



Our spiritual practice for January is **Story**.

“I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do.”

~ Brené Brown

Sunday, January 26, 2025

“Lamenting Our Way Towards Liberation”

with Elisabeth Geschiere

What are the stories you carry about grief or lament? This Sunday, we will explore how practices of grief and lament are interconnected with love and liberation. This will be a service with several invitations to sing (or listen) together!

Prelude *Troy Fisher (he/him)*

Morning Song *Congregation*

Hymn #1051 “We Are...”

Words & Music: Ysaye M. Barnwell

Welcome *Liz Clement
(they/she)*

Lighting the Chalice *Liz Clement*
with the words of adrienne maree brown

Opening Words *Elisabeth Geschiere
(she/her)*
from Sharon Wylie

Opening Hymn *Congregation*

Hymn #100 “I’ve Got Peace Like a River”

Words: vs. 1-3, Marvin V. Frey, vs. 4-6, Anonymous

Music: Marvin V. Frey

Story for All *Rev. Sara Lewis*

Kisa Gotami and the Mustard Seed,
a Buddhist wisdom story *(she/her)*

Musical Interlude *Troy Fisher*

Share the Plate Offering *Liz Clement*

Offertory *Troy Fisher*

“Flying Home” (Sully’s Theme)

Songwriters: Clint Eastwood / Christian Jacob / J.b. Eckl

/ Tierney Marguerite Sutton / Ray Brinker / Trey Henry

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

Prayerful Practice *Rev. Sara Lewis*

Musical Response *Congregation*

Hymn #1002 “Comfort Me”

Words & Music: Mimi Bornstein-Doble

Alternative Reading *Congregation*

“Carry This All”

Words & Music: Alexandra “Ahlay” Blakely

Lamenting Our Way Towards Liberation *Elisabeth Geschiere*

Closing Hymn *Congregation*

Hymn #348 “Guide My Feet”

Words: Traditional / Music: Spiritual from the collection
of Willis Laurence James / Harmony: Wendell Whalum

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

Elisabeth Geschiere

Postlude

Troy Fisher

Reflection questions:

- What are the stories you carry about grief or lament?
 - With whom do you feel safe to express big feelings?
 - What step of the “UU theology of lament” are you most inspired by?
As a reminder, they included:
 - 1) inquiry, i.e. “where does it hurt?”
 - 2) witnessing, through listening/compassion, and
 - 3) action, “is there anything we can do to prevent hurt/harm?”
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Today’s Forum at 12:15 pm (online & onsite):

“Whose is it?” with the OUUC Board

Current OUUC Board members will lead a discussion on which roles are held by the Board, and which are the responsibility of the Minister.

Next Sunday, February 2, 2024: “Every Body is Welcome” with Rev. Mary Gear at 9 am (onsite only) and 10:45 am (online & onsite)

This month, we explore the spiritual practice of Inclusion, beginning with the welcome and acceptance of all bodies. What are the theological roots of our relationship to bodies, and how does our work for justice fit in?

February 2 Forum at 12:15 pm (online & onsite):

“Training” with the Leadership Development Committee

Share the Plate Offering: Our Share the Plate organization for January and February is New Horizon Communities.

Panza, now doing business as New Horizons Communities, provides permanent supportive housing for people experiencing homelessness. They create and manage tiny home villages that foster community, encourage personal growth, and promote access to the care and services residents need. Founded with OUUC leadership in 2007 to support a tent camp for homeless adults hosted by local churches, Panza created Quixote Village, a permanent supportive community for the homeless in Olympia. Now, as New Horizon Communities, this nonprofit has built two additional villages, especially for veterans, in other communities.

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: 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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If you haven't signed up for a **Gather, Grow, & Guide Session**, there's still time. During these pre-stewardship gatherings, we share our stories, watch a brief video prepared by Rev. Mary on the five ways to grow, and ask you for guidance on how we can achieve the goals we set for 2025. Let's come together in the homes of members to connect and gather our power as we prepare for 2025. Come join in! Sign-up today: <https://www.ouuc.org/gather-grow-and-guide/>

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

<https://www.ouuc.org/weekly-update/>

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