



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 8th, 2026**  
**“The Transformative Power of Grief”**

With Linnea Gullikson & Rev. Mary

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.

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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*

**“How Can I Keep From Singing?”**

Words & music: Robert Lowry

Lyric adaptation & arrangement: Mike Menefee

**Welcome**

*Des McGahern (he/him)*

**Chalice Lighting**

*Des McGahern*

“The Symbol of our Shared Faith”

Words by Paul Stephan Dodenhoff

**Opening Words**

“Praise the World in all its Pain and Blessing”

By Rev. Maureen Killoran

*Rev. Mary Gear*

*(she/her)*

**Opening Hymn**

**Hymn #1006 “In My Quiet Sorrow”**

Words & music: Jeannnie Gagne

*Congregation*

**Story**

“The Mustard Seed and Grief”

*Rev. Mary*

**Musical Interlude**

*Troy Fisher*

**Share the Plate Offering**

*Des McGahern*

**Offertory**

“Light of a Clear Blue Morning”

Words & music: Dolly Parton

*Troy Fisher*

**Ritual of Sharing from the Heart**

*Rev. Mary*

**Prayerful Practice**

adapted from “The Pulse of Life” by Jennifer Johnson

*Rev. Mary*

**Musical Response**

*Congregation*

Hymn #1011 “Return Again”

Words & music: Shlomo Carlbach

**Part 1: Grief**

*Linnea Gullikson*

*(she/her)*

**Musical Interlude**

*Troy Fisher*

**Part 2: Transformation**

*Linnea Gullikson*

**Musical Interlude**

*Troy Fisher*

**Part 3: Healing**

*Linnea Gullikson*

“Chosen Ones”

Words & music: Linnea Gullikson

## **Musical Interlude**

*Troy Fisher*

## **Closing Hymn**

*Congregation*

“Carry This All”

Words & music: Alexandra “Ahlay” Blakely

## **Closing Words & Extinguishing the Chalice**

*Rev. Mary*

“Sending You Light”

Words & music: Melanie DeMore

## **Postlude**

*Troy Fisher*

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### **Reflection Questions:**

1. What grief are you carrying?
2. Can you imagine that grief being transformed?
3. What might that be like?

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

#### **Faith in Action with Rev. Nancy Reid-McKee**

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### **Next Sunday, Feb 15th, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):**

#### **“Congregational Resilience” with Rev. Mary Gear**

Today we explore the spiritual theme of “Embodying Resilience” by reflecting on congregational life and how we are together.

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### **After-Service Forum on Feb 15th, at 12:15 pm (onsite & online):**

The Big Question part 3—Fundraising at OUUC with Board of Trustees

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### **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.** Rev. Sara will be joined by a few congregants to talk about how we learn and grow together. Everyone is welcome. You can find the link on the website or contact the OUUC office.

**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.

**Each week this year we are highlighting ways that people engage** at OUUC. This week's **Opportunity of the Week** is the Soul Matters small group program. We have small groups meeting monthly to reflect on the theme of the month together, and there is a drop in group as well that is always open to new people. To learn more, look for Chloe Meyer in the Commons after service or reach out to her by email.

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