When you don't give people the chance to say, "I hurt," they end up saying "I hate". *~Rev. Don Wheat*

Our spiritual practice for November is *"Healing"*.

Sunday, November 1st, 2026
"Grieving in Community"

With Rev. Mary

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.

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*
"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

Welcome *Steve Burrows (he/him)*

Chalice Lighting *Steve Burrows*
words adapted from Patricia Shelden

Opening Words *Rev. Mary Gear (she/her)*
"This Is Our Home, But Not Just Ours"
words by Laura Bogle

Opening Hymn *Congregation*
Hymn #1001 "Breaths"
Words: Adapted from poem by Birago Diop / Music: Ysaye M. Barnwell

Refrain:
Listen more often to things than to beings,
listen more often to things than to beings,
'tis the Ancestor's breath when the fire's voice is heard,

‘tis the Ancestor’s breath in the voice of the
waters.
Zah Whsshh Aahh Whsshh

Those who have died have never, never left.
The dead are not under the earth.
They are in the rustling trees,
they are in the groaning woods,
they are in the crying grass,
they are in the moaning rocks.
The dead are not under the earth.

Refrain:
Listen more often to things than to beings,
listen more often to things than to beings,
‘tis the Ancestor’s breath when the fire’s voice is
heard,
‘tis the Ancestor’s breath in the voice of the
waters.
Zah Whsshh Aahh Whsshh

Those who have died have never, never left.
The dead have a pact with the living.
They are in the woman’s breast,
they are in the wailing child,
they are with us in our homes,
they are with us in this crowd.
The dead have a pact with the living.

Refrain:
Listen more often to things than to beings,
listen more often to things than to beings,
‘tis the Ancestor’s breath when the fire’s voice is
heard,
‘tis the Ancestor’s breath in the voice of the
waters.
Zah Whsshh Aahh Whsshh

Story for All — *Rev. Sara Lewis (she/her)*
Badger's Parting Gifts by Susan Varley

Musical Interlude — *Troy Fisher*

Share the Plate Offering — *Steve Burrows*

Offertory — *Troy Fisher*

Ritual of Sharing from the Heart — *Rev. Mary Gear*

Prayerful Practice — *Rev. Mary Gear*

Musical Response — *Congregation*
"What Wondrous Love"
Words: American folk hymn, New words by Connie Campbell Hart, Music: Chelsea Moon

What wondrous love is this, O my soul, O my soul,
what wondrous love is this, O my soul?
What wondrous love is this that brings my heart such bliss,
and takes away the pain of my soul, of my soul,
and takes away the pain of my soul.

When I was sinking down, sinking down, sinking down,
when I was sinking down, sinking down,
when I was sinking down beneath my sorrows ground,
friends to me gather'd round, O my soul, O my soul,
friends to me gather'd round, O my soul.

To love and to all friends I will sing, I will sing,
to love and to all friends I will sing.
To love and to all friends who pain and sorrow mend,

with thanks unto the end I will sing, I will sing,
with thanks unto the end I will sing.

Reading 1 *Steve Burrows*
An excerpt from *The Wild Edge of Sorrow* by Francis Weller

Part 1: Grieving in Community *Rev. Mary Gear*

Musical Interlude *Troy Fisher*

Reading 2 *Steve Burrows*
An excerpt from "Grief" by Steve Garnaas-Holmes

Part 2: Grieving in Community *Rev. Mary Gear*

Closing Hymn *Congregation*
"Loosen"
Words & music: Aly Halpert

Part 1: Loosen, loosen, baby.
You don't have to carry
the weight of the world
in your muscles and bones.
Let go, let go, let go.

Part 2: Holy breath and holy name:
Will you ease, will you ease this pain?

Closing Words & Extinguishing the Chalice *Rev. Mary Gear*
words that are Interpreted from the TALMUD

Postlude *Troy Fisher*

Reflection Questions:

1. Would you like to name what you are grieving right now?
2. What might you let go of right now?

The After-Service Forum today at 12:15: Grounded, Resilient and Responsible: A toolkit for responding to authoritarian times- with Rev. Sara Lewis

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Next Sunday, November 8th, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

"The Myths of Love" with Rev. Mary

How do we hold the love of someone dear and the reality that they have done hurtful things? How can we recognize both and live with this very human complexity? This is the auction sermon requested this year.

After Service Forum: OUUC Safety Training

Share the Plate Offering: Our Share the Plate organization for November and December is **LISO, Legal Immigration Services of Olympia**:

"LISO is a nonprofit organization dedicated to providing free, high-quality legal services to immigrants in detention. They advocate for those facing deportation, bringing dignity, due process, and human rights into a system that often denies them. Based here in Olympia, LISO, in conjunction with a collaborative community effort, serves individuals held at the Northwest ICE Processing Center in Tacoma—one of the largest immigration detention facilities in the country."

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 2pm today all who are interested in learning more about OUUC or becoming a member are welcome at the **New UU/New Member class**. Today's topic is **How and Why We Worship**, with Rev Mary

This Tuesday OUUC will host an **Election Night Gathering starting at 5:30pm.** We will have space to follow the news, space to gather in community, and quiet contemplation space. You are welcome to **bring your dinner** if you like, we will have tea and snacks.

This week's opportunity of the week is the Coffee Crew. These volunteers make coffee hour hospitable by brewing the coffee, organizing the treats, and doing the dishes. Everyone is welcome in the kitchen, and more volunteers are always needed. **Talk to Chloe Meyer, our member engagement specialist to get signed up.**

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