



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 9, 2025**

**"Gratitude for the Mystery?"**

with Rev. Kathryn Bert

It is human nature to fear the unknown. The world provides us with plenty of uncertainties and even chaos these days. But what if we were to embrace the uncertainty and express gratitude for the mystery? How might that change us and the world?

---

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 #1003 "Where Do We Come From?"**

Words & Music: Paul Guagin and Brian Tate

**Welcome**

*Des McGahern (he/him)*

**Chalice Lighting and Opening Words**

Adapted from William Stafford

*Rev. Kathryn Bert  
(she/they)*

**Opening Hymn**

*Congregation*

**Hymn #1015 “I Know I Can ”**

Words & Music: Dennis Hamilton, Jeannie Gagne

Arr. Mark Freundt

**Reflection on Spiritual Theme Of Gratitude**

*Des McGahern*

**Musical Interlude**

*Troy Fisher*

**Share the Plate Offering**

*Des McGahern*

**Offertory**

*Troy Fisher*

**Ritual of Sharing from the Heart**

*Des McGahern*

**Prayerful Practice**

*Rev. Kathryn Bert*

**Musical Response**

*Congregation*

**Hymn #83 “Winds Be Still”**

Words: Richard S. Kimball, Music Samuel Sebastian

Wesley

**Reading**

*Des McGahern*

“My Grandfather’s Blessings”

Rachel Naomi Remen

**Sermon Part One: The Mystery**

*Rev. Kathryn Bert*

**Reading**

*Des McGahern*

“The Simple Abundance Journal of Gratitude”

Sarah Ban Breathnach

**Sermon Part Two: The Journey**

*Rev. Kathryn Bert*

## **Closing Hymn**

*Congregation*

### **Hymn #1020 “Woyaya”**

Words & music: Loughy Amoa, Solomon Amarflo,  
Robert M. Bailey, Roy Dedeau, Francis T. Osei,  
Whendell K. Richardson and Mac Tontoh.  
Transcribed from Ysaye M. Barnwell. Arr. Jeannie  
Gagne

## **Closing Words & Extinguishing the Chalice**

*Rev. Kathryn Bert*

Charles A. Howe

## **Postlude**

*Troy Fisher*

---

### **Reflection Questions:**

1. Has there been an unwelcome event in your life that you now look back upon with a measure of gratitude?
2. How do you reconcile the fact that you didn't want that event to happen, but you now feel gratitude?
3. How do these memories support you in times of fear, confusion and uncertainty now?

---

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

#### **Faith in Action: UU Class Conversations**

**At 2 pm today, our New UU Class will meet to explore topics of stewardship and membership at OUUC.** This class is for all who are interested in knowing more about OUUC or in becoming a member.

---

### **Next Sunday, Nov. 16th, 2025, at 9 am (onsite only) & 10:45 am (online & onsite):**

#### **“The First Step is Gratitude” with Rev. Mary Geart**

We explore the monthly spiritual practice of Nurturing Gratitude. How do we use gratitude as a basis for resilience and resistance in challenging times?

#### **After-Service Forum on November 16, at 12:15 pm (onsite & online):**

*Skill-Builder: Active Listening & Holding Space with Rev. Sara*

**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.
- 

### **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/>