



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 9th, 2026
"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.

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 #155 "Circle 'Round for Freedom"

Words & music: Linda Hirschhorn

Welcome

*Whitney Godby
(she/her)*

Chalice Lighting

Whitney Godby

"Prayer of Thanksgiving for the Beauty of the Earth"

Adapted from The Book of Common Prayer

Opening Words

“Hope (and Norman)” by Rev. Mary Gear

*Rev. Mary Gear
(she/her)*

Opening Hymn**Hymn #1011 “Return Again”**

Words & music: Shlomo Carlebach

Congregation

Story For All

“*The Story of Hope & Chaos*” by Rev. Mary

Rev. Mary Gear

Musical Interlude

Troy Fisher

Share the Plate Offering

Whitney Godby

Offertory**“Live Like You Believe”**

Words & music: Jenn Phillips and Tyler Castleron

Kathleen Lee (she/her)

Ritual of Sharing from the Heart

Rev. Mary Gear

Prayerful Practice

Rev. Mary Gear

Musical Response**“Carry This All”**

Words & music: Alexandra “Ahlay” Blakley

Congregation

Reflection

Leah Kosik

Musical Interlude

“Carry This All”

Congregation

Reflection

John Crutcher

Musical Interlude

“Carry This All”

Congregation

Reflection

Whitney Godby

Musical Interlude

“Carry This All”

Congregation

Reflection

jasper llee

Closing Hymn

Congregation

“We Shall Be Known”

Words & music: Karisha Longake from MaMuse

Closing Words & Extinguishing the Chalice

Rev. Mary Gear

words from Joanna Macy

Postlude

Troy Fisher

Reflection Questions:

1. How have you experienced transformation in your life?
 2. With whom can you share deeply about your struggles?
 3. Do you experience interdependence with the natural world?
 4. What spiritual practices do you have? Do they include grief? Hope?
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There is no after service forum today, forums will return in September.

Next Sunday, August 16 th, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

“On the Nature of Good and Evil” with Rev. Silvia Behrend

In our UU tradition we share these values Interdependence: Pluralism: Justice: Transformation: Generosity: Equity. I believe that Process theology offers us a relational model of how to engage in the world, understanding the human responsibility for co-creating the world. This requires that we name and accept the reality of Evil, as well as the reality of Good. When we understand what constitutes each, we can refuse to bow to dictates which go against our nature, aligning with the Good. We will explore the theological roots of Good and Evil and ways that we can consciously choose the Good.

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

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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Next Sunday the very gifted guitarist and composer Hiroya Tsukomoto will return to OUUC for a concert at 2pm. He will premier music from his latest album.

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!

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