



Our spiritual practice for April is **Joy**.

*“Happiness is attached to things being a certain way.
But joy is about the bliss of being. It transcends highs and lows.”*
~ Martha Beck

Sunday, April 27, 2025
“The Recombobulation Zone”
with Rev. Nancy Reid-McKee

One of the things we can all expect is that change will happen. This is true for our personal lives, our communities and our church life. Change is unsettling, but we can and will adapt, one way or another. We will talk about how we recombobulate ourselves after feeling discombobulated!

Guest Minister Bio: Rev. Nancy Reid-McKee recently retired from the Northlake UU Church in Kirkland, WA. Rev. Nancy attended the Starr King School for the Ministry along with our Rev. Mary Gear, graduating in 2018. She did her internship at the UU Congregation at Shelter Rock in New York, has served our faith tradition as President of the Starr King Graduate Association, Vice-President of the UU Women’s Federation, and currently serves as Chair of the UU Commission on Social Witness.

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, onsite and online.

Hearing assistance devices are available in the sanctuary at the tech desk.

Prelude

Troy Fisher (he/him)

Morning Song

Congregation

Hymn #163 “For the Earth Forever Turning”

Words & Music: Kim Oler arr. by Nick Page

Welcome

*Alicia Seegers
Martinelli (she/her)*

Chalice Lighting

“Why We Are Here” by Rev. Eric Wikstrom

*Rev. Nancy Reid-
McKee (she/her)*

Opening Words

adapted from “When I Change” by Rev. Tet Gallardo

*Rev. Nancy
Reid-McKee*

Opening Hymn

Hymn #1008 “When Our Heart Is in a Holy Place”

Words & Music: Joyce Poley, keyboard arr. Lorne Kellett

Congregation

Story For All

The Farmer’s Luck, A Daoist Wisdom Story

*Rev. Sara Lewis
(she/her)*

Musical Interlude

Troy Fisher

Share the Plate Offering

*Alicia Seegers
Martinelli*

Offertory

Troy Fisher

Ritual of Sharing From the Heart

Rev. Sara Lewis

Prayerful Practice

“Noticing the Sacred” by Rev. Sean Dennison

*Rev. Nancy
Reid-McKee*

Musical Response

Hymn #1010 “We Give Thanks”

Words & Music: Wendy Luella Perkins, arr. Susan Peck

Congregation

Reading

Excerpt from A Shift in Being by Leon Vanderpol

*Alicia Seegers
Martinelli*

Sermon: The Recombobulation Zone

*Rev. Nancy
Reid-McKee*

Closing Hymn

Congregation

Hymn #1023 “Building Bridges”

Words: The women of Greenham Common peace occupation in England

Music: Contemporary English Quaker Round

Closing Words & Extinguishing the Chalice

Rev. Nancy

“May You Be Changed” by Rev. Emily Richards

Reid-McKee

Postlude

Troy Fisher

Reflection questions:

- When faced with challenges, would you describe yourself as responding with traditional/modernist ways or with creative imagining?
 - When responding to change or challenge, can you identify your instinctive reaction? Is it one of the fight, flight, freeze, or fawn responses? Problem-solving, fixing, or explaining? Organizing or controlling? What might it feel like to change your instinctive reaction?
 - Describe what the recombobulation zone might look like for you.
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Today’s After-Service Forum (12:15 pm, onsite & online):

“We’re Growing! Now What?” with the OUUC Board

This is “The Big Question” that the Board of Trustees has identified as a focus for the coming year. Come contribute to the conversation.

Next Sunday, May 4, 2025, at 9 am (onsite only) & 10:45 am (online & onsite):

“Complicated Love” with Rev. Mary Gear

Feminist poet Adrienne Rich wrote “War is an absolute failure of imagination...” We begin the exploration of the spiritual theme of “Imagination” with reflections on the war in Gaza and how we respond as a people of faith.

After-Service Forum (12:15 pm on May 4, onsite & online):

Faith in Action: More on Classism and how we respond to inequality.

Share the Plate Offering: Our Share the Plate organization for March and April is Wild Grief:

Wild Grief facilitates peer groups for children and adults who are grieving a death, by creating the space for sharing, connection, and healing in nature. All programs are free, including all outdoor gear and food. Wild Grief models how: it's important to acknowledge death and engage with loss, grief support should be available to everyone, and healing is possible.

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: 2306 East End 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. Messages and data rates may apply. Message frequency varies. Text HELP to 73256 for help. Text STOP to 73256 to cancel.

AUCTION 2025: LET OUR LIGHT SHINE!

LIVE AUCTION and DINNER EVENT: Saturday, May 3rd, 5 - 8 PM, at ASHHO Cultural Community Center

ONLINE AUCTION: April 26 – May 4, 2025

Today is the last day to purchase a ticket to the auction. Tickets are \$10 to \$100 - pay what you can. Childcare will be provided for those who select a youth ticket.

The online auction is open! Check out the extensive catalog. Bid early, and bid often! <https://auctria.events/ouuc>

If you would like to participate in the auction and need financial assistance, please contact Rev. Mary at minister@ouuc.org.

Thank you to everyone who pledged to support the future of OUUC in the stewardship drive. We came further this year than ever before! It's not too late to join in. <https://www.ouuc.org/give/stewardship/>

Find more details on these and other announcements in the Weekly Update: <https://www.ouuc.org/weekly-update/>