



Our spiritual practice for October is **Cultivating Compassion**.

“True compassion is more than flinging a coin to a beggar; it understands that an edifice that produces beggars needs restructuring.”

~Rev. Dr. Martin Luther King Jr.

Sunday, October 12, 2025
“Cultivating Compassion”
with Rev. Mary Gear

We explore our monthly spiritual theme of Cultivating Compassion. As a people of faith, we use this word a lot, yet we may not have a shared understanding of its meaning and practice. What does cultivating compassion look like at this moment in history?

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 #1014 Answering The Call Of Love”

Words & Music: Jason Shelton

Welcome

Kevin Johnson (he/him)

Chalice Lighting

Kevin Johnson

“My Manifesto of Compassion” by Kevin L. Johnson

Opening Words

Rev. Mary Gear

“We Lay Down Our Burdens” by Kate Steinberg

(she/her)

Opening Hymn

Congregation

“Hold Fast To Love”

Words & Music: Lynn Harrison

Story For All

Rev. Sara Lewis (she/her)

“The Tale of Stingy Jack...

Reimagined with Compassion” by April Rosario

Musical Interlude

Troy Fisher

Share the Plate Offering

Kevin Johnson

Offertory

Liz Clement (they/she)

“Abide”

Words: Parker J. Palmer / Music: Carrie Newcomer

Ritual of Sharing from the Heart

Rev. Mary Gear

Prayerful Practice

Rev. Mary Gear

from “Breathing Compassion”

by Steve Garnaas-Holmes

Musical Response

Congregation

Hymn #1031 “Filled with Loving Kindness”

Words: Traditional Buddhist Meditation, adapted by
Mark W. Hayes / Music: Ian W. Riddell

Reading 1

Kevin Johnson

by Joanna Macy, co-author of Active Hope: How To
Face the Mess We’re in with Unexpected Resilience
and Creative Power

Part 1: Cultivating Compassion

Rev. Mary Gear

Musical Interlude

Troy Fisher

Reading 2

Kevin Johnson

from the writings of Nadia Bolz-Weber

Part 2: Cultivating Enough

Rev. Mary Gear

Closing Hymn

Congregation

“Know That You Are Loved”

Words & Music: Bruce Pollack-Johnson

Closing Words & Extinguishing the Chalice

Rev. Mary Gear

“Your Gentle Choices” by Rev. Michelle Collins

Postlude

Troy Fisher

Reflection Questions:

- When have you experienced compassion?
- In our reading, Nadia Bolz-Weber said, “It’s enough to do the thing that’s yours to do.” Do you believe her? Why or why not?

Today’s After-Service Forum (12:15 pm, onsite and online):

Recycling & the WRAP Act, with Heather Trim of Zero Waste Washington

Heather Trim will talk about the Recycling Reform Act, (aka the WRAP Act) which was signed into law in May 2025, as well as other zero-waste initiatives. The WRAP Act establishes a product stewardship program for packaging and printed paper, including recycling and reuse targets and plastic source reduction.

At 2 pm today, all are welcome for our New UU class, this week focused on the topic of worship. This class is for all who would like to know more or are interested in becoming members of OUUC.

Next Sunday, Oct. 19, 2025, at 9 am (onsite only) & 10:45 am (online & onsite):

“Same and Different” with Rev. Mary Gear

We explore the human paradox that we are one and we are different. This is the 2025 auction service with John Tefajian and an original piece of music by Jeff Goates.

After-Service Forum on Oct. 19, at 12:15 pm (onsite & online):

“Who You Gonna Call?” Skill Builder 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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OUUC Opportunity of the Week: Share the Plate! This team is looking for a few new team members to help read and evaluate applications for 2026. Applications are currently being accepted through October 31st, and STP members will read and score them November 3-16. There will be a meeting November 18 to choose the six recipient organizations. For more information or to volunteer, contact Bob Brennand by requesting his info here: <https://www.ouuc.org/request-for-contact-information/>

This year, we are engaging with Joanna Macy's book Active Hope, and there will be a reflection circle on the book this coming Tuesday the 14th at 6:30pm, here at OUUC and also on Zoom. Find more info and the zoom link here: <https://www.ouuc.org/worship/spiritual-practices/spiritual-practice-groups/#activehope>

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