

NEWCOMER NEWS

September 2026



Olympia
Unitarian
Universalist
Congregation



WELCOME NEWCOMERS!

This is a special monthly newsletter that shares what is happening here at OUUC for those who are new. We are trying to avoid insider language and assumptions here, if anything doesn't make sense please let us know.

We are also happy to chat with you in general. Feel free to reach out:
Rev Mary Gear, minister@ouuc.org
Rev Sara Lewis, dcfd@ouuc.org



THE MONTHLY THEME

OUUC practices something called "theme based ministry", with a theme each month that is shared among different aspects of congregational life: worship, small group ministry, religious education for children, and more.

This year we are subscribing to a service called "Soul Matters" that creates resource packets for each theme of the month, so you will sometimes hear people refer to Soul Matters as well. We have called our Small Groups "Soul Matters Groups" because they are working with the Soul Matters packets of resources each month.

The theme for September is Beginnings



NOW IS THE TIME TO JOIN A SOUL MATTERS GROUP

Our small groups, known as Soul Matters groups, are 6-10 people meeting once or twice a month September-May to reflect on the theme of the month. Once these groups fill there is not another chance to join one until next year, so this is the time if you are interested in being part of a small group.

Register on the OUUC website:
<https://www.ouuc.org/worship/spiritual-practices/spiritual-practice-groups/>

WORSHIP AND "COMMUNION" AT A UU CONGREGATION

Newcomers to Unitarian Universalism often have questions about how worship works and "just what are you worshipping?" As UU's don't all share the same beliefs, worship isn't about any particular belief, creed, or deity. Instead, UU worship creates a container for us to explore and connect with ourselves, each other, and something of greater meaning or worth (whatever that might be).

Our worship services contain many different practices, some of which repeat every week such as our Sharing from the Heart ritual and the Offering. Other practices may be periodic or seasonal.

One annual practice that appears at the beginning of September every year is the Water Communion. This is a ritual sharing of water that invites each participant to bring water from somewhere meaningful to them and for all to pour their waters into a shared vessel. Symbolically this is a communion of all of us coming together to form the spiritual life of this community.

You can explore more about this practice on the [UUA website:](https://www.uua.org/worship/holidays/water-communion)
<https://www.uua.org/worship/holidays/water-communion>



NEW UU CLASS

We hold a class for newcomers to learn more about OUUC and Unitarian Universalism on Sundays 2-3:30pm. Our next series will start on 10/4. All are welcome to join us, RSVP's are encouraged: Chloe at memberengagement@ouuc.org



COME EAT WITH US FOR FOOD AND FRIENDSHIP

A great way to get to know us is to come to one of our weekly dinners. We put on a dinner on Thursday evening almost every week, 5:30pm. All are welcome, it's not a potluck, just come!

There are a variety of programs for all ages offered at 6:30pm, after dinner.

Septembers Dinner Themes:

9/10 - Goodbye to Summer

9/17 - Harvest Fest

9/24 - Pot Pies