

# WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



## Between Hello and Goodbye

Worship Leader: Rev. Greg Ward  
Worship Associate: Mark Rahman

Worship Host: Melissa Holmes  
Music: Jo Ann Schriener, Knuti VanHoven, Sharon Davis

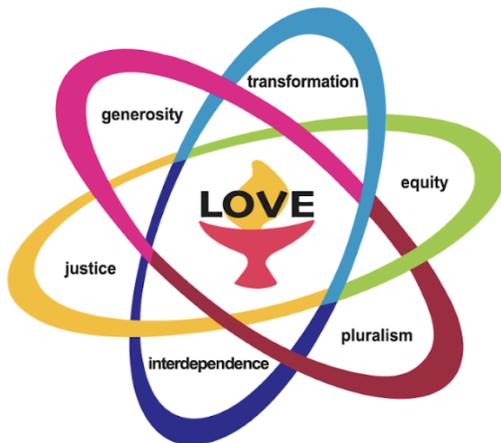
Sunday, March 22, 2026 10:00 AM

Service theme for the month: Paying Attention

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](mailto: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, March 22, 2026 10-11:15 a.m.

## Centering Thought

*"Parting is such sweet sorrow."*

*William Shakespeare*

*"We all take different paths in life, but no matter where we go, we will take a little of each other everywhere."*

*Tim McGraw*

*"May the road rise up to meet you, may the wind be ever at your back. May the sun shine warm upon your face and the rain fall softly on your fields. And until we meet again, may God hold you in the hollow of his hand."*

*Irish Blessing*

*"So, old friends, now it's time to start growing up, taking charge, seeing things as they are, facing facts, not escaping them, still with dreams, just reshaping them, growing up."*

*Stephen Sondheim*

*"Go confidently in the direction of your dreams."*

*Henry David Thoreau*

## Prelude

### Bell

Rev. Greg Ward

### Call To Worship

Mark Rahman

### Chalice Lighting

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and all people. Together we strive to live  
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Mark Rahman

### Welcome

Drew Wilson

### Welcome Song

1051 We Are  
Ysaye M. Barnwell

Knuti VanHoven, Jo Ann Schriener  
and Sharon Davis

### Time for all Ages

This is the House that MPUUC Built

Rev. Greg Ward

### Practice of Generosity (Offering)

**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).

Mark Rahman



### Joys and Concerns Invitation

Rev. Greg Ward

### Song of Reflection

Breaths  
Words by Birago Diop, music by Ysaye M. Barnwell

Knuti VanHoven, Jo Ann Schriener  
and Sharon Davis

**Shared Joys & Concerns** Rev. Greg Ward

**Reading** Rev. Greg Ward  
Ice  
by Mary Oliver

**Anthem** Knuti VanHoven, Jo Ann Schriener  
and Sharon Davis  
Somewhere Out There  
James Horner, Barry Mann and Cynthia Weil

**Message** Rev. Greg Ward  
Between Hello and Goodbye

**Closing Song** Knuti VanHoven, Jo Ann Schriener  
and Sharon Davis  
128 For All That Is Our Life  
Words by Bruce Findlay, Music by Patrick L Rickey

**Extinguishing the Chalice** Mark Rahman  
#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.

**Benediction** Rev. Greg Ward

**Next Week's Service: March 29 – "Coming Out As Unitarian Universalist"**

Mark Caswell will lead the service and assisting will be Worship Associate Rev. Barbara Meyers. Worship Host will be Steve Wallcave. Jay Steele will provide our music.

Coming out is a process of revealing a truer identity to the world. Boldly claiming a new identity involves revealing a container that better holds our unfolding experience of self. It can be both a liberating and painful experience based on the reaction of others around us. What would it mean to boldly proclaim ourselves Unitarian Universalist and share the truth and beauty we carry in our bodies with the world? This is a sermon about becoming the elder who you wished you had as a young person.

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

**Announcements:**

A number of MPUUC leaders got together this week to see how we could support parents and children coming to Sunday services. If you would like to volunteer on 1st, 4th or 5th Sundays - when Ariel and Jordan are NOT present to bring a little extra love or playfulness to the children's corner, please sign up at the Membership table or email Ariel Smith-Iyer.

The UU Church in Livermore invites MPUUC to join them for an afternoon of acoustic music and harmony next Sunday, March 29th. The concert begins at 4pm. Optional, pre-concert music circle for families from 3-3:30pm. \$10-20 suggested sliding scale donation. See WOP for the flyer and more information.

Hello! If anyone has ever wanted to try their hand at Sunday Service Coffee Hour- NOW is your chance. Valerie Stewart will be away on March 29 and April 5. The instructions for coffee-making and supplies are in Cabinet 2- the Board Rep. has the keys. There will be a large carton of half&half in the frig. Come and give it a try!

Next Sunday, after service, we will be hosting a Lunch and Learn as a part of Welcoming Religious Education. Please join us for a film excerpt, discussion, and a delicious lunch. You can use the WOTP links to learn more, sign up to bring food or drink, and watch the WARE lecture

**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](mailto:com_minister@mpuuc.org), or call 510-493-1796.