When we are afraid, we lose touch with our power and are more easily manipulated by any promise of safety. ~Tema Okun

Our spiritual practice for October is "Courage".

Sunday, October 18th, 2026
"Courage on the Threshold"

With Rev. Mary Gear and Isaac Castro

We explore the monthly spiritual theme of "Courage" in a time of in-between what has been and what is emerging.

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*
"We Will Carry Each Other"
Words & music: Soren Austenfeld

I am looking for shelter in a friend.
We can build a beginning but I do not know the end
I am scared of breaking when I bend.

We will carry each other on the way:
My courage is your courage
when the journey is only getting longer.

My strength is your strength:
we will carry each other on the way.

There are prayers I don't know how to say.
But I still find solace when I close my eyes to pray
What I've lost and what I hope can stay

We will carry each other on the way:
My courage is your courage
when the journey is only getting longer.
My strength is your strength:
we will carry each other on the way.

I am full and I am running out,
I'm a flooding river and I'm living through the drought,
I have firm conviction and my heart is full of doubt.

We will carry each other on the way:
My courage is your courage
when the journey is only getting longer.
My strength is your strength:
we will carry each other on the way.

There are people I have never met,
There is something special, and I haven't found it yet,
There's abundance, given freely, taken with no debt!

We will carry each other on the way:
My courage is your courage
when the journey is only getting longer.
My strength is your strength:
we will carry each other on the way.

My courage is your courage
when the journey is only getting longer.
My strength is your strength:
we will carry each other on the way.

Welcome *Des McGahern (he/him)*

Chalice Lighting *Des McGahern*
"Why We're Here" words of Rev. Erik Walker Wikstrom

Opening Words *Rev. Mary (she/her) & Isaac Castro (he/him)*
"Everything begins on the verge of awareness" by George Kimmich Beach

Opening Hymn *Congregation*
Hymn #131 "Love Will Guide Us"
Words: Sally Rogers / Music: Traditional, arr. By Betty A. Wylder

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.

You are like no other being,
What you can give no other can give
To the future of our precious children,
To the future of the world where we live.

Hear the song of peace within you,
Heed the song of peace in your heart.
Spring's new beginning shall lead to the harvest.
Love will guide us on our way.

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 *Rev. Mary Gear*
Nachshon, Who Was Afraid to Swim
by Deborah Bodin Cohen

Musical Interlude *Troy Fisher*

Share the Plate Offering *Des McGahern*

Offertory *Troy Fisher*

Ritual of Sharing from the Heart *Rev. Mary*

Prayerful Practice *Rev. Mary & Isaac Castro*

Musical Response *Congregation*
Hymn #123 "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 *Des McGahern*
An excerpt from *Trusting Change* by Karen Hering.

Part 1: Thresholds Past and Present *Rev. Mary*

Musical Interlude *Troy Fisher*

Part 2: Faithful in the In-Between *Isaac Castro*

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. Mary*

"Do Not Fear Agitation" by Rev. Tania Y Márquez

Postlude *Troy Fisher*

Reflection Questions:

1. What thresholds are present in your life?
2. How are you approaching those thresholds?
3. How do you live with uncertainty?
4. What helps you have courage?

The After-Service Forum today at 12:15: Meet Isaac Castro, Pacific Western Region contact for OUUC

Next Sunday, October 25th, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

"Lineages of Courage" with Rev. Deanna Vandiver

Remembrance and loving ancestors-to-be practice with Rev. Deanna Vandiver, Affiliated Community Minister for Love and Liberation with the Church of the Larger Fellowship, and founder of EverUnfolding.life

After-Service Forum at 12:15: Transitions and The Future- with OUUC Board Members

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Share the Plate Offering: Our Share the Plate organization for September and October is Pizza Klatch:

Pizza Klatch is a support group for LGBTQ+ youth and their allies that is held in classrooms during lunchtime at participating local high schools, run by two trained adult co-facilitators who are members of the LGBTQ+ community or allies. The Mission of Pizza Klatch is to foster resilience in LGBTQ+ youth and create a safe and positive school experience through support, education and empowerment. The group's values include inclusiveness, continuing communication, community building, safety, and youth leadership."

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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At 12:15 today, please join us here in the sanctuary or back in the main Zoom room for a forum on the **Meet Isaac Castro, Pacific Western Region contact for OUUC.**

At 12:30 today all who are between the ages of 18-50ish are invited to our monthly **Generations XYZ lunch,** in a classroom. Look for Kedo Baye with any questions.

At 2pm today all who are interested in knowing more about OUUC or becoming a member are invited to our **New UU/New Member class** series. This week's topic is **How We Learn and Grow,** with Rev Sara. Come to hear about all of our educational programs at OUUC.

On **Saturday, October 24,** the **OUUC Meditation Group** will hold a **retreat** in the OUUC sanctuary from 1pm to 4:30pm. You can just show up if you'd like to be in community in this way. Contact Curt Hill for more information.

On Saturday the 31st we will hold a fun Trunk and Treat event here at OUUC. Cars will park in our parking lot, be decorated, and we will hand out treats to young trick or treaters. To make this a success, **we need cars and participants.** If you can come be part of this, please let Rev Sara know.

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