



Our spiritual practice for February is **Inclusion**.

*“Diversity is being invited to the party;
inclusion is being asked to dance.”*

~ Verna Myers

Sunday, February 2, 2025

“Every Body is Welcome”

with Rev. Mary Gear

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?

Prelude *Troy Fisher (he/him)*

Morning Song *Congregation*

“We Shall Be Known”

Words & Music: Karisha Longaker

Welcome *Des McGahern (he/him)*

Lighting the Chalice *Des McGahern*

“Created in the Image of Love” by Karishma Gottfried

Opening Words *Rev. Mary Gear*

“You Contain the Holy” by Gwen Matthews *(she/her)*

Opening Hymn *Congregation*

Hymn #1014 “Answering The Call of Love”

Words & Music: Jason Shelton

Story for All

“Fingernails as Faith Development”

by Joanna Fontaine Crawford

Rev. Sara Lewis (she/her)

Musical Interlude *Troy Fisher*

Share the Plate Offering *Des McGahern*

Offertory

“One Million Voices”

Words & Music: Brian Tate

OUUC Choir

Ritual of Sharing From the Heart *Rev. Mary Gear*

Prayerful Practice *Rev. Mary Gear*

“Our Roots of Resilience”

by Kimberlee Anne Tomczak Carlson

Musical Response

“The Music of Stillness”

Words: Sara Teasdale / Music: Elaine Hagenberg

OUUC Choir

Reading 1

adapted from “How We Think About Our Bodies & Spiritual Lives: Gnosticism” by Dr. Katelyn Brackney

Des McGahern

Part 1: Theology *Rev. Mary Gear*

Musical Interlude *Troy Fisher*

Reading 2 *Des McGahern*

excerpt from Anti-Diet: Reclaim Your Time, Money, Well-being and Happiness Through Intuitive Eating

by Christy Harrison

Part 2: Bodies in Diet Culture *Rev. Mary Gear*

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

excerpt from The Body is Not An Apology: The Power of Radical Self-Love by Sonya Renee Taylor

Des McGahern

Part 3: Every Body

Rev. Mary Gear

Closing Hymn

Hymn #6 “Just as Long as I Have Breath”

Words: Alicia S. Carpenter / Music: Johann G. Eheling, harmony rev. by John Edwin Giles

Congregation

Closing Words and Extinguishing the Chalice

with the words of Eric Williams

Rev. Mary Gear

Postlude

Troy Fisher

Reflection questions:

- How would you describe your relationship to your body?
- How have you been affected by diet culture?
- What might be different in your life if you valued and honored your body more?

Today’s Forum at 12:15 pm (online & onsite): “Compassionate Communication”

Training with the Dispute Resolution Center

Have you wondered how to approach deep conversations without offending others or showing biases? Elizabeth Drake, Executive Director of the Thurston County Dispute Resolution Center (DRC), will offer valuable insights into the methods of Compassionate Communication. Elizabeth will also share practical tips and tools to help us become more effective communicators in today’s world of “mass noise.” This forum is sponsored by the OUUC Leadership Development Committee (LDC).

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, this nonprofit created Quixote Village, a permanent supportive community for the homeless in Olympia. They have since 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.

Next Sunday, February 9, 2024:

**“Being the People We Mean to Be” with Rev. Sara Lewis
at 9 am (onsite only) and 10:45 am (online & onsite)**

“Believing in” inclusion, equity, and justice is a good start, but how do we move beyond being a believer to an active builder of a more inclusive, equitable, and just world? How do we actually become the people we intend ourselves to be?

February 9 Forum at 12:15 pm (online & onsite): “Legacy Forests of Western Washington” with the Legacy Forest Defense Coalition, sponsored by the OUUC Environmental Action Team (EAT)

Find many important announcements in the Weekly Update:

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

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