



Our spiritual practice for March is **Paying Attention**.

Paying attention is a form of reciprocity with the living world, receiving its gifts with open eyes and open heart.”

~Robin Wall Kimmerer

Sunday, March 22nd, 2026

“Spotting the Men ”

with Dale Rhodes

“Are Men OK?” and “Where are the men?” are frequent questions in certain circles, often left to rest unanswered. Let’s explore how we all might better “spot” the men in our own lives— that is, metaphorically applying the coaching and support of a gym weightlifter who provides “spotting” for another trying to grow and change. If you live amongst men, and you want to understand them better and also support their growth and positive change, join for an exploration that hopefully sparks a new area of attention.

Mentor and Spiritual Director Dale Rhodes has hosted a number of workshops **for** men and workshops **about** men at international conferences, online and in-person.

Note: This service will not be recorded for viewing later; it will be live streamed on Youtube and Zoom at 10:45 on Sunday, March 22, 2026.

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

“Joy in the Morning”

Words & music: Adam Podd

We'll find joy in the mornin'
Joy in the mornin'
Joy in the mornin'
in the mornin' we'll find joy.

We find hope in our children
Hope in our children
Hope in our children
In our children we find hope

We find strength in each other
Strength in each other
Strength in each other
In each other, we find strength

There is love all around us
Love all around us
Love all around us
All around us there is love.

Welcome

Curtis Tanner (he/him)

Chalice Lighting

“Call to Presence”

Curtis Tanner

By Rev. Bob Janis-Dillon

Opening Words

“Deep Calls to Deep”

Dale Rhodes

(No pronouns)

By Rev. Kathleen McTigue

Opening Hymn

Congregation

Hymn #1008 “When Our Heart Is in a Holy Place”

Words & music: Joyce Poley, keyboard arr. Lorne Kellett

Chorus:

When our heart is in a holy place,
When our heart is in a holy place,
We are bless'd with love and amazing grace,
When our heart is in a holy place.

When we trust the wisdom in each of us,
Ev'ry color ev'ry creed and kind,
And we see our faces in each other's eyes,
Then our heart is in a holy place.

Chorus:

When our heart is in a holy place,
When our heart is in a holy place,
We are bless'd with love and amazing grace,
When our heart is in a holy place.

When we tell our story from deep inside,
And we listen with a loving mind,
And we hear our voices in each other's words,
Then our heart is in a holy place.

Chorus:

When our heart is in a holy place,
When our heart is in a holy place,
We are bless'd with love and amazing grace,
When our heart is in a holy place.

When we share the silence of sacred space,
And the God of our Heart stirs within,
And we feel the power of each other's faith,
Then our heart is in a holy place.

Chorus:

When our heart is in a holy place,
When our heart is in a holy place,
We are bless'd with love and amazing grace,
When our heart is in a holy place.

Story for All

The Noise Inside Boys by Pete Oswald,
adapted by Rev. Sara

*Rev. Sara Lewis
(she/her)*

Musical Interlude

Troy Fisher

Share the Plate Offering

Curtis Tanner

Offertory

Troy Fisher

Ritual of Sharing from the Heart

Curtis Tanner

Prayerful Practice

Rev. Sara Lewis

Musical Response

Congregation

Hymn #86 “Blessed Spirit of My Life”

Words & music: Shelley Jackson Denham

Blessed Spirit of my life, give me strength
through stress and strife;
help me live with dignity; let me know
serenity.

Fill me with a vision, clear my mind of fear
and confusion.

When my thoughts flow restlessly, let peace
find a home in me.

Spirit of great mystery, hear the still, small
voice in me.

Help me live my wordless creed as I comfort
those in need.

Fill me with compassion, be the source of my
intuition.

Then, when life is done for me, let love be my
legacy.

Spotting the Men: Part 1

Dale Rhodes

Reading

Curtis Tanner

“A Ritual to Read to Each Other” by William Stafford

Spotting the Men: Part 2

Dale Rhodes

Closing Hymn

Congregation

Hymn #181 “No Matter If You Live Now Far or Near”

Words: Sutta Nopata / Music: Old Indian song,
harmony by Frederic Mathil

No matter if you live now far or near,
no matter what your weakness or your
strength,
there is not one alive we count outside.
May deeper joy for all now come at length,
may deeper joy for all now come at length.

Let none among us lie or self-deceive;
nor cultivate a hatred all or part,
may never one of us live by our rage
nor wish another injury of heart,
nor wish another injury of heart.

Just as the goodly mother will protect
her children, e'en at risk of her own life,
so may we nurture an old mindfulness,
a boundless heart beyond all fear and strife,
a boundless heart beyond all fear and strife

Closing Words & Extinguishing the Chalice

Dale Rhodes

words of poet Robert Francis

Postlude

Troy Fisher

Reflection Questions:

1. Who have been the male role models in your life?
 2. How have they impacted you and those around you?
 3. How easily can you share positives and negatives?
 4. What unique challenges do you think men and boys have in our society?
 5. What do you “spot” that helps boys and men become healthy contributors to family and society, and what might you do differently after considering the topic?
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Today's After-Service Forum (12:15 pm, onsite and online):

Board of Trustees on the 2026-27 Budget Request

Next Sunday, March 29th 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

“The Work that Reconnects” with Rev. Mary Gear

“We will close our stewardship drive with a reflection on how we are connected as we learn and grow, fostering gratitude and generosity. We will also welcome new members to OUUC.”

After-Service Forum on March 29th, at 12:15 pm (onsite & online):

Trans Inclusion and Welcome

Share the Plate Offering: Our Share the Plate organization for March & April is POWER:

Parent's Organizing for Welfare and Economic Rights, is an organization of low-income parents and allies who advocate for a strong social safety net while working towards a world where children and their caregiving are truly valued, and the devastation of poverty has been eradicated. They work to provide grass-roots support for members of our local community through mutual aid, support groups, and legislative advocacy.

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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We are off to a great start with the 2026-2027 Stewardship drive, for the budget year beginning in July. If you haven't pledged yet, we invite you to carefully consider the role the church plays in your life and the value it adds to you, our church community and the community we serve. May our love drive our desire to support OUUC to its fullest potential. To give visit <https://www.ouuc.org/give/stewardship/>

Change to Beverages in the Sanctuary Policy! In order to be more welcoming, we will now allow **cups with lids** inside the sanctuary. Bringing your own cup is encouraged. If you do not have your own cup, some disposable cups will be provided.

This Thursday at 6:30pm all are invited to join members of the **Resistance Lab** group for a sign making party in preparation for next Saturday's No Kings Rally. All sign making supplies will be provided, bring your creativity.

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