



Our spiritual invitation for summer is **Slowing Down**.

*“Slow down” seems like the wrong thing to do when there’s fire on the mountain.*

*But here’s the point: in “hurrying up” all the time, we often lose sight of the abundance of resources that might help us meet today’s most challenging crises.*

~ Bayo Akomolafe

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**Sunday, July 28, 2024**

**“Tools for the Revolution”**

with Rev. Monica Jacobson-Tennessee

A revolution is a momentous change, and we’re certainly (at the very least) in a season of flux in our country now. What spiritual tools do we need to live, and to work for a better world, in these times?

**Prelude** *Dennis McDermot - Harp*

**Morning Song** *Congregation*

**Hymn #1056 “Thula Klizeo” (Too lah klih zee yo)**

Words & Music: Joseph Shahalala

**Welcome** *Alicia Seegers Martinelli  
(she/her)*

**Lighting the Chalice & Sabbatical Candle** *Alicia Seegers Martinelli*  
with the words of Cindy Terlazzo

**In Memoriam: Lorrie Eaton** *Rev. Monica Jacobson-  
Tennessee (she/her)*

**Musical Interlude** *Troy Fisher (he/him)*

**Opening Words** *Rev. Monica  
Jacobson-Tennessee*  
from Rev. Elizabeth Mount

**Opening Hymn** *Congregation*

**Hymn #1 “May Nothing Evil Cross This Door”**

**(Prayer for This House)**

Words: Louis Untermeyer / Music: Robert N. Quaile

**Story for All** *Rev. Monica*

*Jacobson-Tennessee*  
“The Power of Peace: Thoreau, Gandhi, and King”  
by Lynn Ungar and Michelle Richards

**Musical Interlude** *Troy Fisher*

**Share the Plate Offering** *Alicia Seegers Martinelli*

**Offertory** *Dennis McDermot - Harp*

**Ritual of Sharing From the Heart** *Rev. Monica  
Jacobson-Tennessee*

**Prayerful Practice** *Rev. Monica  
Jacobson-Tennessee*  
with words from Jessica York

**Musical Response** *Dennis McDermot - Flute*

**Reading 1** *Alicia Seegers Martinelli*

from “Heartbreak, Violence, and Hope for New Life”  
by Parker Palmer

**Part 1** *Rev. Monica  
Jacobson-Tennessee*

**Musical Interlude** *Troy Fisher*

**Reading 2** *Rev. Monica  
Jacobson-Tennessee*  
from Brian McLaren

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## Part 2

Rev. Monica  
Jacobson-Tennessee

## Closing Hymn

### Hymn #1014 "Answering the Call of Love"

Words & Music: Jason Shelton

Congregation

## Closing Words and Extinguishing the Chalice

with the words of Jim Magaw

Rev. Monica  
Jacobson-Tennessee

## Postlude

Troy Fisher

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## Reflection questions:

- What do you need to be able to truly practice nonviolence?
- What kinds of pluralistic communities can you help to create here and around you?
- What's one thing you love that inspires your justice work or commitments?

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## Next Sunday, August 4, 2024:

### "Worthy At Any Size" with Rev. Sara Lewis

Humans are embodied in so many ways, shapes, sizes, abilities, and degrees of something we call "health." We will explore the spiritually radical act of loving all bodies just as they are.

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**For more info on Rev. Mary's sabbatical**, please check out the kiosk in the Commons, talk to a member of the Sabbatical Committee (look for their teal "SabComm" badges after today's service), or visit the sabbatical page on the OUUC website: <https://www.ouuc.org/sabbatical/>

**Find more details on these and other announcements in the Weekly Update:**

<https://www.ouuc.org/who-we-are/publications/weekly-update/>

**Share the Plate Offering:** Our Share the Plate organization for July and August is the South Sound Reading Foundation.

Since 2001, the South Sound Reading Foundation has brought the joy and promise of books and reading to all our region's children. Approximately 82% of the people served are low income, and those who might otherwise struggle with reading and learning. Because many families have transportation challenges, South Sound Reading Foundation works with community partners to bring needed programs and opportunity to families.

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.

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**UU Pagan Lammas Potluck and Ritual - Friday, August 2, 6:30 pm.** All are welcome to join the UU Pagan group at OUUC to celebrate Lammas (also known as Lughnasadh). This is the first of the harvest sabbats, we will celebrate with a potluck and simple ritual.

**Death Cafe at OUUC - Monday, August 5, 4:30-6 pm.** Join us for our first monthly Death Cafe at OUUC, supported by Pastoral Care & Adult Faith Development and facilitated by Jenee Wolfram, certified End of Life Doula. Death Cafes are informal, death-positive spaces for open, confidential, and judgment-free conversations about death. This is not a grief support group but a place to share personal stories, experiences, and feelings about death and dying. You're welcome to just listen. No registration required, drop in anytime. All are welcome! Let's bring this taboo topic into the light. And, there will be tea and cake!

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