WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



Understanding Joy

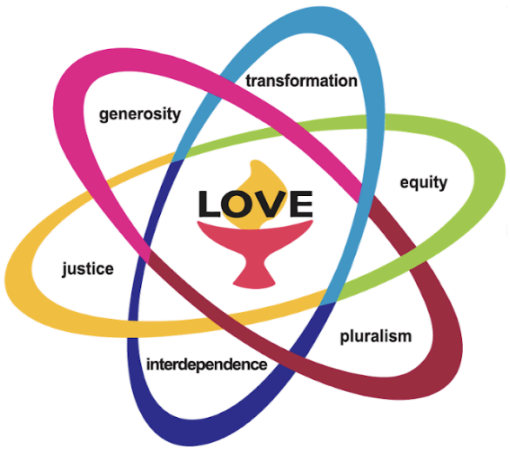
Worship Leader: Rev. Jim McKinley
Worship Associate: Terri King
Worship Host: Melissa Holmes
Music: Knuti VanHoven, Jo Ann Schriner

Sunday, November 9, 2025 10:00 AM
Service theme for the month: Nurturing Gratitude

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, November 9, 2025 10-11:15 a.m.

Centering Thoughts

"Joy, rather than happiness, is the goal of life, for joy is the emotion which accompanies our fulfilling our natures as human beings. It is based on the experience of one's identity as a being of worth and dignity."
- Rollo May

"Authentic joy is not a euphoric state or a feeling of being high. Rather, it is a state of appreciation that allows us to participate fully in our lives." *- Pema Chodron*

"Joy & Woe are woven fine" *- William Blake*

"In this world heavy with robust reasons for despair, joy is a stubborn courage we must not surrender, a fulcrum of personal power we must not yield to cynicism, blame, or any other costume of helplessness."
- Maria Popova

"When we push away joy, we squander the goodness that we need to build resilience, strength, and courage."
- Brené Brown

"We need Joy as we need air." *- Maya Angelou*

"Be joyful though you have considered all the facts." *- Wendell Berry*

Prelude Jo Ann Schriner

Bell Rev. Jim McKinley

Call To Worship Terri King

Chalice Lighting Ariel Smith-Iyer

Welcome Valerie Stewart

Welcome Song #1000 Morning Has Come — Knuti Van Hoven, Jo Ann Schriner
Words and music by Jason Shelton

Time for all Ages *The Lemon Tree* — Ariel Smith-Iyer
By ChatGPT, adapted by Ariel

Song to sing the children out This Little Light of Mine — Jo Ann Schriner
Words and music: African American Spiritual

Practice of Generosity (Offering) Terri King

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. Jim McKinley

Song of Reflection — Here Comes the Sun — Knuti Van Hoven, Jo Ann Schriner
Words and music by George Harrison

Shared Joys & Concerns — Rev. Jim McKinley

Reading / Reflection from "Beyond Spirituality", the 174th Berry Street Essay — Rev. Jim McKinley
by Rev.Carl Scovel
"Please"
by Rosemerry Wahtola Trommer

Anthem — What A Wonderful World — Knuti Van Hoven, Jo Ann Schriner
Words and music by Bob Thiele and George David Weiss

Message — Understanding Joy — Rev. Jim McKinley

Closing Hymn — Hymn #100 I've Got Peace Like a River — Knuti Van Hoven, Jo Ann Schriner
Words: vs.1-3 by Marvin Frey, vs.4-6 Anonymous, music: Martin Frey

Extinguishing the Chalice — #456 — Terri King
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.

Benediction — Rev. Jim McKinley

Next Week's Service: November 16 – "Liberty and Justice for All"
Don Ramie will lead the service and assisting will be Worship Associate Rev. Jim McKinley. Worship Host will be Melissa Holmes. Next Week's Music will be recorded.

America "the land of liberty" has become legendary. It began with the Puritans embarking on the long voyage to Massachusetts in search of religious freedom. The American political tradition, grounded in the Declaration of Independence and the Constitution, also teaches that a nation based on individual freedom, equality under the law, and the consent of the governed is best for guaranteeing the rights inherently belonging to every person. How is the United States living up to these high ideals?

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

Announcements:

Reminder, please buy your tickets and submit your auction offering this week to ensure our auction committee can plan appropriately and get the catalog ready. Bidding starts November 15 and continues through the end of the auction party. and submit your offering this week to help with planning.

This coming Saturday is Parent Night Out, a special evening of play and community for the kids and a night off for parents. RSVP is required and can be found in WOP. Reach out to Ariel with any questions.

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.