



Our spiritual practice for May is **Awakening Curiosity**.

"Great Doubt, Great Awakening. Little Doubt, Little Awakening.

No Doubt, Fast Asleep."

~Zen maxim

Sunday, May 31st, 2026

"Love's Hands in Difficult Times"

with CB Beal (joining virtually)

How do we practice witness, care, and Preemptive Radical Inclusion as a gathered people as the political situation worsens? How does a community prioritize wholeness and wellness with a commitment to working toward increasing justice? Join us as CB shares some thoughts

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 #1024 "When the Spirit Says Do"

Words & music: African-American spiritual, civil rights period, arr. Mark Freundt

You got to do when the spirit says do!
You got to do when the spirit says do!
When the spirit says do, you got to do, oh
Lord!
You got to do when the spirit says do!
Spirit says do (6x)

Other verses may include sing, dance, laugh,
shout, etc.

Welcome

Curt Hill (he/him)

Chalice Lighting

Curt Hill

“In Memory of All the Flames”
words of Amarette Callaway

Opening Words

CB Beal (they/them)

Adapted from Dorothy Day

Opening Hymn

Congregation

“Bright Morning Stars”

Words: Matt Meyer / Music: Traditional

(Chorus)

Bright morning stars a risin',
bright morning stars a risin',
bright morning stars a risin',
Day is a breakin' in my soul.

Rise up from morning slumber,
rise up from morning slumber,
rise up from morning slumber,
Day is a breakin' in my soul.

Rise up and hear your calling,
rise up and hear your calling,
rise up and hear your calling,
Day is a breakin' in my soul.

(Chorus)

Bright morning stars a risin',
bright morning stars a risin',
bright morning stars a risin',
Day is a breakin' in my soul.

Oh, lift your voice to heaven,
oh, lift your voice to heaven,
oh lift your voice to heaven,
Day is a breakin' in my soul.

We'll build this faith together,
we'll build this faith together,
we'll build this faith together,
Day is a breakin' in my soul.

(Chorus)

Bright morning stars a risin',
bright morning stars a risin',
bright morning stars a risin',
Day is a breakin' in my soul.

Story for All

“Wemberly Worried” by Kevin Henkes

CB Beal

Musical Interlude

Troy Fisher

Share the Plate Offering

Curt Hill

Offertory

OUUC Choir

“Because You Sang”

Words: Ruthie Prillaman / Music: Arianne Abela

Who will bear this burden?
What harbinger of spring
Will weather storm and clamor
And living future bring?
Fortified and boundless,
With voice unwavering.
Because you sang I sing, I sing
Because you sang, I sing.

Armoured with each other
Through newly had you met.
Sounding ever outwards,
For souls not entered yet.
Louder yet the uproar
Against oppression's sting.
Because you sang I sing, I sing
Because you sang, I sing.

A choir of a thousand
Distinguished woven parts.
Perfect in its union
Of common beating hearts
I'll add my voice, my vigor.
The song you raised will ring.
Because you sang I sing, I sing
Because you sang, I sing.

Ritual of Sharing from the Heart

Curt Hill

Prayerful Practice

Curt Hill

Musical Response

Congregation

Hymn #123 “Spirit of Life”

Words & music: Carolyn McDade, harmony by Grace
Lewis-McLaren

Spirit of Life, come unto me.
Sing in my heart all the stirrings of
compassion.
Blow in the wind, rise in the sea;
move in the hand, giving life the shape of
justice.
Roots hold me close; wings set me free;
Spirit of Life, come to me, come to me.

Reading 1

Curt Hill

“The Mourning Cycle” by CB Beal

Part 1: Under Pressure

CB Beal

Musical Interlude

Troy Fisher

Part 2: Our Hands

CB Beal

Musical Interlude

Troy Fisher

Part 3: Love’s Hands

CB Beal

Closing Hymn

Congregation

Hymn #1014 “Answering the Call of Love”

Words & music: Jason Shelton

The promise of the Spirit:
faith, hope and love abide.
And so ev'ry soul
is blessed and made whole;
the truth in our hearts is our guide.

.

Chorus:

We are answering the call of love:
hands joined together as hearts beat as one.
Emboldened by faith, we dare to proclaim
we are answering the call of love.

.

Sometimes we build a barrier
to keep love tightly bound.
Corrupted by fear,
unwilling to hear,
denying the beauty we've found.

.

Chorus:

We are answering the call of love:
hands joined together as hearts beat as one.
Emboldened by faith, we dare to proclaim
we are answering the call of love.

.

A bright new day is dawning
when love will not divide.
Reflections of grace
in ev'ry embrace,
fulfilling the vision divine.

.

Chorus:

We are answering the call of love:
hands joined together as hearts beat as one.

Emboldened by faith, we dare to proclaim
we are answering the call of love.

Closing Words & Extinguishing the Chalice

CB Beal

Words of CB Beal

Postlude

Troy Fisher

Reflection Questions:

1. What do you need to move forward, continuing to bend the moral and material arc of the universe toward justice?
2. What can you offer as we move forward, bending the moral and material arc of the universe toward justice?
3. Who shares your worries? Who offers strength and accompaniment?
4. How do you make it evident to others that you are trustworthy and offer strength and accompaniment?

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

Graduation Party for Carbon Marshall, Chloe Meyer, and Victoria Ridgway.

Next Sunday, June 7th, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

“A Whole, Healing, and Broken People” with CB Beal

CB is returning to our congregation live and virtual!

CB Beal (they/them) is a Unitarian Universalist speaker, educator, and consultant specializing in facilitating learning experiences that address issues of marginalization, oppression, and privilege. CB supports people to hold the complexities of our lives as we co-create a safe[r] brave[r] space within which people can be challenged to learn and grow, all toward the purpose of bending the moral and material arc of the universe toward justice.

After-Service Forum on June 7th, at 12:15 pm (onsite & online):

After-Service Forum: Budget Expo

Share the Plate Offering: Our Share the Plate organization for May and June is Enterprise for Equity:

Enterprise for Equity helps people with low incomes to start or strengthen small businesses. They offer intensive training, expert coaching and consultation, a supportive community of entrepreneurs, and access to credit. Enterprise for Equity believes that entrepreneurship can be a pathway out of poverty, a tool for economic justice, and a vehicle for sustainable, community-rooted prosperity.

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

At 12:15 today, please join us onsite for a party for our three staff members who are graduating from college: Carbon Marshall, Chloe Meyer, and Victoria Ridgway. Come join the celebration!

It's the time of year for us to make decisions about the future of OUUC. We gather each June for the annual congregational meeting to review where we are, adopt a budget, and elect congregation leaders. **The annual meeting will be held on June 14 at 12:15 onsite and on Zoom only** (not YouTube). In preparation, we'll have a **Budget Expo next Sunday, June 7 at 12:15** to do a deep dive into the proposed budgets. If you like the details, come join us next week. Information to prepare for the annual meeting will be available on the OUUC website today (May 31).

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