



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 23, 2025

“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.

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 #1000 “Morning Has Come”

Words & music: Jason Shelton

Welcome

Curtis Tanner (he/him)

Chalice Lighting

Curtis Tanner

“Weavers of One Story” by Leah Ongiri

Opening Words

“The Heart of Our Faith” by Rev Monica Jacobson
Tennessee

Rev. Sara Lewis
(she/her)

Opening Hymn**“Come, Ye Thankful People”**

Words: Kendyl Gibbons / Music: George Job Elvey

Congregation

Story for All

“Answer Mountain” by Sarah E. Skwire

Rev. Mary (she/her)

Musical Interlude

Troy Fisher

Share the Plate Offering

Curtis Tanner

Offertory**“Holy Now”**

Words & music: Peter Mayer

Karl Johnson (he/him)-
Guitar, singing

Ritual of Sharing from the Heart

Rev. Mary Gear

Prayerful Practice

Rev. Mary Gear

Musical Response**“Loosen”**

Words & music: Aly Halpert

Congregation

Reading

Our Unforming: De-Westernizing Spiritual Formation by
Cindy S. Lee

Curtis Tanner

Sermon Part One: Unforming Together

Rev. Sara Lewis

Musical Interlude

Troy Fisher

Reading

*Freeing Jesus: Rediscovering Jesus as Friend, Teacher, Savior,
Lord, Way, and Presence*
by Diana Butler Bass

Curtis Tanner

Sermon Part Two: Forming Together

Rev. Sara Lewis

Closing Hymn

Congregation

Hymn #331 “Life Is the Greatest Gift of All”

Words: From William E. Oliver, adapt. By
Waldermar Hille

Music: James Leith McBeth Bain, arr. by David
Dawson

Closing Words & Extinguishing the Chalice

Rev. Sara Lewis

“Let Us Be That Circle” by Craig Rowland

Postlude

Troy Fisher

Reflection Questions:

1. What times of unforming have transformed you?
 2. Who are the people who have journeyed with you through unforming and forming?
 3. How can we better be a community of companionship for these spiritual journeys?
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Today’s After-Service Forum (12:15 pm, onsite and 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.

Next Sunday, Nov. 30th, 2025, at 9 am (onsite only) & 10:45 am (online & onsite):

“Plant Seeds of Justice” with Rev. Mary Gear and Rev. Sara Lewis

We kick off the annual Guest at Your Table effort in support of the Unitarian Universalist Service Committee’s (UUSC) justice work around the world. Join us as we celebrate putting our faith in action historically and now.

After-Service Forum on November 30th, at 12:15 pm (onsite & online):

Faith in Action: Harriet Ammann on growing up in Nazi Germany

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/>