



Our spiritual practice for February is **Embodying Resilience**.

*“Anyone can slay a dragon, he told me, but try waking up every morning
and loving the world all over again.”*

~Brian Andreas

Sunday, February 1st, 2026
“Moving on from Walden Pond”

With Rev. Sara Lewis

Many of us have found inspiration from the teachings of Henry David Thoreau and other Transcendentalists, but how does this sort of individualism answer the needs of today? How can we move on from Walden Pond and toward a radical mutuality that still retains what was good at Walden Pond?

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

Hymn #1015 “I Know I Can”

Words: Dennis Hamilton / Music: Jeannie Gagne, arr.
Mark Freundt

Welcome

Curt Hill (he/him)

Chalice Lighting

Curt Hill

“The Great Turning” By Lisa Garcia-Sampson

Opening Words

"A Prayer for Healing" by Cara Fortner

Rev. Sara Lewis

(she/her)

Opening Hymn**Hymn #1068 "Rising Green"**

Words & music: Carolyn McDade

Congregation

Story

Henry Builds a Cabin

Based on the book by D.B. Johnson

Rev. Sara

Musical Interlude

Troy Fisher

Share the Plate Offering

Curt Hill

Offertory**"More Water Rising"**

Lyrics & music by Saro Lynch

OUUC Choir

Ritual of Sharing from the Heart

Rev. Mary (she/her)

Prayerful Practice

Rev. Mary

Musical Response

"Love Is Little"

Music & lyrics: Shaker song, arr. By Kevin Siegfried

OUUC Choir

Reading

Excerpt from *Walden Pond*

By Henry David Thoreau

Curt Hill

Part 1: The Legacy of Walden Pond

Rev. Sara

Musical Interlude

Troy Fisher

Reading 2

Excerpt from essay titled "*Letting Go of Thoreau*"

By Daniel Bullen

Curt Hill

Part 2: Moving on From Walden Pond

Rev. Sara

Closing Hymn

Congregation

Hymn #315 “This Old World

Words: American folk tune, adapt. / Music: Melody from
The Southern Harmony

Closing Words & Extinguishing the Chalice

Rev. Sara

“Here and Beyond These Walls”

Words by Craig Rowland

Postlude

Troy Fisher

Reflection Questions:

1. How can we honor the pain of these times?
2. Where do you see communal healing and justice work being done?
3. What is your own next step (for renewal, for community, for civil disobedience, or otherwise)?

Today’s After-Service Forum (12:15 pm, onsite and online):

Responding to Hard Things- with Rev. Mary and Rev. Sara

Hard things happen in the world and in our lives. How can we respond in ways that are helpful and not adding to the harm? Join Rev Mary and Rev Sara for this skillbuilder which will explore ways we can care for ourselves and do the healing work we need to do in order to become helpers and healers ourselves.

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

“The Transformative Power of Grief” with Linnea Gullikson & Rev. Mary Gear

We all carry grief and our culture encourages us to just move on, ignoring or denying what we are mourning. Today we explore the power of transformation and resilience that grief can offer.

After-Service Forum on Feb 1st, at 12:15 pm (onsite & online):

Faith in Action with Nancy Reid McKee

Share the Plate Offering: Our Share the Plate organization for January and February is Homes First:

In the past 35 years, Homes First has provided safe, clean, stable, and affordable homes to more than 5,000 community members who are very low and extremely low-income. Today, your attention and support will make all the difference. Homes First work includes: making emergency repairs to uninhabitable housing units; covering operating expenses during this revenue shortfall; maintaining current program and services; and covering compliance and safety upgrades.

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

Find more details on these and other announcements in the Weekly Update:

<https://www.ouuc.org/weekly-update/>