

Our Stories: Holding on and Letting Go

Bob Patrick, Worship Leader

Bill Pacer, Worship Associate

Rev. Nancy Palmer Jones, Minister

Christiana Fernandez-McQuain, Coordinator of Family Ministries

Stephen Pyle, Pianist

Ian Van Sice, Clarinet

August 9, 2026

Prelude	<i>Tell Me 'Bout the Good Old Days/ Let Me Be There</i>	Jamie O'Hara/ John Rostill
Singing #331	<i>Life Is the Greatest Gift of All</i>	William E. Oliver
Welcome and Centering		
Call to Worship and Chalice Lighting	<i>Here We Are So Gathered</i>	Patricia Shelden
Wonder Box Wisdom	<i>Lost and Found</i>	Oliver Jeffers
Reading	<i>Covenants of Aliveness</i>	Mark Nepo
Singing #1009	<i>Meditation on Breathing</i>	Sarah Dan Jones
Reading	<i>The Storyteller</i>	Taffy Thomas
Video Solo	<i>Everything's Possible</i>	Lea Morris
Homily	<i>What Stories Are We Telling?</i>	Bob Patrick
Music for Reflection	<i>The Story</i>	Phil Hanseroth
Prayer and Meditation	<i>How Shall We Pray?</i>	Adapted from Judith Quarles
Singing #1031	<i>Filled With Loving Kindness</i>	Trad. Buddhist; Ian W. Riddell
Sharing Our Gifts	Offering shared with <i>Worthy Now Prison Ministry</i>	
Offertory	<i>Love Will Follow</i>	Tom Snow & Kenny Loggins
Gratitudes		
Call to Connection		
Singing #1057	<i>Go Lifted Up</i>	Mortimer B. Barron
Closing Words	<i>Let Us Go Forth Into the World</i>	Marjorie Newlin Leaming
Extinguishing Our Chalice		Elizabeth Selle Jones (adapted)

+Our plate is shared 50/50 with the quarterly plate recipient and UUCG.
Please make checks payable to UUCG and indicate on the memo line if the check is for your
annual pledge contribution or today's plate recipient



UUCG Beyond Sunday Morning

Events This Week

* in-person, + online, ~ off-site

*+ **Today at 12:30pm:**

Belief Explorers

* **Today at 12:30pm:**

SpiralScouts

* Tue, Aug 11 at 7:00pm:

Choir Rehearsal

* Fri, Aug 14 at 7:00pm:

QUUest Jr.

+ Sat, Aug 15 at 9:30am:

Green Team Meeting

Faith Formation Hour Belief Explorers

Belief Explorers is a group of curious people interested in the wide variety of spirituality and beliefs. We meet from 12:30 – 1:30PM on the 2nd Sunday of each month, both online via Zoom and in-person. Each month we explore a book, religion, person, or concept chosen at the previous meeting. Meetings are open to all UUCG members, friends, and visitors.

This Month's Topic: Values, Moral Foundations, and Non-Partisan Advocacy

Remarkable Earth Facts

excerpted from www.esa.int



Earth isn't actually round: Earth's rotation causes the planet to bulge at the equator and flatten at the poles.

Coral reefs are Earth's largest living structure: These underwater ecosystems are made up of colonies of tiny animals called coral polyps.

Earth has a squishy interior: Earth's interior is not solid, but rather has a semi-solid or 'squishy' consistency owing to high temperatures and pressures.

Atacama is the driest place on Earth: This desert spans over 100 000 sq km and receives an average of less than 1 mm of rainfall per year.

Earth's magnetic pole is creeping westward: Its present speed is around 50-60 km a year and is making a dash towards Siberia.

Trees are breathers: Forests absorb around 8 Gigatonnes a year of carbon dioxide from the atmosphere

UU Values

As Unitarian Universalists, we draw from our heritages of freedom, reason, hope, and courage, building six values with Love at the center.

Inseparable from one another, these shared values are:

Interdependence: We honor the interdependent web of all existence.

Pluralism: We celebrate that we are all sacred beings, diverse in culture, experience, and theology.

Justice: We work to be diverse multicultural Beloved Communities where all thrive.

Transformation: We adapt to the changing world.

Generosity: We cultivate a spirit of gratitude and hope.

Equity: We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion.



Australian Aboriginal Creation Myths

excerpted from www.evolve.com.au

Over generations, ancient Aboriginal culture and its beliefs have been passed down through story, song, dance, and music rather than written texts or documents.

Stories and the wisdom and knowledge they share naturally differ between tribes, regions, and people, acknowledging that before colonisation, there were as many as 260 diverse languages and 500 dialects spoken by First Nations people across what we now call 'Australia.'

These cover great distances and often feature specific landmarks relevant to the events within the local creation myth, such as lakes, areas of rich soil, or the highest mountains. Therefore, there isn't one singular creation myth but a collection of stories, legends, and tales that represent how Indigenous communities believe the world came to be and how people, plants, animals, rivers, and mountains were created.

Some of the most popular creation myths are:

Wandjina: The Creators - a group of rain and cloud spirits who transported the Ancestors from within the Earth, bringing them through the seas and over the land where life first began.

The Creation Myth of Baiame - Baiame is said to have arrived on Earth from the skies with his wife, the goddess of fertility. The spirits created people and lived alongside them, helping them learn how to live, communicate, and care for one another.

The Rainbow Serpent - a Creator Spirit who appears in many creation stories and is called by several names, such as Kajura and Borlung. The Rainbow Serpent is said to have come to Earth from the sky and created water and all life associated with water.