



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 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 anxious times, reminding us to recognize the presence of good in the world.

Prelude *Josie Solseng - Violin*

Morning Song *Congregation*

Hymn #1010 “We Give Thanks”

Words & Music: Wendy Luella Perkins, arr. Susan Peck

Welcome *Anne Kohlbray (she/her)*

Lighting the Chalice & Sabbatical Candle *Anne Kohlbray*

with the words of Alice Anacheka-Nasemann

Opening Words *Rev. Carol McKinley*

“What the Day Gives” by Jeanne Lohmann *(she/her)*

Opening Hymn *Congregation*

Hymn #1000 “Morning Has Come”

Words & Music: Jason Shelton

Story for All *Rev. Sara Lewis*

“The Meat of the Tongue” *(she/her)*

a story from the East African Coast

Musical Interlude *Troy Fisher*

Hymn #1058 “Be Ours a Religion”

Words: Theodore Parker / Music: Thomas Benjamin

Share the Plate Offering *Anne Kohlbray*

Offertory *Josie Solseng - Violin*

Ritual of Sharing From the Heart *Rev. Carol McKinley*

Prayerful Practice *Rev. Carol McKinley*

inspired by the words of Rev. Vanessa Rush Southern

Musical Response *Congregation*

Hymn #1060 “As We Sing of Hope and Joy”

Words & Music: Elizabeth Alexander

Reading 1 *Anne Kohlbray*

from the late historian and activist, Howard Zinn

Reading 2 *Rev. Carol McKinley*

from the 14th Century Persian poet, Hafiz

Sermon: “The Restorative Power of Joy” *Rev. Carol McKinley*

Closing Hymn *Congregation*

Hymn #1074 “Turn the World Around”

Words & Music: Harry Belafonte & Robert Freedman,
arr. Jason Shelton

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 Words and Extinguishing the Chalice
with the words of the 13th Century Sufi mystic, Rumi

Rev. Carol McKinley

Postlude

Troy Fisher

Reflection questions:

- Where do you find you often experience joy in your life?
- What does that experience do for your spirit?
- Can you offer others in the group your thoughts on how to have more joy in life?

Next Sunday, August 18, 2024:

"A Faithful Democracy" with Rev. Nancy Reid-McKee

This Sunday, we will explore the current threat facing the democracy of the United States, and how we, as religious people, can respond with integrity.

Speaker Bio: Rev. Nancy Reid-McKee (she/her) recently retired from the Northlake UU Church in Kirkland, WA. Rev. Nancy attended the Starr King School for the Ministry along with our Rev. Mary Gear, graduating in 2018. She did her internship at the UU Congregation at Shelter Rock in New York, has served our faith tradition as President of the Starr King Graduate Association, Vice-President of the UU Women's Federation, and currently serves as Chair of the UU Commission on Social Witness.

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.

In two weeks, on **Sunday, August 25th**, our Sabbatical Committee will hold a **mid-sabbatical check-in at 11:30 am**, in person and on Zoom. This will be a time to explore the themes of renewal and beloved community and how we are leaning into shared ministry during Rev. Mary's sabbatical.

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/>

And save the date for our **All OUUC Picnic**, this year at a new location. On **Sunday, September 8th, noon to 2pm**, we will gather for a potluck picnic, zucchini bread competition, music, fun, and fellowship **at the Rose Garden shelter in Squaxin Park**. Questions, talk to Rev. Sara (DCFD@ouuc.org).

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

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.