



Sunday, July 9, 2023
“Joy with a Capital J”
with Rev. Crystal Zerfoss

This joyous service will invite you to joyfully explore your own inner joy as well as revel in the ways in which we grow joy together as a community. Even if you are not feeling particularly joyful at this time of the year, this service is for you.

Prelude *Troy Fisher (he/him)*

Morning Song *Troy Fisher*

Hymn #1030 “Siyahamba”

Words & music: South Africa, 20th Cent., ed.

Anders Nyberg

Welcome *Curtis Tanner (he/him)*

Lighting the Chalice *Curtis Tanner*

with words by Eric A. Heller-Wagner

Opening Words *Rev. Crystal Zerfoss (she/her)*

by Rev. Margaret Weis

Opening Hymn *Troy Fisher*

Hymn #29 “Joyful, Joyful, We Adore Thee”

Words: Henry Van Dyke

Music: Ludwig van Beethoven

Story for All *Rev. Crystal Zerfoss*

Musical Interlude *Troy Fisher*

Share the Plate Offering *Curtis Tanner*

Offertory *Troy Fisher*

Ritual of Sharing From the Heart *Curtis Tanner*

Prayerful Practice *Rev. Crystal Zerfoss*

Musical Response *Troy Fisher*

Hymn #1060 “As We Sing of Hope and Joy”

Words & music: Elizabeth Alexander

Reading *Rev. Crystal Zerfoss*

from Courage, The Joy of Living Dangerously

by Osho

Sermon *Rev. Crystal Zerfoss*

“Joy with a Capital J”

Closing Hymn *Troy Fisher*

Hymn #1024 “When the Spirit Says Do”

Words & music: African-American spiritual, civil

rights period / Arranged by Mark Freundt

Extinguishing the Chalice *Rev. Crystal Zerfoss*

with words by Rev. Amy Zucker Morgenstern

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.

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.

Postlude

Troy Fisher

Reflection questions:

- What does stopping to experience Joy, to really soak it in, look like for you?
- How does deeply breathing in Joy feel in your body?
- How will you choose Joy this day? This week?
- How will you counter the tendency toward negativity bias and habituation so you can center in Joy?

Share the Plate Offering: Our Share the Plate organization for July and August is the Haki Farmers Collective. <https://hakifarmers.org/>

Haki Farmers Collective seeks to bolster and reincorporate traditional and inherently sustainable farming knowledge that is present in our migrant and indigenous communities. By holding close decolonization frameworks, Haki seeks to encourage our intersecting Black, Indigenous, and Immigrant peoples to reclaim life-giving knowledge of truly sustainable foodways and plant medicine creation.

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. If you need assistance with text giving, text HELP. Standard text message and data rates may apply.
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For more announcements, read the Weekly Update here:

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

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