



“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 5th, 2026
“The Truths We Hold”

with Rev. Carol McKinley

This weekend the United States celebrates the 250th anniversary of its founding, a perfect time to pause and reflect on the nuanced history of the world's oldest constitutional democracy – a history of greatness, struggle, and aspiration. As citizens and as people of faith we have a responsibility to know the full story of our nation so together, we can work toward a future of justice, equity and freedom.

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 #153 “Oh, I Woke Up This Morning”

Words & music: African American spiritual

Oh, I woke up this morning with my mind and it
was stayed on freedom.

Woke up this morning with my mind and it was
stayed on freedom.

Woke up this morning with my mind and it was
stayed on freedom,

Hallelu, Hallelu, Halleluia.
I was walking and talking with my mind ...
I was singing and praying with my mind ...
Oh, I woke up this morning with my mind ...

Welcome

*Vanessa Nagel
(she/her)*

Chalice Lighting

words adapted from the Reverend Tracy Johnson

Vanessa Nagel

Opening Words

Words adapted from Rachel Naomi Remen

*Rev. Carol McKinley
(she/her)*

Opening Hymn

Hymn #131 “Love Will Guide Us”

Words: Sally Rogers / Music: Traditional, arr. By Betty A. Wylder

Congregation

Love will guide us, peace has tried us,
hope inside us will lead the way
on the road from greed to giving.
Love will guide us through the hard night.

If you cannot sing like angels,
if you cannot speak before thousands,
you can give from deep within you.
You can change the world with your love.

Love will guide us, peace has tried us,
hope inside us will lead the way
on the road from greed to giving.
Love will guide us through the hard night.

Story For All

The Ball That Didn't Break Us, by Elaine McArdle,
adapted by Sara Lewis

*Rev. Sara Lewis
(she/her)*

Musical Interlude

Troy Fisher

Share the Plate Offering

Vanessa Nagel

Offertory

Karl Johnson

“Democracy”

(he/him)

Words & music: Leonard Cohen

It's coming through a hole in the air,
from those nights in Tiananmen Square.
It's coming from the feel
that this ain't exactly real,
or it's real, but it ain't exactly there.
From the wars against disorder,
from the sirens night and day,
from the fires of the homeless,
from the ashes of the gay:
Democracy is coming to the U.S.A.

It's coming through a crack in the wall;
on a visionary flood of alcohol;
from the staggering account
of the Sermon on the Mount
which I don't pretend to understand at all.
It's coming from the silence
on the dock of the bay,
from the brave, the bold, the battered
heart of Chevrolet:
Democracy is coming to the U.S.A.

It's coming from the sorrow in the street,
the holy places where the races meet;
from the homicidal bitchin'
that goes down in every kitchen
to determine who will serve and who will eat.
From the wells of disappointment

where the women kneel to pray
for the grace of God in the desert here
and the desert far away:
Democracy is coming to the U.S.A.

Sail on, sail on
O mighty Ship of State!
To the Shores of Need
Past the Reefs of Greed
Through the Squalls of Hate
Sail on, sail on, sail on, sail on.

It's coming to America first,
the cradle of the best and of the worst.
It's here they got the range
and the machinery for change
and it's here they got the spiritual thirst.
It's here the family's broken
and it's here the lonely say
that the heart has got to open
in a fundamental way:
Democracy is coming to the U.S.A.

It's coming from the women and the men.
O darlin', we'll be making love again.
We'll be going down so deep
the river's going to weep,
and the mountain's going to shout Amen!
It's coming like the tidal flood
beneath the lunar sway,
imperial, mysterious,
in amorous array:
Democracy is coming to the U.S.A.

Sail on, sail on ...

I'm sentimental, if you know what I mean

I love the country but I can't stand the scene.
And I'm neither left or right
I'm just staying home tonight,
getting lost in that hopeless little screen.
But I'm stubborn as those garbage bags
that Time cannot decay,
I'm junk but I'm still holding up
this little wild bouquet:
Democracy is coming to the U.S.A.

Ritual of Sharing from the Heart

Rev. Carol McKinley

Prayerful Practice

Rev. Carol McKinley

Musical Response

Congregation

Hymn #146 "Soon the Day Will Arrive"

Words: Ehud Manor / Music: Nurit Hirsch

Soon the day will arrive when we will be together,
and no longer will we live in fear.
And the children will smile without wondering
whether
on that day thunderclouds will appear.

(Chorus)

Wait and see, wait and see what a world there can
be
if we share, if we care, you and me.
Wait and see, wait and see what a world there can
be
if we share, if we care, you and me.
Some have dreamed, some have died to make a
bright tomorrow,
and our vision remains in our hearts.
Now the torch must be passed with new hope, not
in sorrow,
and a promise to make a new start.

(Chorus)

Wait and see, wait and see what a world there can
be
if we share, if we care, you and me.
Wait and see, wait and see what a world there can
be
if we share, if we care, you and me.

Reading 1

Vanessa Nagel

Excerpt from *Nobody Knows My Name*, by the American
author, James Baldwin.

Part 1: Truth and the Pursuit of Happiness

Rev. Carol McKinley

Musical Interlude

Troy Fisher

Reading 2

Vanessa Nagel

“Engagement” from *The Open Space of Democracy* by
Terry Tempest Williams

Part 2: The Truths We Hold

Rev. Carol McKinley

Closing Hymn

Congregation

Hymn #151 “I Wish I Knew How”

Words & music: Billy Taylor and Dick Dallas, arr. By Mary
Allen Walden

I wish I knew how it would feel to be free.
I wish I could break all these chains holding me.
I wish I could say all the things I could say,
Say ‘em loud, say ‘em clear for the whole world to
hear.
Say ‘em loud, say ‘em clear for the whole world to
hear.
I wish I could share all the love in my heart,
remove all the bars that still keep us apart.
I wish you could know what it means to be me,
then you’d see and agree everyone should be free.
Then you’d see, and agree everyone should be free.

I wish I could give all I'm longing to give.
I wish I could live like I'm longing to live.
I wish I could do all the things I can do,
though I'm way overdue I'd be starting anew.
Though I'm way overdue I'd be starting anew.
I wish I could be like a bird in the sky.
How sweet it would be if I found I could fly.
I'd soar to the sun and look down at the sea,
then I'd sing 'cause I'd know how it feels to be
free.
Then I'd sing 'cause I'd know how it feels to be
free.

Closing Words & Extinguishing the Chalice

Rev. Carol McKinley

words of Maya Angelou

Postlude

Troy Fisher

Reflection Questions:

1. What do you consider this country's Best Ideas?
2. How do you find ways to live out the aspirational values in the Declaration of Independence?
3. What does the "pursuit of happiness" mean to you?

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

Next Sunday, July 12th, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

"Freedom and Liberty for All?" with Rev. Silvia Behrend

Many of you may ask: Wait: shouldn't this be 'Liberty and Justice for all'? Isn't this in the Constitution? It most certainly is and the facts which dictated the separation of the colonies from the British monarchy are as evident today as they were in 1776. The hymn "America", also speaks of liberty, and it highlights the necessity of letting Freedom Ring! We will explore the roots of Freedom from and Freedom to, how it relates to

Liberty and whether Justice is possible when the founding tenets of freedom and liberty are not understood or lived out.

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.**

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