



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

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.

Prelude *Troy Fisher (he/him)*

Morning Song *Congregation*

Hymn #1011 “Return Again”

Words & Music: Shlomo Carlebach

Welcome *Des McGahern (he/him)*

Lighting the Chalice & Sabbatical Candle *Des McGahern*

“Created in the Image of Love” by Karishma Gotffried

Opening Words *Rev. Sara Lewis (she/her)*

“Your Body Is Welcome Here” by Sean Neil-Barron

Opening Hymn *Congregation*

Hymn #317 “We Are Not Our Own”

Words: Brian Wren / Music: David Hurd

Story for All *Rev. Sara Lewis*

“Just the Way I Am” by Bindu Gupta

Musical Interlude *Troy Fisher*

Share the Plate Offering *Des McGahern*

Offertory *Rosie Koppelman*

“I Like Giants” *(she/her)*

Words & Music: Kimya Dawson

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

Prayerful Practice *Rev. Sara Lewis*

Musical Response *Congregation*

Hymn #218 “Who Can Say”

Words: Adapt. from Gates of Repentance

Music: Max Janowski

Reading 1 *Des McGahern*

from The Body Is Not An Apology

by Sonya Renee Taylor

Part 1: Taking Up Space Without Apology *Rev. Sara Lewis*

Musical Interlude *Troy Fisher*

Reading 2 *Des McGahern*

from “We Have to Stop Thinking of Being ‘Healthy’ as

Being Morally Better” by Aubrey Gordon

Part 2: Whole and Holy and Healthy *Rev. Sara Lewis*

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.

Closing Hymn

Hymn #1053 “How Could Anyone”

Words & Music: Libby Roderick

Congregation

Closing Words and Extinguishing the Chalice

“Love Holds You” by Carrie Holley-Hurt

Rev. Sara Lewis

Postlude

Troy Fisher

Reflection questions:

- When have you felt like you couldn't claim space for yourself? How do you claim space now?
- How have you observed healthism or moralizing around health at play?
- How can we build a healthy world together for all?

Next Sunday, August 11, 2024:

“The Restorative Power of Joy” with Rev. Carol McKinley

We cannot deny the world's suffering or the painful parts of our own lives, but affirming our sources of joy can help sustain us as we move through times, reminding us to recognize the presence of good in the world.

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.

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 and 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!

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/>

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