

WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



Mental Health Ministry

Worship Leader: Rev. Barbara Meyers
Worship Associate: Don Ramie

Worship Host: Erik Alm
Music: Jo Ann Schriener, Knuti VanHoven, David Johnson

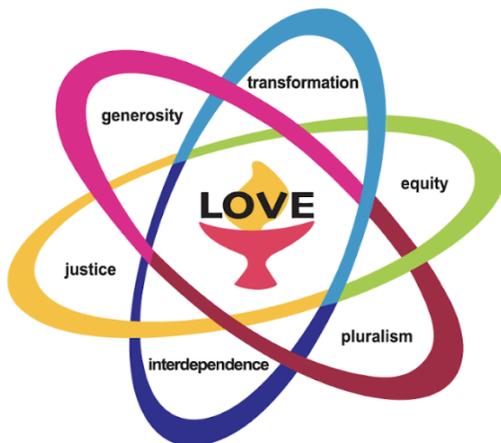
Sunday, May 25, 2025 10:00 AM

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 25, 2025 10-11:15 a.m.

Centering Thoughts

“Recovery, well-being, and indeed our wholeness are, in the end, the story of souls, the story of our connectedness to one another at the deepest levels.” – Craig Rennebohm

“How we need another soul to cling to.” – Sylvia Plath

“It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being.”

– John Joseph Powell

“When I ask psychiatric patients who have done well what I did that was helpful to them... they almost always recount some moment of human connectedness” – Dr. Mark Ragins

Prelude

Bell Rev. Barbara Meyers

Call To Worship Don Ramie

Chalice Lighting Don Ramie

Welcome Jay Steele

Welcome Song *How Could Anyone* #1053 Knuti VanHoven, David Johnson
Libby Roderick Jo Ann Schriener

Time for all Ages *The Rabbit Listened* Buddy Son Storytime
Cori Doerrfeld

Practice of Generosity (Offering)

Don Ramie

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

- Use the QR Code in the OOS (Note: 3% surcharge).
- Mail check to MPUUC P.O. Box 545 Fremont, CA 94537-0545
- Drop envelope with check in Mission Peak UU mail slot addressed to: Mission Peak Unitarian Universalist Congregation
- 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 *I've Got Peace Like a River* #100 Knuti VanHoven, David Johnson
Martin V. Frey

Shared Joys & Concerns Rev. Barbara Meyers

Reading / Reflection	Excerpt from “HELD” Rev. Mark Morrison Reed	Rev. Mark Morrison Reed
Anthem	<i>Lean On Me</i> 1021 Bill Withers	Knuti VanHoven, David Johnson Jo Ann Schriener
Message	Companionship for Mental Health	Rev. Barbara F. Meyers
Closing Hymn	<i>What A Wonderful World</i> Bob Thiele, George David Weiss	Knuti VanHoven, David Johnson Jo Ann Schriener
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.	Don Ramie

Benediction Rev. Barbara Meyers

Next Week’s Service: June 1 – “The Monster’s Gift”

Rev. Samantha Wilson will lead the service and assisting will be Worship Associate Rev. Barbara Meyers. Worship Host will be David Johnson. Peak Performers will provide our music.

When everything is crumbling – institutionally, culturally, socially, environmentally – what is ours to do? Do we wreck it, admitting the gross, unjust inadequacies? Do we rescue it and point to its merits, its potential to transform? Join us for another possibility: one that brings us face to face with what posthumanist psychologist and philosopher Báýò Akómoláfé describes as “the monster’s gift.”

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

Announcements:

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 Schriener 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.