

MARCH 24, 2022

THE OUUC

Spark!

WEEKLY WISDOM AND INSPIRATION
FROM THE OLYMPIA UNITARIAN UNIVERSALIST CONGREGATION

MARCH SPIRITUAL THEME: BECOME REV. MARY GEAR

This month we've been exploring the theme of become, a word from the OUUC mission to wonder and welcome, embrace and empower, bridge and become.

We started the month with Rev. Carol's McKinley's message about the Equal Rights Amendment and women's rights, titled "Are We There Yet?" No, but perhaps becoming.

The Stewardship Drive kicked-off with a service titled, "Becoming Community." It was also the two-year anniversary of COVID shutdown. We celebrated all the ways OUUC has grown and changed in the past few years and revisited our commitment to each other and to our community.

This past Sunday I spoke about how becoming means growth and change, which requires risk. I named that these past two years have been hard on our bodies as our survival brains have alerted us to danger all the time. I named five ways that we can calm our bodies and brains, to remind ourselves that we are safe: breathing, moving our bodies, crying, laughing, getting affection like a hug from a friend, and being creative, like singing, drawing, cooking. And I spoke about the need for risk.

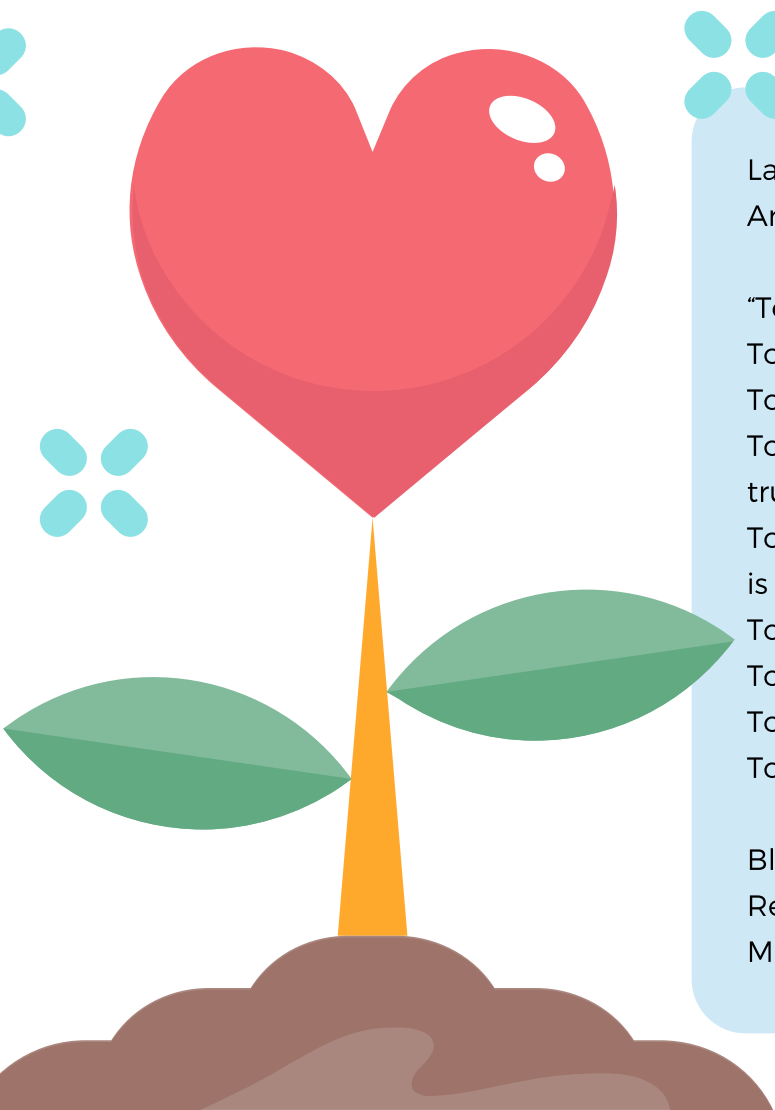
This coming Sunday, Rev. Kari Kopnick returns to OUUC for a service on "Life in the Labyrinth: Coming Home to Ourselves." Another voice on "become."

This week, I invite you to notice the ways that you are safe and remember to breathe. To help, I offer this meditation: [Breathing Meditation](#) | [UCLA Mindful Awareness Research Center](#)



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BECOME (CONT.)



Last, consider this poem from the prolific author, Anonymous:

“To Do Is To Be”

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk exposing our true self.

To place our ideas—our dreams—before the crowd is to risk loss.

To love is to risk not being loved in return.

To hope is to risk despair.

To try is to risk failure.

To live is to risk dying.

Blessings on your becoming,

Rev. Mary

Minister@ouuc.org

FAITH IN ACTION CORNER YOUTH CLIMATE STRIKE

Please consider joining Rev. Mary Gear, OUUC Religious Education Assistant Anissa Bentlemsani, and OUUC Youth at a student-led march for climate justice on Friday, March 25. The march starts at 12 noon at Heritage Park by Capital Lake in downtown Olympia. This event is part of a global day of action. You can read more about this event from *The Jolt News* [here](#) (link).



OUUC AGREEMENT FOR TIMES OF PANDEMIC

OUUC HEALTH AND SAFETY TASK FORCE

As we work our way through this time of transition – from pandemic lockdown through changing restrictions to whatever lies ahead – it is helpful to review our OUUC Agreement for Times of Pandemic. In the OUUC Pandemic Manual. This document reminds us why and how we choose to be in this community and what obligations accompany that choice.

Thank you for taking care of yourself and each other.

OUUC Health & Safety Task Force



OUUC AGREEMENT FOR TIMES OF PANDEMIC

- *Because we choose to walk together we promise to...*

accept the responsibility to stay abreast of guidance from the church regarding the best practices to promote health and safety by frequently monitoring church information sources (website, Tuesday Newsletter, and onsite signage). When in doubt we will consult with staff.

We also reaffirm the OUUC Covenant, with special reference to the following portions:

- *Because we need not think alike to love alike, we promise to...*

speak and work openly, honestly, and lovingly with our leadership, providing informed, constructive feedback when we believe change is needed.

- *Because we recognize that conflict is normal we promise to...*

speak with each other directly and honestly from a position of respect, kindness, and love, recognizing that to do so, there will be times we need to seek counsel from the community.

[This is an excerpt of the Agreement document. Click here to read the full text.](#)



**AN EXCERPT FROM
"THE RISK OF BECOMING"
REV. MARY GEAR**

An ethic of risk would invite us to acknowledge that we can't control the outcome and we must take the right step anyway. An ethic of risk would invite us to let go of a limited definition of success and embrace that there are gains and defeats, and that we may never see the results of our actions. We can't ever know the outcome of our actions because of the complexity of our interconnection. An ethic of risk would invite us to move past despair and move toward hope.

This is an excerpt from the sermon delivered at the March 20, 2022 worship service. You can view the [full service on YouTube here \(link\)](#).