



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

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**Sunday, February 22nd, 2026**  
**“Creative Resilience”**

With Rev. Liz Ullery Swenson

Author Ursula K. Le Guin wrote in her collection of essays; *The Wave in the Mind: Talks and Essays on the Writer, the Reader and the Imagination*

“The exercise of imagination is dangerous to those who profit from the way things are because it has the power to show that the way things are is not permanent, not universal, not necessary.”

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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.

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**Prelude**

*Troy Fisher (he/him)*

**Morning Song**

*Congregation*

**“We Will Rise Together”**

Words: Jan Elicker / Music: Clif Hardin

**Welcome**

*Anne Kohlbry (she/her)*

**Chalice Lighting**

Inspired by words of Tracy Johnson

*Anne Kohlbry*

**Opening Words**

“Being Here, Prayers for Curiosity, Justice and Love”  
Padraig O Tuma

*Rev. Liz Ullery Swenson  
(she/her)*

**Opening Hymn****Hymn #338 “I Seek the Spirit of a Child”**

Words: Carl G. Seaburg / Music: Traditional English  
melody, Arranged by Ralph Vaughan Williams

*Congregation*

**Stewardship Moment**

*Woody Moore (he/him)*

**Musical Interlude**

*Troy Fisher*

**Share the Plate Offering**

*Anne Kohlbry*

**Offertory**

*Troy Fisher*

**Ritual of Sharing from the Heart**

*Anne Kohlbry*

**Prayerful Practice**

*Rev. Liz Ullery Swenson*

**Musical Response**

“There is a Love”

Words: Rebecca Parker / Music: Elizabeth Norton

*Congregation*

**Reading 1**

Excerpt from *The Creative Act: A Way of Being*  
By Rick Rubin

*Anne Kohlbry*

**Part 1: We Begin With Everything**

*Rev. Liz Ullery Swenson*

**Musical Interlude**

*Troy Fisher*

**Reading 2**

Hebrew Bible;  
the Book of Jeremiah chapter 29, verses 5-7:

*Anne Kohlbry*

**Part 2: A Dangerous Imagination**

*Rev. Liz Ullery Swenson*

**Closing Hymn**

*Congregation*

**Hymn #1068 “Rising Green”**

Words & music: Caroly McDade

**Closing Words & Extinguishing the Chalice**

*Rev. Liz Ullery Swenson*

Words by Nikita Gill

**Postlude**

*Troy Fisher*

**Reflection Questions:**

1. Where do you find creative outlets?
2. What dangerous things do you imagine?
3. How are you embracing God’s instructions from Prophet Jeremiah?  
Planting seeds? Building houses? Having babies? What other things are you doing, might you do here and now for collective flourishing?

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

**Faith Formation as an Individual Journey with Rev. Sara**

**Next Sunday, March 1st 2026, at 9 am (onsite only) & 10:45 am (online & onsite):**

**“The Danger of Paying Attention” with Rev. Mary Gear**

Activist and author Adrienne Maree Brown says “What we pay attention to grows.” We explore the depth and complexity of our monthly spiritual theme of “Paying Attention.”

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

Self-Care & Community Care with Rev. Sara

**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
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**The New to OUUC class continues today at 2 pm online.** Today's class will be about How We Connect at OUUC. The class is on zoom, you can find the link on the OUUC website.

**For the rest of February, OUUC SWIFT will collect food** for immigrant families who fear being detained if they go to the store. This is a repeat of the food drive we did in November. We will deliver our collections to a local church which maintains a food pantry for immigrant families. Please put your donations in the collection boxes in the OUUC Commons. You can find a list of the types of foods desired in the Commons.

**Change to Beverages in the Sanctuary Policy!** In order to be more welcoming, we will now allow **cups with lids** inside the sanctuary. Bringing your own cup is encouraged. If you do not have your own cup, some disposable cups will be provided.

**This coming Thursday all are invited to our 4th Annual Chili Cook Off!** For our community dinner at 5:30, pots of chili will compete for Best in Show in two categories: vegetarian and meat. Dust off your recipes and bring a pot of chili. There will be prizes!

**Find more details on these and other announcements in the Weekly Update:**  
<https://www.ouuc.org/weekly-update/>