



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 6, 2025

"Grant Me Serenity"

with Rev. Michael Walker

Lutheran theologian, Reinhold Niebuhr, wrote the now famous Serenity Prayer. The short-form of the prayer is widely used on posters and in meetings, and has been adopted by some Twelve Step programs as a mantra:

*"...[G]rant me the serenity to accept the things I cannot change,
Courage to change the things I can, and the wisdom to know the difference."*

In this sermon, we will use the whole prayer as a starting point to discuss approaches to less-than-serene events in recent weeks, in this, our new post-election America.

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 #188 "Come, Come, Whoever You Are"

Words: Adapt. from Rumi

Music: Lynn Adair Ungar

Welcome

Curtis Tanner (he/him)

Chalice Lighting & Opening Words

Rev. Michael Walker (he/him)

Opening Hymn

Congregation

Hymn #352 “Find a Stillness”

Words: Carl G. Seaburg / Music: Transylvanian
hymn tune, Harmonized by Larry Phillips

Story For All: A Tale of Three Villages

Rev. Michael Walker

by Renee Ruchotzke

Musical Interlude

Troy Fisher

Share the Plate Offering

Curtis Tanner

Offertory

Troy Fisher

Ritual of Sharing From the Heart

Curtis Tanner

Prayerful Practice

Rev. Michael Walker

with words by the Rev. Dr. Rebecca Parker

Musical Response

Congregation

Hymn #1009 “Meditation on Breathing”

Words & Music: Sarah Dan Jones

Reading

Curtis Tanner

“Life Doesn’t Frighten Me” by Maya Angelou

Sermon: “Grant Me Serenity”

Rev. Michael Walker

Closing Hymn

Congregation

Hymn #16 “’Tis a Gift to Be Simple”

Words: Joseph Bracket

Music: American Shaker tune

Benediction & Extinguishing the Chalice

Rev. Michael Walker

Postlude

Troy Fisher

Reflection questions:

- What meaning do you find in the Serenity Prayer?
 - Are there aspects of the prayer you find difficult or troubling?
 - What insight into life did today's Service provide for you? Can you imagine it changing your perspective on current events?
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Today's Forum at 12:15 pm (online & onsite):

"Know Your Rights" Training with Strengthening Sanctuary Alliance, sponsored by SWIFT (Siding With Immigrant Families Together)

We'll learn who's at risk under the new regime and how to assert the rights we and immigrants have when encountering deportation action. We'll also talk about actions we can take against mass deportation. We continue investigating ways to help schools protect vulnerable students and their families. If you have connections with school districts, let us know. Thanks to Steve Tilley for helping bring this important conversation to OUUC.

Later this afternoon (2 pm), if you're new to OUUC or interested in becoming a member, you can join Rev. Mary for the New UU / New Member class. This week, the focus will be on Pastoral Care and Spiritual Life.

Next Sunday, April 13, 2025, at 9 am (onsite only) & 10:45 am (online & onsite):

"A Theology of Trophic Cascades" with Rev. Monica Jacobson-Tennessen

Ecology teaches us that one change in an ecosystem creates many more and bigger changes that ripple out, as all the parts of the ecosystem affect each other. What does this offer to us to help our understandings of ourselves, our world, and the changes we can make?

After-Service Forum, April 13 at 12:15 pm (online & onsite) with Meg Martin from Interfaith Works

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.

This Thursday, all are invited to join the Dances of Universal Peace in the OUUC sanctuary at 6:30 pm, following the community dinner.

The OUUC Nature Group will meet on a different date than usual: this coming Saturday, 4/12 at 10 am, at Mima Mounds. Please RSVP to Rev. Sara at DCFD@ouuc.org

Thank you to all who participated in the stewardship drive at OUUC. It's not too late to pledge. We're at 80% of our goal, so almost there! Please support all that nurtures you at OUUC with a pledge of financial support for the next congregational year. <https://www.ouuc.org/give/stewardship/>

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