



“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

~ John Lubbock, *The Use Of Life*

Sunday, July 19th, 2026

“Getting Through”

with Rev. Linda Hart

How we manage best in hard times.

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

“I Am Willing”

Words & music: Holly Near

I am open and I am willing
For to be hopeless would seem so strange
It dishonors those who go before us
So lift me up to the light of change

There is a hurting in my family
And there is sorrow in my town
There is a panic all across the nation
And there is wailing the whole world round

For I am open and I am willing
For to be hopeless would seem so strange
It dishonors those who go before us
So lift me up to the light of change

May the children see more clearly
And may the elders be more wise
May the winds of change caress us
Even though they burn our eyes

For I am open and I am willing
For to be hopeless would seem so strange
It dishonors those who go before us
So lift me up to the light of change

Give me a fine yoke to hold my confusion
And give me a desert to hold my fears
Give me a sunset to hold my wonder
And give me an ocean to hold my tears

For I am open and I am willing
For to be hopeless would seem so strange
It dishonors those who go before us
So lift me up to the light of change

Welcome

*Anne Kohlbry
(she/her)*

Chalice Lighting

words of Pat Uribe-Lichty

Anne Kohlbry

Opening Words

*Rev. Linda Hart
(she/her)*

Opening Hymn

Hymn #170 "We Are a Gentle, Angry People"

Words & music: Holly Near, arr. By Patrick L. Rickey

Congregation

We are a gentle, angry people,
and we are singing, singing for our lives.
We are a gentle, angry people,
and we are singing, singing for our lives.

We are a justice-seeking people...

We are young and old together...

We are a land of many colors...

We are all in this together....

We are a gentle, loving people...

Story For All

Rev. Linda Hart

"Going Together" by Rev. Linda Hart

Musical Interlude

Troy Fisher

Share the Plate Offering

Anne Kohlbray

Offertory

Gabriella Guilfoil

"There Is a Balm in Gilead"

Words & music: African-American spiritual, slavery period

Ritual of Sharing from the Heart

Anne Kohlbray

Prayerful Practice

Rev. Linda Hart

Musical Response

Congregation

Hymn #1040 "Hush"

Words & music: African - American spiritual, slavery period, arr. Jason Shelton

Hush, hush, somebody's callin' my name.
Hush, hush, somebody's callin' my name.
Hush, hush, somebody's callin' my name.
Oh my Lord, oh my Lord, what shall I do?

Sounds like freedom, somebody's callin' my name...

Sounds like justice, somebody's callin' my name...

I'm so glad that trouble don't last always...

Reading

Anne Kohlbray

"The Low Road" by Marge Piercy

Part 1: Not Alone

Rev. Linda Hart

Musical Interlude

Troy Fisher

Reading 2

Anne Kohlbray

excerpt from Congressman John Lewis

Part 2: Going Together

Rev. Linda Hart

Closing Hymn

Congregation

"Hold Fast To Love"

Words & music: Lynn Harrison

Hold fast to love for it's not broken
Hold fast to love it will endure
Hold fast to love hold your heart open
For all this hurt love is the cure

Hold fast to love it's staying right here
Despite the ones who've lost their way
Hold fast to love it shows the way clear
So we can face another day

Hold fast to love it's in our voices
Hold fast to love it's in our hands
Love rises up to guide our choices
There is no storm love can't withstand

Hold fast to love for it's not broken
Hold fast to love it will endure
Hold fast to love hold your heart open
For all this hurt love is the cure
For all this hurt love is the cure.

Closing Words & Extinguishing the Chalice

Rev. Linda Hart

words of Rev. Dr. Rebecca Parker

Postlude

Troy Fisher

Reflection Questions:

1. Who is going with you in the journey of this time?
2. Who do you want to be sure is going? What kinds of people need to be brought along?

There is no after service forum today, forums will return in September.

Next Sunday, July 26th, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

“Talkin' Bout a Revolution: A Queer Theology of Operation Metro Surge” with Seth Anderson Matz

This past winter, the streets of the Twin Cities and greater Minnesota were held under siege by state-sanctioned paramilitary forces who violently and publicly abducted thousands of the area's residents. In response, people across the state quickly and courageously organized to protest the occupation and protect the community. This Sunday, join Minneapolis-based queer & trans theologian Seth Anderson-Matz for a personal and theological reflection of this resistance, and the queer & trans spirit that sustains our liberation movements in times of crisis and hope.

Share the Plate Offering: Our Share the Plate organization for July and August is Puget Sound Estuarium:

OUUC member Diana Larsen-Mills and her husband Ken Guza founded Puget Sound Estuarium in 2007. The Estuarium focuses on environmental learning, stewardship and community engagement. Its science-based programs serve learners from pre-kindergarten through adulthood, helping people understand and protect the waters, shorelines, species, and estuaries of the South Sound. The "Share the Plate" proceeds will enhance the Estuarium's scholarship fund so that these learning opportunities will be accessible to all.

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

We are collecting food for immigrant families for the next few weeks. Please check out the list of desired foods at the display in the Commons during coffee hour. For questions or more information **contact Naki Stevens.**

Are you somewhere between 18 and roughly 50? Want to get to know some UU peers over lunch? Our Generation XYZ group meets today at 12:15 in the classroom wing. You can check in with Kedo Baye for more info.

Join us for food and fellowship!

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