



Our spiritual practice for September is **Building Belonging**.

*“One of the most important things you can do on this earth
is to let people know they are not alone.”*

~ Shannon L. Alder

Sunday, September 21, 2025

“Harm Reduction”

with Rev. Sara Lewis

Our Unitarian Universalist tradition affirms that all are worthy now,
which is counter-cultural in a society soaked in the Christian cultural
urge to punish sin. How can we reduce harm without punishment?

What do all deserve if we are worthy now?

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 &

“I Believe in Someday”

OUUC Choir

Words: Mattie J.T. Stepanek / Music: Joseph M.
Martin, incorporating: Peace Like a River

Welcome

Anne Kohlbry (she/her)

Chalice Lighting

Anne Kohlbry

“All Animal Chalice” by Mark Causey

Opening Words

Rev. Sara Lewis (she/her)

by Rev. Kate Landis

Opening Hymn

Congregation

Hymn #317 “We Are Not Our Own”

Words: Brian Wren / Music: David Hurd

Story For All

Rev. Mary Gear (she/her)

“The Case of the Stolen Cookies” by Aaron McEmrys

Musical Interlude

Congregation

Share the Plate Offering

Anne Kohlbray

Offertory

OUUC Choir

“In Meeting We Are Blessed”

Words: R. Gatsnahos and John Donne

Music: Troy Robertson

Ritual of Sharing from the Heart

Rev. Mary Gear

Prayerful Practice

Rev. Mary Gear

Musical Response

Congregation

Hymn #1007 “There’s a River Flowin’ in My Soul”

Words & Music: Rose Sanders, arr. Kenny Smith

Reading 1

Anne Kohlbray

from Defund Fear: Safety Without Policing, Prisons, and Punishment by Zach Norris

Part 1: Harm

Rev. Sara Lewis

Musical Interlude

Troy Fisher

Reading 2

Anne Kohlbray

adapted from the website harmreduction.org
by the National Harm Reduction Coalition

Part 2: Harm Reduction

Rev. Sara Lewis

Closing Hymn

Congregation

“May I Be Light”

Words & Music: Mykal Slack

Harmony: Adam Podd

Closing Words & Extinguishing the Chalice

Rev. Sara Lewis

“Blessings Shall Follow Us” by Rev. Rebekah Savage

Postlude

Troy Fisher

Reflection Questions:

- How do you understand harm versus sin or crime?
 - If UU's say all are “worthy now,” how are we called to treat one another?
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Today's After-Service Forum (12:15 pm, onsite and online):

Skill Builder: How to Create a Covenant, with Rev. Sara

Gen XYZ Lunch, today at 12:15 pm, in the classrooms. This is a group for those ages 18 to approx 50. Look for Kedo Baye.

The New UU class will meet at 2 pm today in classroom 3, to explore UU history, values, and more. This class is for all who want to know more or are interested in becoming members of OUUC.

Next Sunday, Sept. 28, 2025, at 9 am (onsite only) & 10:45 am (online & onsite)

“Belonging to the UUUniverse” with Rev. Nancy Reid-McKee

We value church for the connections we make and the meaning we find together. It is also important to be connected with the Unitarian Universalist Universe because together we can do more than we can when acting alone. We will explore how we belong to the larger faith tradition.

After-Service Forum on Sept. 28, at 12:15 pm (onsite & online): Introduction to the UUA Congregational Study Action Issue for 2025-26, with Rev. Sara

Share the Plate Offering: Our Share the Plate organization for September and October is South Puget Sound Habitat for Humanity:

South Puget Sound Habitat for Humanity envisions a world where everyone has a decent place to live. Through community collaboration and a variety of programs and classes, they work to bring sustainable, affordable homeownership to those who need it. Seeking to put God's love into action, they bring people together to build homes, communities, and hope.

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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Opportunity of the Week: Coffee Crew! We all enjoy our coffee hour after church, and it takes a whole crew to make that happen. Please consider taking a turn in the kitchen—there is a sign up schedule in the Commons by the cookie table. Or, if you're in the mood, bake something yummy to offer! No need to sign up; simply bring your treat to the kitchen any Sunday. Just remember that OUUC is a peanut-free space.

“Worthy Now” harm reduction program for youth in 6th-12th grade begins next Sunday, September 28th, 1:30-3:30. We will be doing an exploration of UU values of inherent worth versus Christian cultural values of punishing sin. For questions or to register youth, contact Anissa Bentlemsani (REassistant@ouuc.org).

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