



**“When You’re Going Through Hell, Keep Going!”**

Dr. Mary Ellen Johnson

Sunday, April 2, 2023

Mary Ellen holds a Doctor of Ministry degree from the Wisdom School of Graduate Studies. She is also a Religious Science Practitioner and a Certified Labyrinth Facilitator.

**Prelude** *Troy Fisher (he/him)*

**Morning Song** *Troy Fisher*

**Hymn #368 “Now Let Us Sing”**

Words & music: Anonymous

**Welcome** *Anne Kohlbry (she/her)*

**In Memoriam: James (Jim) Knudson** *Rev. Mary Gear (she/her)*

**Musical Interlude** *Troy Fisher*

**Lighting the Chalice** *Anne Kohlbry*

**Opening Words** *Dr. Mary Ellen Johnson (she/her)*

by Susan Davison Archer

**Opening Hymn** *Troy Fisher*

**Hymn #21 “For the Beauty of the Earth”**

Words: Folliott Sandford Pierpoint

Music: Conrad Kocher, abridged

**Recognition of Health & Safety Task Force** *Rev. Mary Gear & Tami Black (she/her)*

**Musical Interlude** *Troy Fisher*

**Share the Plate Offering** *Anne Kohlbry*

**Offertory** *Troy Fisher*

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

**Prayerful Practice** *Rev. Mary Gear*

**Musical Response** *Troy Fisher*

**Hymn #123 “Spirit of Life”**

Words & music: Carolyn McDade

Harmony by Grace Lewis-McLaren

**Reading** *Anne Kohlbry*

“Psalm 23 for This Moment”

by Kevin Tarsa

**Message** *Dr. Mary Ellen Johnson*

**Guided Meditation** *Dr. Mary Ellen Johnson*

**Meditation for Going Through Hell**

by Dr. Mary Ellen Johnson

**Closing Hymn** *Troy Fisher*

**Hymn #128 “For All that Is Our Life”**

Words: Brue Findlow

Music: Patrick L. Rickey

**Extinguishing the Chalice** *Rev. Mary Gear*

with closing words by Kevin Jagoe

**Unison Benediction** *Troy Fisher*

Words: Rev. Mary Gear / Music: Troy 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.

Please help us ensure a meaningful experience for all in attendance online and in-person.  
Kindly turn off your cell phones. Hearing assistance devices are available in the sanctuary at the tech desk.

## Postlude

*Troy Fisher*

### Reflection questions:

- Am I OK with not coping perfectly with challenges that arise in my life?
- Do I have a negative or a positive view of the idea of surrendering to the reality of situations?
- Knowing that I have survived every challenge, trauma and loss I've ever experienced in my life, what does that tell me about my ability to meet present and future challenges?

**After-Service Event:** Forum with Rev. Mary on OUUC After Covid

**Next Sunday, April 9:** "Trusting Re-emergence" with Rev. Mary Gear and Rev. Sara Lewis

**April 9 After-Service Event:** Easter Egg Hunt in Burri Park

At OUUC, masks are welcome and optional. Please join us online if you don't feel well.

**Share the Plate Offering:** Our Share the Plate organization for March and April is Hands On Personal Empowerment (HOPE).

Hands On Personal Empowerment (HOPE) engages Mason County Youth to become empowered, productive members of their local community and the world they will inherit. HOPE teaches job skills, leadership, communication, social justice, nutrition, and health all through a garden modality. All produce grown in the HOPE Gardens is used for their Farm to table cooking program, sent home with all participating youth, and donated to the free food hub and local food banks.

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.

If you would like to share a remembrance of Jim Knudson, you can do so on his CaringBridge site: <https://www.caringbridge.org/public/jamescknudson>

You can also send cards to: Margaret Knudson  
603 Plymouth St. SW  
Olympia, WA 98502-5338

Please help us ensure a meaningful experience for all in attendance online and in-person.  
Kindly turn off your cell phones. Hearing assistance devices are available in the sanctuary at the tech desk.