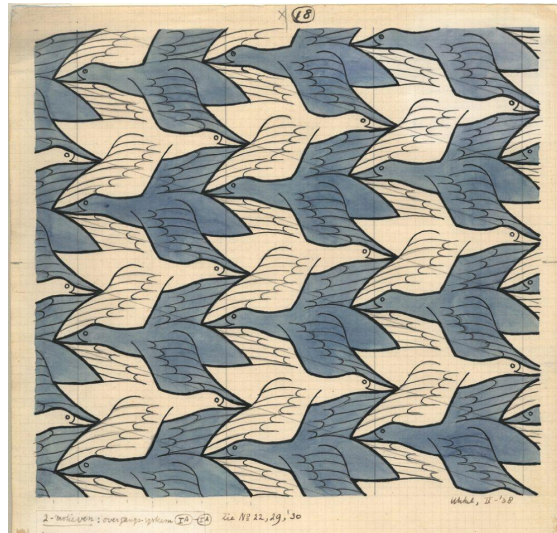


WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



Transitions

Worship Leader: Mark Rahman
Worship Associate: Paul K Davis

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

Sunday, July 26, 2026 10:00 AM

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, July 26, 2026 10-11:15 a.m.

Centering Thought

“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek.”

Barack Obama

You cannot change someone else until you change yourself.

Dialectical Behavior Therapy Truism

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.”

— Rumi

“We must be willing to let go of the life we planned so as to have the life that is waiting for us.”

— Joseph Campbell

Prelude

Bell

Mark Rahman

Call To Worship

Paul K Davis

Chalice Lighting

Paul K Davis

Welcome

Valerie Stewart

Welcome Song

146 Soon the Day Will Arrive
Ehud Manor, Nurit Hirsch

Jo Ann, Sharon, Knuti

Time for all Ages

The Neurobiology of Trans Individuals

Robert Sapolsky, PhD

Practice of Generosity (Offering)

Paul K Davis

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

Mark Rahman

Song of Reflection

Ordinary Miracles by Bergman
Bergman, Hamlich

Sharon, Knuti, Jo Ann

Shared Joys & Concerns

Mark Rahman

Reading / Reflection	'Letter From Birmingham Jail' (excerpt) Rev. Martin Luther King, Jr.	Mark Rahman
Anthem	Turn Turn Turn adapted by Pete Seeger	Knuti, , Jo Ann, Sharon
Message	Transitions	Mark Rahman
Closing Hymn	360 Here We Are Gathered Alicia S. Carpenter; Genevan psalter 1543	Jo Ann, Sharon, Knuti
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.	Paul K Davis
Benediction		Mark Rahman

Next Week's Service: August 2 – "Forged in Love"

Rev. Johnnie Bloom-Ramirez will lead the service and assisting will be Worship Associate Don Ramie. Worship Host will be Steve Wallcave. Peggy Rahman and Jo Ann Schrinier will provide our music.

Damascus steel is some of the most valuable in the crafting of martial weapons. Like human beings, it is a metal designed in layers, formed and reformed. Rev. Johnnie will draw parallels to the forging of steel and the layers that create us, including joy and trauma.

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

Announcements:

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.