



## **“Lessons from *Encanto*: Healing Family and Generational Trauma”**

with Rev. Sara Lewis

Sunday, May 14, 2023

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

**Morning Song** *Troy Fisher*

**Hymn #1000 “Morning Has Come”**

Words & music: Jason Shelton

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

**Lighting the Chalice** *Anne Radford*

“With Love for Mothers and Foremothers”

by Selena Fox

**Opening Words** *Rev. Sara Lewis (she/her)*

“Feel That?”

by Gwen Matthews

**Opening Hymn** *Troy Fisher*

**Hymn #1001 “Breaths”**

Words: Adapted from poem by Birago Diop

Music: Ysaye M. Barnwell

**Story for All** *Rev. Sara Lewis*

(spoiler alert!) summary of *Encanto*, a Disney film,  
screenplay by Charise Castro Smith and Jared Bush

**Musical Interlude** *Troy Fisher*

**Share the Plate Offering** *Anne Radford*

**Offertory** *OUUC Choir*

Dos Oruguitas (Two Little Caterpillars)

from Disney’s *Encanto*

Words & music: Lin-Manuel Miranda

**Ritual of Sharing From the Heart** *Rev. Mary Gear (she/her)*

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

**Musical Response** *OUUC Choir*

The 23rd Psalm (Dedicated to My Mother)

Words: Adapted from the Book of Psalms by Bobby

McFerrin / Music: Bobby McFerrin

**Reading** *Anne Radford*

from the book *It Didn’t Start With You: How Inherited  
Family Trauma Shapes Who We Are and How to End the  
Cycle* by Mark Wolynn

**Part I: Lessons on Trauma** *Rev. Sara Lewis*

**Musical Interlude** *Troy Fisher*

**Reading** *Anne Radford*

from the book *My Grandmother’s Hands: Racialized  
Trauma and the Pathway to Mending Our Hearts and  
Bodies* by Resmaa Menakem

**Part II: Lessons on Resilience and Healing** *Rev. Sara Lewis*

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 Hymn

### Hymn #1053 “How Could Anyone”

Words & music: Libby Roderick

*Troy Fisher*

## Extinguishing the Chalice

From the song “All of You” in *Encanto*

*Rev. Sara Lewis*

## Unison Benediction

Words: Rev. Mary Gear / Music: Troy Fisher

*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.

## Postlude

*Troy Fisher*

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### Reflection questions:

- What stories of family, trauma, and healing have you learned?
- What lessons do you take from the stories we tell?

### After-Service Forum: Budget Q&A with Rev. Mary Gear and the OUUC Board.

If you are someone who likes to know the numbers and dive deep into the details of the OUUC congregational budget, this forum is for you! How we allocate our resources is how we live our values. Thanks for engaging in this important practice.

**Next Sunday, May 21:** “Community Care: Reflections from the Pastoral Care Team” with Rev. Mary Gear

**May 21 After-Service Forum:** Annual Congregational Meeting, followed by a party to celebrate Rev. Sara, Anissa, and Marie’s many years of service!

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**Share the Plate Offering:** Our Share the Plate organization for May and June is the Arrest and Jail Alternatives Program of Catholic Community Services.

Since 2020, the Arrest and Jail Alternatives Program of Catholic Community Services has helped people with behavioral health issues and criminal justice involvement access drug treatment, temporary shelter, permanent housing, disability benefits, and a sense of basic dignity and respect that they may otherwise be denied. The services are primarily provided by Peer Case Managers who have lived experience of drug addiction, homelessness, and incarceration themselves. The majority of clients are unsheltered on the streets of Olympia, with needs for critical survival items like tents, sleeping bags, clothes, hot meals, snacks, and hygiene products.

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 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.

**Thank you to everyone who “came together” to support OUUC’s online and in-person auction. We are pleased to report that we raised more than \$38,000!** This success is only possible with significant participation. We had 225 auction items, 179 bidders (online and in person), and 120 people who attended the live auction! Thank you again to our generous donors, ambitious bidders, dedicated auction team, artists, decorators, vocalists, volunteers, and the staff for supporting this great event!

**For more announcements,** read the Weekly Update here:

<https://www.ouuc.org/who-we-are/publications/weekly-update/>