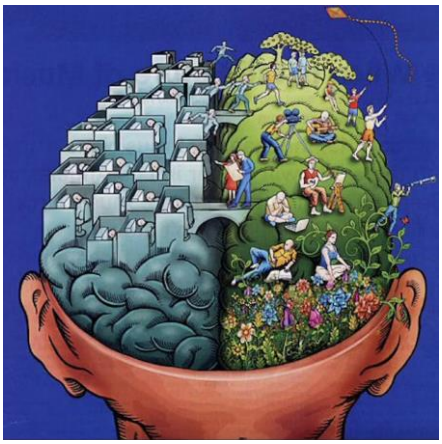
WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



A Stroke of Insight

Worship Leader: Rev. Greg Ward
Worship Associate: Chris Cook
Worship Host: Melissa Holmes
Music: Peak Rocks

Sunday, May 18, 2025 10:00 AM
Service theme for the month: Re-imagining

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.



Love is the power that holds us together and is at the center of our shared values.
Interdependence of all existence. With reverence for the great web of life and our place in it.
Pluralism – We celebrate that we are all sacred beings, diverse in culture, experience and theology.
Justice – We work to be diverse multicultural Beloved Communities where all thrive.
Transformation – We adapt to the changing world.
Generosity – We cultivate a spirit of gratitude and hope.
Equity – We declare that every person has the right to flourish with inherent dignity and worthiness.

Order of Service

Sunday, May 18, 2025 10-11:15 a.m.

Centering Thought

When a person has access to both the intuitive, creative and visual right brain, and the analytical, logical, verbal left brain, then the whole brain is working...And this tool is best suited to the reality of what life is, because life is not just logical-it is also emotional. *Stephen Covey*

I'm an advocate for whole brain thinking. I'm not an advocate for the right brain or the left brain. *Jill Bolte Taylor*

Now I realize, and I acknowledge, that the right brain/left brain distinction is a tremendous oversimplification. We don't come neatly divided into right and left hemispheres, but the fact is that the two hemispheres of the brain do specialize in certain functions. *Darold Treffert*

My left brain is doing the best job it can with the information it has to work with. I need to remember, however, that there are enormous gaps between what I know and what I think I know. *Jill Bolte Taylor*

The problem of making artists talk about their work is that when they're making their work the left-brain is shut off. So if you talk to an artist about it, you're talking to someone who wasn't there. *Jonathan Santlofer*

Prelude

Bell Rev. Greg Ward

Call To Worship Chris Cook

Chalice Lighting Chris Cook

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Welcome Jay Steele

Welcome Song *We Are* Ysaye Barnwell and the UUA GA Virtual Choir
Ysaye Barnwell

Time for all Ages Left Vs. Right Brain Function Debunked
@DebunkedOfficial

Testimonial / Pulpitorial Rev. Barbara Meyers

Share the Plate - Unitarian Universalist Mental Health Network Rev. Barbara Meyers

Please donate generously if you are able, in one of these ways:

- Use the QR Code in the OOS (Note: 3% surcharge).
- Make out check to 'MPUUC' with UUMHN' in the memo line.
- Mail check to P.O. Box 545 Fremont, CA 94537-0545
- Drop envelope with check in Mission Peak UU mail slot addressed to: MPUUC
- 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	Wake Now My Senses Thomas Michaelson	Peak Rocks
Shared Joys & Concerns		Rev. Greg Ward
Reflection		Rev. Greg Ward
Anthem	Pass it On Down Alabama	Peak Rocks vocals by Paul Kwinn
Message	A Stroke of Insight	Rev. Greg Ward
Closing Hymn	We Are Ysaye Barnwell	Ysaye Barnwell and the UUA GA Virtual Choir
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: May 25 – "Mental Health Ministry"

Rev. Barbara Meyers will lead the service and assisting will be Worship Associate Don Ramie. Worship Host will be Erik Alm. Jo Ann Schriner, Knuti VanHoven will provide our music.

We will discuss an effort to empower congregations to welcome and care for people living with mental health conditions for whom faith is part of their recovery. Companionship is a Pathways to Promise program that trains people in a practice of presence. As companions, people act on their concern for another person offering the encouragement of five basic spiritual practices: hospitality, neighboring, journeying side-by-side, listening, and accompaniment.

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

Announcements:

Your Feedback is Important! We're in the midst of our biennial Ministry Assessment conducted by the Board and Committee on Ministry. This provides important feedback for the Minister and the Ministries on what is working well and what needs attention. It takes approximately 20 minutes and is very important. Use the link in Week on the Peak and share your perspective.

All are invited to play or sing or recite at the Music Salon June 1st at the Methodist sanctuary. To participate, contact Paul K Davis or Jo Ann Schriner to sign up if space is still available. To attend, just show up at 2:00 to enjoy talent from both of our congregations. See you there!

Please Save the Date: MPUUC and ARO will be sponsoring our Juneteenth Picnic at Lake Elizabeth Park Sunday, June 15 after service, in the same lovely location as last year.

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.