



September 18, 2022

Welcoming the Breath

Breathing is what keeps us alive. Our breath is always with us, a place of grounding and life itself. We explore the power of breath and breathing together.

**Please help us ensure a meaningful experience for all in attendance online and in-person.
Kindly silence your cell phones and turn off wifi on your device.**

Prelude

Troy Fisher (he/him)

Morning Song

Troy Fisher

"The 59th Street Bridge Song"

Words & music: Paul Simon

*Slow down, you move too fast
You got to make the morning last
Just kicking down the cobblestones
Looking for fun and feeling groovy
Ba da-da da-da da-da, feeling groovy*

*Hello lamppost, what'cha knowing
I've come to watch your flowers growin'
Ain't you got no rhymes for me?
Doo-ait-n-doo-doo, feeling groovy
Ba da-da da-da da-da, feeling groovy*

*I got no deeds to do, no promises to keep
I'm dappled and drowsy and ready to sleep
Let the morning time drop all its petals on me
Life, I love you, all is groovy*

Ba da-da Da Da Da-da-da
Da-da-da-da-da-da-da
Da Da Da-da-da
Da-da-da-da-da-da-da

Welcome

Liz Clement (she/they)

Musical Interlude

Troy Fisher

Chalice Lighting

Liz Clement

with words from anastasi birosh

Opening Words

Rev. Mary Gear (she/her)

from Margaret Wolff

Opening Hymn

Troy Fisher

Hymn #1040 "Hush"

Words & music: African - American spiritual, slavery period

Arranged: Jason Shelton

Hush, hush, somebody's callin' my name.

Hush, hush, somebody's callin' my name.

Hush, hush, somebody's callin' my name.

Oh my Lord, oh my Lord, what shall I do?

Sounds like freedom, somebody's callin' my name...

Sounds like justice, somebody's callin' my name...

Story: Breathing Makes it Better

Rev. Sara Lewis (she/her)

by Chistopher Williard and Wendy O'Leary

Musical Interlude

Troy Fisher

Share the Plate Offering

Liz Clement

Offertory*Troy Fisher*

"Just Breathe"

Words & music: Eddie Vedder

Ritual of Sharing from the Heart*Rev. Mary Gear***Prayer***Rev. Mary Gear***Musical Response***Troy Fisher*

Hymn #1009 "Meditation on Breathing"

Words & music: Sarah Dan Jones

*Breathe in, Breathe out,
Breathe in, Breathe out*

*When I breathe in,
I'll breathe in peace.
When I breathe out,
I'll breathe out love.*

*Breathe in, Breathe out,
Breathe in, Breathe out*

First Reading*Liz Clement*

from Valerie Kaur

Welcoming The Breath: Practice*Rev. Mary Gear***Musical Interlude***Troy Fisher***Second Reading***Liz Clement*

from Resmaa Menakem

Welcoming the Breath: Justice*Rev. Mary Gear*

Closing Hymn*Troy Fisher*

Hymn #1009 "Meditation on Breathing"

Closing Words and Extinguishing the Chalice*Rev. Mary Gear***Announcements***Liz Clement***Unison Benediction***Troy Fisher*

Words: Rev. Mary Gear / Music: Troy Arnold Fisher

May you know the Spirit in you.

May you know the Spirit in me.

With loving and healing, doing and being,

May you know the Spirit in All.

Postlude*Troy Fisher*

Next Sunday: "Head, Heart, and Hands: How We Inform, Form, and Transform in Faith Community" with Rev. Sara Lewis

Share the Plate Offering: For the month of September, our Share the Plate recipient is the Olympia Free Clinic.

If you write a check, be sure to make a notation indicating "pledge" if it is a pledge payment. Other donations will benefit the Share the Plate program. Checks can be mailed to OUUC at 2315 Division 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. This number will never send unsolicited texts to you. To cancel further messages, text STOP. If you need assistance with text giving, text HELP. Standard text message and data rates may apply.

Read the Weekly Update announcements here: [OUUC Weekly Update E-Blast](#)