us all understand the true meaning of Christmas.

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 510-493-1796.