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 25th, 2026
"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

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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 #1024 "When the Spirit Says Do"
Words & music: African-American spiritual, civil rights period. Arr. by Mark Freundt

You got to do when the spirit says do!
You got to do when the spirit says do!
When the spirit says do, you got to do, oh Lord!
You got to do when the spirit says do!
Spirit says do (6x)

Other verses may include sing, dance, laugh, shout, etc.

Welcome — *Curtis Tanner (he/him)*

Chalice Lighting — *Curtis Tanner*
Words of Rev. Ali Bell, adapted from Psalm 121

Opening Words — *Rev. Deanna Vandiver (she/they/de)*
Excerpt from *A Blessing for This Moment* by the Reverend Joseph Santos-Lyons

Opening Hymn — *Congregation*
"Better Days"
Music and lyrics by Pat Humphries and Sandy O. of Emma's Revolution

We have come, in the light
To this place, in the light
With our hearts, in the light
Open wide

We are here, in the light
Giving voice, in the light
To the truth, in the light
We divine

Let us sing for today
Let us learn better ways
Showing love, in the light
Giving hope, in the light
We create, in the light
Better days

We are born, in the dark
We are fed, in the dark
We connect, in the dark
Through the veil

We are held, in the dark
We are healed, in the dark
Mysteries, in the dark
We reveal

Let us sing for today
Let us learn better ways
Showing love, in the dark
Giving hope, in the dark
We create, in the dark
Better days

Time is now, we begin
Where we are, we begin
We have all, we begin
That we need

To renew, we begin
To release, we begin
To rebuild, we begin
To believe

Let us sing for today
Let us learn better ways
Showing love, we begin
Giving hope, we begin
We create, we begin
Better days

Let us sing for today
Let us learn better ways
Showing love, we begin
Giving hope, we begin
We create, we begin
Better days

Showing love, we begin

Giving hope, we begin
We create, we begin
Better days

Story for All *Rev. Deanna Vandiver*
The Lion Tattoo- adapted from Traditional Sufi Tale

Musical Interlude *Troy Fisher*

Share the Plate Offering *Curtis Tanner*

Offertory *OUUC Choir*
"We Rise"
Words & music: Batya Levine

We rise, humbly-hearted.
Rise, won't be divided.
Rise, with spirit to guide us.
Rise.

In hope, in prayer, we find ourselves here.
In hope, in prayer, we're right here.
In hope, in prayer, we find ourselves here.
In hope, in prayer, we're right here.

And we rise, all of the children.
Rise, elders with wisdom.
Rise, ancestors surround us.
Rise.

In hope, in prayer, we find ourselves here.
In hope, in prayer, we're right here.
In hope, in prayer, we find ourselves here.
In hope, in prayer, we're right here.

And we rise, up from the wreckage.
Rise, with tears and with courage.

Rise, fighting for life.
We rise.

In hope, in prayer, we find ourselves here.
In hope, in prayer, we're right here.
In hope, in prayer, we find ourselves here.
In hope, in prayer, we're right here.

We rise, humbly-hearted.
Rise, won't be divided.
Rise, with spirit to guide us.
Rise.

Ritual of Sharing from the Heart *Curtis Tanner*

Prayerful Practice *Rev. Deanna Vandiver*

Musical Response *OUUC Choir*
"Peace"
Poem: Sara Teasdale / Music: Adam Paltrowitz

Peace flows into me,
Peace flows into me,
Peace flows into me,
As the tide to the pool by the shore;
It is mine forevermore,
It ebbs not back like the sea.

Peace flows into me,
Peace flows into me,

I am the pool of blue
That worships the vivid sky;
My hopes were heaven-high,
They are all fulfilled in you.

Peace flows into me,
Peace flows into me,
Peace flows into me,

I am the pool of gold
When sunset burns and dies–
You are my deepening skies,
Give me your stars to hold.

Peace flows into me,
Peace flows into me,
Peace flows into me,

Peace flows into me,
Peace flows into me,
Peace flows into me,

Peace.

Reading 1 — *Rev. Crystal Zerfoss (she/her)*
"Because" by Rosemerry Wahtola Trommer

Part 1: Lineages of Courage — *Rev. Deanna Vandiver*

Musical Interlude — *Troy Fisher*
"Swimming to the Other Side"
Music and lyrics by Pat Humphries and Sandy O. of Emma's Revolution

We are living 'neath the great big dipper
We are washed by the very same rain
We are swimming in this stream together
Some in power and some in pain
We can worship this ground we walk on
Cherishing the beings that we live beside
Loving spirits will live forever
We're all swimming to the other side

Reading 2 *Curtis Tanner*
An excerpt from *Septima Clark: Teacher to a Movement*
by J. Douglas Allen-Taylor

Part 2: Lineages of Courage *Rev. Deanna Vandiver*

Closing Hymn *Congregation*
"Swimming to the Other Side"
Music and lyrics by Pat Humphries and Sandy O. of
Emma's Revolution

Chorus:
We are living 'neath the great big dipper
We are washed by the very same rain
We are swimming in this stream together
Some in power and some in pain
We can worship this ground we walk on
Cherishing the beings that we live beside
Loving spirits will live forever
We're all swimming to the other side

Chorus:
We are living 'neath the great big dipper
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Cherishing the beings that we live beside
Loving spirits will live forever
We're all swimming to the other side

Loving spirits will live forever
We're all swimming to the other side

Closing Words & Extinguishing the Chalice *Rev. Deanna Vandiver*
words of Hosea Ballou

Postlude *Troy Fisher*

Reflection Questions:

1. **After learning with Septima Clark, Rosa Parks said** 'If I could only catch some of her spirit.' I wanted to have the courage to accomplish the kinds of things that she had been doing for years**." Who have you learned with whose spirit of courage inspires you to act?**
2. **How do you** "take love seriously" and "give love wildly"? **How does this congregation** "take love seriously" and "give love wildly"?
3. **What commitments have you made/are you making to courageous love as an ancestor-to-be?**

The After-Service Forum today at 12:15: Transitions and The Future"- with OUUC Board of Trustees

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Next Sunday, November 1st, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

"Grieving in Community" with Rev. Mary Gear

We gather on this day when the veil between the worlds is thin to remember those who have died and to grieve together as a community all that we have lost. Come share in a ritual of communal grief.

After-Service Forum at 12:15: Grounded, Resilient and Responsible: A toolkit for responding to authoritarian times

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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 12:30 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 welcome at the **New UU/New Member class.** Today's topic is **How We Put Our Faith into Action,** with Rev Sara.

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.

Next Sunday November 1st is the end of Daylight Savings Time, get ready "Fall Back" an hour and enjoy some extra rest.

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