

Order of Service

February 1, 2026

“... give us enough wisdom and energy

To embody resilience with every breath.” Rebekah Savage

Sounding the Bowl

Prelude

Prelude in D Major, Op.28, no.5 — Frederic Chopin

Welcome and Opportunities

Greeting One Another

Kindling the Flame of Community

We light this flame for the wisdom that hums beneath thought in our heartbeat, our breath, the subtle flutter that says: you are still here. We light this chalice to remember resilience begins in the body's quiet language, whispering us along.

Opening Words

Your Body Is Welcome Here, Sean Neil-Barron

Opening Hymn

#1000 Morning Has Come

For All Ages

St Brigid and Cailleach

Receiving the Offering

½ Plate Recipient: Community Health Center of the NRV
[Donate online](#), Text “Fund” to 844-909-2617, or use the Vanco Mobile App

Offertory

Gnossienne no.1 — Erik Satie

Sharing Our Joys & Sorrows

submit your joy or sorrow to be read aloud [here](#)

Candles of Hope and Remembrance

Meditation

by Nathan C. Walker

Meditation Hymn

#100 I've got Peace Like A River

Reading

On Building Resilience

Reflection On Embodying Resilience

Closing Hymn

All Will be Well, Meg Barnhouse

Reading

My Commitments to Myself, Laura Mancuso

Extinguishing the Chalice Flame

Minister: Rev. Pam Philips; Worship Associates: Victoria Taylor and Gretchen Luke

Director of Lifespan Faith Development: Rachel Craine; Music Director & Pianist: Jared Gibbs

Zoom Greeters: Toni Cox, Akiko Nakata

Our Mission

Inspire spiritual and ethical growth.

Create compassionate community.

Transform our community and the world through courageous love.

UUC Covenant

We covenant to create a place of respect and kindness, and to build a spiritual community based on reason and courageous love.

We will listen to one another respectfully, assume good intentions, use the power of our words with care, express gratitude, honor our differences, help one another, and welcome all.

We will communicate directly, honestly, and compassionately. When we hurt one another, we will forgive, make amends, and re-connect.

While we celebrate the words of our Mission Statement, and of this covenant, we affirm that our mission lives through our actions.

Opportunities this Week

- Sunday Circle, *Religious Fundamentalists and Authoritarian Leaders: A Match Made in Heaven!* with Jim Bohland, Sunday at 8:30 am ([Zoom](#) only)
- Men's Breakfast, Monday at 7:00 am (UUC)
- Women's Breakfast, Monday at 7:30 am (UUC)
- Defending Trans Lives, Monday at 7:00 pm (Zoom, [register here](#))
- Sages, Tuesday at 2:00 (Library)
- Inspired Elders, Tuesday at 3:00 (lower level)
- Meditation, Tuesday at 5:00 ([Zoom](#))
- UUYA's, Tuesday at 7:00 (Elarth)
- UU History, Tuesday at 7:00 (Zoom, [register here](#))
- Conversations on our Faith, Wednesday at noon (Library and [Zoom](#))
- Yoga, Wednesday at 5:00 (UUC)
- UU History, Thursday at 2:00 (Library or Zoom, [register here](#))
- Women's Lunch, Friday at noon (UUC or a local restaurant)
- Breakfast Club, Saturday, 9:30/10:00 am (sanctuary) -- come for breakfast and then rehearse music that we'll share during the Sunday service!