



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 1st, 2026

“The Danger of Paying Attention ”

With Rev. Mary Gear

Activist and author Adrienne Maree Brown says “What we pay attention to grows.” We explore the depth and complexity of our monthly spiritual theme of “Paying Attention.”

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/ OUUC

Hymn #311 “Let It Be a Dance”

Choir

Words & music: Ric Masten, arr. By Betty A. Wylder

Welcome

Vanessa Nagel (she/her)

Chalice Lighting

“To Remind Ourselves What Is Real”

Vanessa Nagel

By Elena Westbrook

Opening Words

“We Practice Being Called”
by Samantha Lynne Wilson

*Rev. Mary Gear
(she/her)*

Opening Hymn**Hymn #128 “For All That Is Our Life”**

Words: Bruce Findlow / Music: Patrick L. Rickey

Congregation

Stewardship Moment

Rebecca Jewel (she/her)

Musical Interlude

Troy Fisher

Share the Plate Offering

Anne Radford (she/her)

Offertory**“How Can I Keep From Singing?”**

Words & music: Robert Lowry
Lyric adaptation & arrangement: Mike Menefee

OUUC Choir

Ritual of Sharing from the Heart

Rev. Mary

Prayerful Practice

Body Scan Meditation by By Lóre Stevens

Rev. Mary

Musical Response**“Be Still and Breathe”**

Lyrics: Loretta K. Notareschi & Gabe Perbieri
Music: Loretta K. Notareschi

Congregation

Reading 1

“A Prayer for Salvation”
By Peregrine Morkal-Williams

Anne Radford

Part 1: Attention as a Doorway

Rev. Mary

Musical Interlude

Troy Fisher

Reading 2

Words of Junot Díaz

Vanessa Nagel

Part 2: Called to Pay Attention

Rev. Mary

Close with a litany “We Will Pay Attention” by Rev. Leslie Takahashi

Closing Hymn

Congregation/ OUUC

Hymn #1064 “Blue Boat Home”

Choir

Words: Peter Mayer, Music: Roland Hugh Prichard, adapted by Peter Mayer, Keyboard: Jason Shelton

Closing Words & Extinguishing the Chalice

Rev. Mary

“Hold On”

Words & Music of Heidi Wilson

Postlude

Troy Fisher

Reflection Questions:

1. What are you grateful for now?
2. What would you like to fall in love with again?
3. Can you imagine how you might “pay attention to what is not yet?”

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

Self-Care & Community Care with Rev. Sara

Next Sunday, March 8th 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

“On Families” with Rev. Mary Gear & Rev. Sara Lewis

& Pajama Day! It’s Spring forward! All are welcome to wear your favorite pair of pajamas to our Sunday March 8th gatherings.

After-Service Forum on March 8th, at 12:15 pm (onsite & online):

“Kids and Families at OUUC” with Rev. Sara Lewis and Rev. Mary Gear

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

The New to OUUC class continues today at 2 pm online. Today's class will be about Membership at OUUC. The class is on zoom, you can find the link on the OUUC website.

For the rest of February, OUUC SWIFT will collect food for immigrant families who fear being detained if they go to the store. This is a repeat of the food drive we did in November. We will deliver our collections to a local church which maintains a food pantry for immigrant families. Please put your donations in the collection boxes in the OUUC Commons. You can find a list of the types of foods desired in the Commons.

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.

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