



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 5, 2025

“Bear Witness: Save Lives”

with CB Beal

CB will share story and reflections about the spiritual practice of bearing witness, a vital part of Beloved Community. When we choose to be still and bear witness to one another with compassion, acknowledging and accepting what is shared, we can be present with curiosity, acceptance, and empathy that honors our different life experiences. This is a practice of becoming more trustworthy.

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 #347 “Gather the Spirit”

Words & Music: Jim Scott

Welcome

*Alicia Seegers Martinelli
(she/her)*

Chalice Lighting

with the words of Eric Hepburn

Alicia Seegers Martinelli

Opening Words*CB Beal (they/them)*

"I Will Not Die an Unlived Life" by Dawna Markova

Opening Hymn*Congregation***Hymn #128 "For All That Is Our Life"**

Words: Bruce Findlow / Music: Patrick L. Rickey

Story For All*CB Beal*

Spork by Kyo Maclear, as told by CB Beal

Musical Interlude*Troy Fisher***Share the Plate Offering***Alicia Seegers Martinelli***Offertory***OUUC Choir*

"Blackbird"

Words & Music: John Lennon and Paul McCartney

Arranged by Audrey Snyder

Ritual of Sharing from the Heart*Alicia Seegers Martinelli***Prayerful Practice***CB Beal***Musical Response***OUUC Choir*

"Crossing the Bar"

Words: Alfred Lord Tennyson

Music: Rani Arbo, arr. Peter Amidon

Reading 1*Alicia Seegers Martinelli*

from Parable of the Sower by Octavia Butler

Part 1: Bear Witness*CB Beal***Musical Interlude***Troy Fisher***Reading 2***Alicia Seegers Martinelli*

"For Nothing Is Fixed" by James Baldwin

Part 2: Save Lives*CB Beal*

Closing Hymn

Congregation

Hymn #1051 “We Are...”

Words & Music: Ysaye M. Barnwell

Closing Words & Extinguishing the Chalice

CB Beal

Postlude

Troy Fisher

Reflection Questions:

- Share a very brief (2 or 3 sentences) anecdote of an act of kindness you witnessed this week.
 - What happens in your head when you hear someone tell a real-life story that is radically different from your own experience?
 - What invites you forward to curiosity and acceptance of experiences that differ from yours?
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Today’s After-Service Forum (12:15 pm, onsite and online) with the OUUC Board
“Our Big Question: How Shall We Adapt to Being a Bigger Congregation?”

Last April, we explored the question “We’re Growing! Now What?” The upcoming forum will continue with this discussion about growth — specifically, “How Shall We Adapt to Being a Bigger Congregation?” The format will include an update from Board members, small group discussions, and time for sharing.

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

Next Sunday, Oct. 12, 2025, at 9 am (onsite only) & 10:45 am (online & onsite):
“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?

After-Service Forum on Oct. 5, at 12:15 pm (onsite & online):

“Zero Waste and WRAP Act” with a Faith in Action guest speaker

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: the Environmental Action Team (EAT)! This team works to care for the interdependent web of life and this one precious planet both within and without OUUC. They are in the Commons today, please stop by to chat and learn how you could get engaged with their work. Or, request contact info for Wendy Steffensen here:

<https://www.ouuc.org/request-for-contact-information/>

Next Saturday, October 11th, from 1-4pm, our OUUC Buddhist Sangha will be holding a meditation retreat here. All are welcome. For questions, contact Curt Hill (see link above).

Also next Saturday the 11th, at 2pm, all ages are invited to an OUUC Fall Fun Day at Rutledge Farm. We have a firepit reserved and all can enjoy the corn maze and other farm attractions. Individual admission tickets are still needed to attend; contact Rev. Sara (DCFD@ouuc.org) if cost is a barrier.

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