



May Spiritual Theme: Pluralism

*Inclusivity is not “how do we make you a part of what we are?”
but “how do we become more of what you are?”*

~ angel Kyodo williams Sensei

Sunday, May 12, 2024

“Learning from Marine Mammals”

with Rev. Sara Lewis

Inspired by the book Undrowned: Black Feminist Lessons from Marine Mammals by Alexis Pauline Gumbs, Rev. Sara will explore wisdom and practices for thriving as humans we can learn from our marine mammal cousins.

Prelude *Troy Fisher (he/him)*

Morning Song *Troy Fisher*

Hymn #1000 “Morning Has Come”

Words & Music: Jason Shelton

Welcome *Liz Clement (she/they)*

Lighting the Chalice *Liz Clement*

“Alive in All Creation” by Rev. Shari Woodbury

Opening Words *Rev. Sara Lewis*

“We cast not our eyes below” *(she/her)*

by Ma Theresa “Tet” Gustilo Gallardo

Opening Hymn *Troy Fisher*

Hymn #1064 “Blue Boat Home”

Words: Peter Mayer / Music: Toland Hugh Prichard,
adapted by Peter Mayer, Keyboard arr. Jason Shelton

Story For All *Rev. Sara Lewis*

Story of the Evolution of Marine Mammals

by Rev. Sara Lewis

Musical Interlude *Troy Fisher*

Share the Plate Offering *Liz Clement*

Offertory *Troy Fisher*

Ritual of Sharing From the Heart *Rev. Sara Lewis*

Prayerful Practice *Rev. Sara Lewis*

Musical Response *Troy Fisher*

Hymn #1009 “Meditation on Breathing”

Words & Music: Sarah Dan Jones

Reading 1 *Liz Clement*

All three of today’s readings are from the book
Undrowned: Black Feminist Lessons from Marine Mammals by Alexis Pauline Gumbs

Part 1: Slow Down *Rev. Sara Lewis*

Musical Interlude *Troy Fisher*

Reading 2 *Liz Clement*

Part 2: Breathe *Rev. Sara Lewis*

Musical Interlude *Troy Fisher*

At OUUC, masks are welcome and optional. Please join us online if you don't feel well.
Kindly put your cell phones into Airplane Mode to help us ensure a meaningful experience for all in attendance online and in-person.
Hearing assistance devices are available in the sanctuary at the tech desk.

Reading 3

Liz Clement

Part 3: Be Fierce

Rev. Sara Lewis

Closing Hymn

Troy Fisher

Hymn #335 "Once When My Heart Was Passion Free"

Words: John B Tabb / Music: From Kentucky Harmony

Closing Words and Extinguishing the Chalice

Liz Clement

"We cast not our eyes below"

by Ma Theresa "Tet" Gustilo Gallardo

Postlude

Troy Fisher

Reflection questions:

- What are the pressures and challenges that you are "swimming" in right now?
- What practices help you survive and thrive in spite of these pressures and challenges?
- What relationship do you feel with our marine mammal relatives?

Today's After-Service Forum (11:30 am): Volunteer Appreciation Game Show with Rev Sara. Come to play or just to cheer others on, there will be door prizes!

Also at 11:30 today: Young Adults lunch, in a classroom, hosted by Kedo Baye.

Next Sunday, May 26, 2024:

"Your body is a poem; Your body is a prayer" with Rev. Liz Swenson

"...dismiss whatever insults your own soul; and your very flesh shall be a great poem, and have the richest fluency..." ~ Walt Whitman, preface to Leaves of Grass

Reclaiming and reconnecting with the Divine nature within us through theopoetics and an embodied theology. (No After-Service Forum)

Share the Plate Offering: Our Share the Plate organization for May and June is the Crisis Clinic of Thurston & Mason Counties.

The Crisis Clinic of Thurston & Mason Counties is committed to building a community that is better prepared to understand and respond compassionately to people in crisis. Your help will support 24/7 Crisis Intervention Services, the Teen/Youth Helpline, and presentations to middle and high schools throughout Thurston and Mason Counties in Suicide Awareness and Prevention.

If you write a check, please note "pledge" if it is a pledge payment. Other donations will benefit the Share the Plate program.

- Checks can be mailed to OUUC at: 2306 East End St NW
Olympia, WA 98502
- Donate online at <https://onrealm.org/OUUC/give/offering>
- Donate by text: Text "OUUC offering" to 73256 to give using your mobile device. Messages and data rates may apply. Message frequency varies. Text HELP to 73256 for help. Text STOP to 73256 to cancel.

Rev. Mary's sabbatical begins in just under one month now, and the Sabbatical Committee will be collecting cards for Rev. Mary over the next 4 weeks. These cards will be part of our send-off ritual to be held during the worship service on June 16th. Please look for the colorful box and blank cards in the Commons, or you may bring a card of your own choosing. All are invited to participate in the spirit of love and renewal.

For more info on Rev. Mary's sabbatical: <https://www.ouuc.org/sabbatical/>

To mail a card for Rev. Mary, please send to OUUC: ATTN: sabbatical send-off
2306 East End St NW
Olympia, WA 98502

If you have questions, or to email your well-wishes via the SabComm, they can be reached at Sabbatical@ouuc.org

Find more details on these and other announcements in the Weekly Update: <https://www.ouuc.org/who-we-are/publications/weekly-update/>

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