



Our spiritual practice for November is **Nurturing Gratitude**.

“If you find yourself... hearing, again, the earth's great, sonorous moan that says... all you love will turn to dust... Do not raise your small voice against it... Instead, curl your toes into the grass... Walk through the garden's dormant splendor. Say only, thank you.”

~Ross Gay

Sunday, November 16, 2025

“The First Step is Gratitude”

with Rev. Mary Gear

We explore the monthly spiritual practice of Nurturing Gratitude. How do we use gratitude as a basis for resilience and resistance in challenging 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 #38 “Morning Has Broken”

Words: Eleanor Farjeon / Music: Gaelic melody

Welcome

Liz Clement (they/she)

Chalice Lighting

Liz Clement

Rev. Michelle Collins

Opening Words	<i>Rev Mary Gear (she/her)</i>
Our Lives Intersect and Intertwine, Tania Y Márquez	
Opening Hymn	<i>Congregation</i>
Hymn #128 “For All that Is Our Life” Words: Bruce Findlow / Music: Patrick L. Rickey	
Story for All The Moon Cannot Be Stolen, A Zen Koan Story	<i>Rev Sara Lewis (sher/her)</i>
Musical Interlude	<i>Troy Fisher</i>
Share the Plate Offering	<i>Liz Clement</i>
Offertory “Song for Justice” Words: Charles Anthony Silvestri / Music: Kim Andre Arnesen	<i>OUUC Choir & Elliot Anderson - Oboe</i>
Ritual of Sharing from the Heart	<i>Rev Mary Gear</i>
Prayerful Practice	<i>Rev Mary Gear</i>
Musical Response “Hold My Hand” Words: Charles Anthony Silvestri / Music: Kim Andre Arnesen	<i>OUUC Choir Elliot Anderson - Oboe</i>
Reading “The Loss of Someone Dear” by Steve Garnaas-Holmes	<i>Liz Clement</i>
Sermon Part One: Grief	<i>Rev Mary Gear</i>
Musical Interlude	<i>Elliot Anderson - Oboe</i>
Reading <u>Active Hope: How to Face the Mess We’re in with</u> <u>Unexpected Resilience and Creative Power</u> by Joanna Macy & Chris Johnstone	<i>Liz Clement</i>

Sermon Part Two: Gratitude

Rev. Mary Gear

Closing Hymn

Congregation

“Cuando el Pobre” (When the Poor Ones)

Words: English - Martin A. Seltz

Music: Jose Antonio Olivar and Miquel Manzano

Closing Words & Extinguishing the Chalice

Rev. Mary Gear

Staying rooted in the sacred...

By Rev. Tandi Rogers

Postlude

Troy Fisher

Reflection Questions:

1. Is there something you are grieving now?
 2. What are you grateful for now?
 3. Is there any guilt in your grief or gratitude?
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Today's After-Service Forum (12:15 pm, onsite and online):

Skill-BUILDER- Active Listening and Holding Space with Rev. Sara

At 2 pm today, our New UU Class will meet for the final class of this series, a Q&A with Rev. Mary and Rev. Sara.

Next Sunday, Nov. 23rd, 2025, at 9 am (onsite only) & 10:45 am (online & onsite):

“Forming and Unforming Together: Lessons Learned Along Spiritual Journeys” with Rev. Sara Lewis

Rev. Sara has practiced as a religious educator and spiritual director, and reflects on lessons learned about how the spiritual journey is relational and shared.

After-Service Forum on November 23rd, at 12:15 pm (onsite & online):

Who Are All the Ministers at OUUC?

OUUC is so fortunate to have many ministers associated with our congregation and living in Olympia. Come hear each of them speak about who they are and how they are connected to OUUC.

Share the Plate Offering: Our Share the Plate organization for November and December is Rebuilding Together Thurston County (RTTC):

RTTC provides free, critical home repairs and improves accessibility for low-income homeowners, typically seniors, persons with disabilities, military veterans, or families with young children. Volunteers preserve existing affordable housing and help people to remain living in their homes.

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 Sewing Ministry team!

The Sewing Ministry creates sewed items in support of OUUC's ministry, such as wall hangings for the sanctuary, lap quilts for folks who could use a "warm hug," pride flags, stoles, and items for the annual fundraising auction. We welcome sewists of all skill levels, usually on the 3rd Saturday of the month from 12:30 – 3:30 pm.

OUUC is participating in food collection for immigrant families living in our community. A local church is delivering groceries to participants' homes to decrease the risk to families threatened by unexpected detention if they leave their homes. There will be boxes in the coffee area beginning today and ending on the 30th of November. Please bring donations on a Sunday in November to show solidarity and support!

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

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