



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 4th, 2026
"The Science and Humanity of Gender"

With Jacob Tennesen

Biology teaches us that males and females form part of a continuous spectrum rather than a rigid binary. Come celebrate the diversity of nature, including human nature, that transcends simple classification.

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 #118 "This Little Light of Mine"

Words & music: African American spiritual,
harmony by Horace Clarence Boyer

This little light of mine, I'm gonna let it shine.
This little light of mine, I'm gonna let it shine.
This little light of mine, I'm gonna let it shine.
Let it shine, let it shine, let it shine.

Ev'rywhere I go, I'm gonna let it shine...

Building up a world, I'm gonna let it shine...

Welcome

*Alicia Seegers
Martinelli (she/her)*

Chalice Lighting

By Robin F. Gray

*Alicia Seegers
Martinelli*

Opening Words

“The Beauty of Just Getting to Be” by Rev. Scott Taylor

*Jacob Tennessen
(he/him)*

Opening Hymn

Hymn #1059 “May Your Life Be As a Song”

Words: Jim Scott / Music: Yuri Zaritsky

Congregation

May your life be as a song,
Resounding with the dawn
to sing awake the light.
And softly serenade the stars,
Ever dancing circles in the night.

Story For All:

“The Vegetable Rule” by Jacob Tennessen

Jacob Tennessen

Musical Interlude

Troy Fisher

Share the Plate Offering

*Alicia Seegers
Martinelli*

Offertory

Hymn #1019 “Everything Possible”

Words & music: Fred Small

Troy Fisher

We have cleared off the table, the leftovers saved,
washed the dishes and put them away.
I have told you a story and tucked you in tight at
the end of your knockabout day.
As the moon sets its sail to carry you to sleep over
the Midnight Sea,
Well, I will sign you a song no one sang to
me—may it keep you good company.

You can be anybody that you want to be, you can
love whomever you will.
You can travel any country where your heart leads
and know I will love you still.
You can live by yourself, you can gather friends
around, you can choose one special one.
And the only measure of your words and your
deeds
Will be the love you leave behind when you're
gone.

Some children grow up strong while some are
quiet and kind.
Some race on ahead, some take it slow; some go in
their own way and time.
Some women love women and some men love
men.
Some leave every label behind.
You can dream all the day, never reaching the end
of everything possible you'll find.
Don't be rattled by names, by taunts or games, but
seek out spirits true.
If you give your friends the best part of yourself,
they will give the same back to you.

You can be anybody that you want to be, you can
love whomever you will.
You can travel any country where your heart leads
and know I will love you still.
You can live by yourself, you can gather friends
around, you can choose one special one.
And the only measure of your words and your
deeds
Will be the love you leave behind when you're
gone.
Oh, the love you leave behind when you're gone.

Ritual of Sharing from the Heart

*Alicia Seegers
Martinelli*

Prayerful Practice

*Alicia Seegers
Martinelli*

Musical Response

Hymn #1002 “Comfort Me”

*Alicia &
Congregation*

Words & music: Mimi Bornstein

Comfort me, comfort me,
comfort me, oh my soul.
Comfort me, comfort me,
comfort me, oh my soul.

Sing with me, sing with me...

Rest with me, rest with me...

Rise with me, rise with me...

Reading

“Creatures of Possibility” by Riley Black

*Alicia Seegers
Martinelli*

The Science and Humanity of Gender

Jacob Tennessen

Closing Hymn

“Hold Fast To Love”

Congregation

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

Jacob Tennessen

Words of Jean M Rickard

Postlude

Troy Fisher

Reflection Questions:

1. How do you understand your own gender? Does it differ from traditional expectations?
2. Do you see examples of gender bigotry in your own daily life?
3. How have your own views of gender changed over the course of your life?

The After-Service Forum today at 12:15: League of Women Voters on Voting Rights

Next Sunday, October 11th, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

"Building Infrastructure" with Rev. Mary Gear

One of the most important things about a faith community is that it helps build social infrastructure, places and relationships that help people form durable ties, develop trust, and care for one another. What does it mean to build infrastructure?

After-Service Forum at 12:15: The Library Levy

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

At 12:15 today, please join us here in the sanctuary or back in the main Zoom room for a forum on **Voting Rights with Susan Fiskdal of the League of Women Voters, Thurston County.**

At 2pm today all who are interested in knowing more or becoming a member of OUUC are invited to our **New UU class**, today's topic will be UU History, Theology, and national structure

This coming Saturday, October 10th at 2pm, all are invited to join us at our All Ages Fall Gathering **at Rutledge Family Farm**. We have a firepit reserved and everyone can enjoy fall fun like the corn maze and pumpkin patch. There is an admission cost for Rutledge, if this is a financial barrier please contact Rev Sara for assistance.

Each week this year we will be highlighting an opportunity of the week, a different way that you could get involved at OUUC. This week's Opportunity is the Environmental Action Team. The mission of the EAT is to educate, advocate,

and empower members of OUUC to act NOW for the ongoing survival of diverse life on the planet. Members of the team will be in the Commons during coffee hour, or you can contact team lead Wendy Steffensen for more information.

Registration is open now for an upcoming program called “Trans Inclusion in Congregations”. More than just a “trans 101”, this is a class about culture change and how our UU congregations can become more truly inclusive, as well as exploration of gender and gender justice. The class will be on zoom on Wednesday evenings, find more information on our website or in the weekly announcements.

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