



Sunday, August 3, 2025

“Spirit of Life”

With Rev. Mary Gear

“Spirit of Life” is a much loved hymn by beloved Unitarian Universalist musician Carolyn McDade. What does this song tell us about how to live in these times?

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 #121 “We’ll Build a Land”

Words: Barbara Zanotti (Isaiah/Amos), adapt

Music: Carolyn McDade

Welcome

Kevin Johnson (he/him)

Chalice Lighting

Kevin Johnson

“We Hold That Moment in Our Spirit”

by Adam Slate

In Memoriam: Rosalie Melnick

Rev. Mary Gear (she/her)

Musical Interlude

Troy Fisher

Opening Words

Rev. Mary Gear

“For Five Thousand Years, Or More”

by Rev. Matthew Johnson

Opening Hymn

Congregation

Hymn #1068 “Rising Green”

Words & Music: Carolyn McDade, arr. Jim Scott

Story For All

Rev. Mary Gear

“Tiny the God” by Becky Brooks

(written during Covid)

Musical Interlude

Troy Fisher

Share the Plate Offering

Kevin Johnson

Offertory

Troy Fisher

Ritual of Sharing From the Heart

Rev. Mary Gear

Prayerful Practice

Rev. Mary Gear

Musical Response

Congregation

Hymn #123 “Spirit of Life”

Words & Music: Carolyn McDade
harmony by Grace Lewis-McLaren

Reading 1

Kevin Johnson

“Reformation: Spirit of the Wind”

by Rev. Dr. Kristen Harper

Part I: “Spirit of Life- Theology”

Rev. Mary Gear

Reading 2

Kevin Johnson

by Dr. Zelana Montminy

Part II: “Spirit of Life- Action”

Rev. Mary Gear

Closing Hymn

Congregation

Hymn #123 “Spirit of Life”

Words & Music: Carolyn McDade,
harmony by Grace Lewis-McLaren

Closing Words & Extinguishing the Chalice

with the words of Enid A. Virago

Rev. Mary Gear

Postlude

Troy Fisher

Reflection questions:

- What is your experience with the Spirit of Life?
- How do you name that which is bigger than you?
- How are you tending your heart or spirit these days?

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

“If We Can Keep It” with Rev. Linda Hart

At the Continental Congress as the final vote was taken, Elizabeth Willing Powel asked Benjamin Franklin “Well, Doctor, what have we got, a republic or a monarchy?” He famously replied “A republic if we can keep it!” We’ll reflect on the state of the republic using some famous words from a Unitarian forefather found in a surprising place.

The OUUC Parent group meets this Thursday, August 7th, at 6pm, at Lions Park Playground. Contact Rev. Sara at DCFD@ouuc.org to learn more.

OUUC is going Peanut-Free! We are asking your help to make OUUC an inclusive community for **one of our young ones who has a severe peanut allergy**. To help support the participation of them and their family at OUUC, we are moving to becoming a peanut free facility. This is one of the ways we take care of each other and live out our mission to welcome! What this means for you: **please do not bring any peanuts, peanut butter, or products that contain peanuts (including peanut oil) to OUUC.** Thank you for helping keep our community safe for all.

Find more details on these and other announcements in the Weekly Update:

<https://www.ouuc.org/weekly-update/>

Share the Plate Offering: Our Share the Plate organization for July and August is GRUB's Growing Home Collective:

Garden-Raised Bounty (GRuB)'s program, Growing Home Collective, centers the reality that Black people's huge contribution of genius, highly skilled, and stolen labor was crucial in creating the United States. Including a reparations-based approach, Growing Home Collective reduces barriers for Black people to access GRuB programs, resources, and leadership opportunities. Led by an advisory group with Black staff & community members, this group co-creates affinity programming by, with and for Black people, to center Black self-determination, creativity and lived experience.

If you write a check, please note "PLEDGE" if it is a pledge payment. All other donations in the basket 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.
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