

Unitarian Universalist Society of Sacramento

Sunday, October 12, 2025, in person and online

Hopeless and Helpless

Gathering Hymn

Hold Everybody Up
-Melanie DeMore

Welcome & Announcements

Music for Centering

We Shall be Known
-MaMuse

Chalice Reading and Lighting

Blessing Song for Children and Youth

Lead with Love
-Melanie DeMore

Candle of Compassion and Resistance

Joys and Sorrows, Prayer and Silence

Hymn #1009

Meditation on Breathing

Your Questions

Readings

Rebecca Solnit
Vaclav Havel

Gift of Music

Hallelujah
-MaMuse

Sermon part 1

Hopeless and Helpless

Shared Offering

for Planned Parenthood Mar Monte
Every month we give half of the Sunday offering to a local not-for-profit agency. Donate by text at 916-619-0903, online at uuss.org/donate, or by check to UUSS

Offertory

River Flows in You
-Yiruma

Spoken Response

May generosity bless our world,
and may gratitude nourish our spirits.

Reflection

Readings

Howard Zinn
Sharon Welch
Tich Nhat Hanh

Sermon part 2

Hopeless and Helpless

Hymn

I am Willing
-Holly Near

Extinguishing the Chalice

Benediction

SERVING IN WORSHIP TODAY
Rev. Lucy Bunch, preaching
Rev. Dr. Roger Jones
Ministerial Intern Sophia McKean
Worship Associate Celia Buckley
Reflection by Susan Jones
Vocalists Bess Caswell, Barbara Dace,
Tara Benavides, Kathleen Mead, Alice Henderson
Courtney O'Neill, piano and vocals

WELCOME TO GUESTS & NEWCOMERS!

Please complete a Newcomer Card to receive follow-up information and *Our Weekly Message* by email at uuss.org/newcomers or at the Welcome Table in the hall.

Find our Weekly Calendar at uuss.org/bluesheets/

Assisted listening devices are in the back.
Our induction-loop system connects to a T-coil hearing aid.
Restrooms are out the sanctuary doors to the left. All-gender restroom is in the hallway to the right of the Library/Bookstore.

OUR MISSION STATEMENT

We come together to deepen our lives
and to be a force for healing in the world.

OUR LAND ACKNOWLEDGMENT

We honor the Nisenan, Southern Maidu, and Miwok peoples for their commitment to this land where UUSS exists. They have never ceded, left, nor ceased to care for this land.

UNITARIAN UNIVERSALIST SOCIETY OF SACRAMENTO

WWW.UUSS.ORG

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Hopeless and Helpless

10:30 a.m., Sunday, October 12, 2025

Unitarian Universalist Society

ESTABLISHED IN SACRAMENTO IN 1868

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