



I don't know exactly what a prayer is. I do know how to pay attention....how to kneel down in the grass, how to be idle and blessed, how to stroll through the fields..."

~ Mary Oliver, *"The Summer Day"*

Sunday, August 2nd, 2026

"A Spiritual Journey"

with Ann Yeo

Ann Yeo (she/her) has been an active, engaged member of OUUC since 2001. She says, "I cannot imagine how my life would be now—if I and my husband had not found this spiritual community!" In this service, she will chronicle her spiritual journey.

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 #38 "Morning Has Broken"

Words: Eleanor Farjeon / Music: Gaelic melody

[Intro]

Morning has broken like the first morning,
blackbird has spoken like the first bird.
Praise for the singing! Praise for the morning!
Praise for them, springing fresh from the Word!

Sweet the rain's new fall sunlit from heaven,
like the first dewfall on the first grass.
Praise for the sweetness of the wet garden,
sprung in completeness where God's feet pass.

Mine is the sunlight! Mine is the morning
born of the one light Eden saw play!
Praise with elation, praise every morning,
God's recreation of the new day!

[interlude]

Morning has broken like the first morning,
blackbird has spoken like the first bird.
Praise for the singing! Praise for the morning!
Praise for them, springing fresh from the Word!

[outro]

Welcome

*Alicia Seegers
Martinelli (she/her)*

Chalice Lighting

words of Albert Thelander

*Alicia Seegers
Martinelli*

Opening Words

"The Heart of Our Faith" by Monica Jacobson-Tennessen

Ann Yeo (she/her)

Opening Hymn

Hymn #128: "For All That Is Our Life"

Words: Bruce Findlow / Music: Patrick L. Rickey

Congregation

For all that is our life we sing our thanks and praise;
for all life is a gift which we are called to use
to build the common good and make our own days glad.

For needs which others serve, for services we give,
for work and its rewards, for hours of rest and love;
we come with praise and thanks for all that is our life.

For sorrow we must bear, for failures, pain, and loss,
for each new thing we learn, for fearful hours that pass:
we come with praise and thanks for all that is our life.

For all that is our life we sing our thanks and praise;
for all life is a gift which we are called to use
to build the common good and make our own days glad.

Story For All

The Healing Cup: The Story of the Flaming Chalice

By Noreen Kimball, as told by Alicia

Alicia Seegers

Martinelli

Musical Interlude

Troy Fisher

Share the Plate Offering

Alicia Seegers

Martinelli

Offertory

Troy Fisher

Ritual of Sharing from the Heart

Rev. Mary Gear

(she/her)

Prayerful Practice

Rev. Mary Gear

Musical Response

Congregation

Hymn #128: "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

Ann Yeo

Excerpt from *A House for Hope: The Promise of Progressive Religion for the Twenty-first Century* by co-author Rebecca Parker

Musical Interlude

Troy Fisher

Reflection

Ann Yeo

Closing Hymn

Congregation

Hymn #311: "Let It Be a Dance"

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

(Chorus)

Let it be a dance we do.

May I have this dance with you?

Through the good times and the bad times, too,
let it be a dance.

Let a dancing song be heard.

Play the music, say the words,
and fill the sky with sailing birds.

Let it be a dance.

Let it be a dance. Let it be a dance.

Learn to follow, learn to lead,
feel the rhythm, fill the need
to reap the harvest, plant the seed.
Let it be a dance.

(Chorus)

Let it be a dance we do.

May I have this dance with you?

Through the good times and the bad times, too,
let it be a dance.

Everybody turn and spin,
let your body learn to bend,
and, like a willow with the wind,
let it be a dance.
Let it be a dance. Let it be a dance.
A child is born, the old must die;
a time for joy, a time to cry.
Take it as it passes by.
Let it be a dance.

(Chorus)

Let it be a dance we do.
May I have this dance with you?
Through the good times and the bad times, too,
let it be a dance.

Morning star comes out at night,
without the dark there is no light.
If nothing's wrong, then nothing's right.
Let it be a dance.
Let it be a dance. Let it be a dance.
Let the sun shine, let it rain;
share the laughter, bear* the pain,
and round and round we go again.
Let it be a dance.

Closing Words & Extinguishing the Chalice

words of Martha Munson

Rev. Mary Gear

Postlude

Troy Fisher

Reflection Questions:

1. Were you raised in this faith tradition?
2. If not, how did you find Unitarian Universalism?
3. How has it impacted your life?

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

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

“Hope and Chaos”-the Hope & Chaos Book Group with Rev. Mary Gear

This past year, a dedicated group met monthly to talk about how to be grounded and hopeful in these tumultuous times. They used the writings of Joanna Macy and The Good Grief Network to guide their discussions. In this service, members of the group reflect on their experience.

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
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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.**

Our FUUN team has created a scavenger hunt here at OUUC that you can engage with this month. Look for scavenger hunt sheets in the Commons, and return them to be entered to win a prize in a drawing at the August 30th All OUUC Picnic. Please join us for some fun!

There's a new way to support OUUC! Hosted by a worker-owned business founded by two of our congregants, the new online OUUC Store features over a quarter-million products from hundreds of small and medium businesses nationwide. We have new books, plants and gardening equipment, pet supplies, and so much more, all available 24/7. Every time you shop at LittleRedGeneralStore.com and use discount code OUUC, you save 5% on your purchase and another 5% goes directly to support OUUC.

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