

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!