

UU Values

Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love. Inseparable from one another, these shared values are:

Interdependence. We honor the interdependent web of all existence. With reverence for the great web of life and with humility, we acknowledge our place in it. We covenant to protect Earth and all beings from exploitation. We will create and nurture sustainable relationships of care and respect, mutuality and justice. We will work to repair harm and damaged relationships.

Pluralism. We celebrate that we are all sacred beings, diverse in culture, experience, and theology. We covenant to learn from one another in our free and responsible search for truth and meaning. We embrace our differences and commonalities with Love, curiosity, and respect.

Justice. We work to be diverse multicultural Beloved Communities where all thrive. We covenant to dismantle racism and all forms of systemic oppression. We support the use of inclusive democratic processes to make decisions within our congregations, our Association, and society at large.

Transformation. We adapt to the changing world. We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.

Generosity. We cultivate a spirit of gratitude and hope. We covenant to freely and compassionately share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.

Equity. We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion. We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive communities.



Unitarian Universalist
Fellowship of
Central Michigan

Open Arms • Open Minds • Open Hearts

“Trauma and Resilience”

Sunday, January 25, 2026
10:30 a.m.

Worship Leader:
Rev. Drew Frantz

Worship Associate:
Roxanne Flear

*Resilience is not a solitary triumph.
It is woven through community:
shared meals, gentle questions,
laughter that breaks through grief,
courage borrowed from one another
when our own runs thin.*

-Rev. Michelle Collins



Welcome

Chalice Lighting

“Sing Together” #1

**Story for All Ages:
“The Rabbit Listened”**

Singing Out the Children

*As you go, my heart goes with you.
Peace be with you ‘til we meet again.*

**Choir Anthem: “Winter
Is a Quiet Celebration”**

**Reading for Contemplation:
“Moonlight in the Frost”**

“Sing Together” #2

Sharing of Joys and Concerns

*Congregational response:
“Holding you in love”*

Meditation and Prayer

Sacred Song #123: “Spirit of Life”

*Spirit of Life, come unto me.
Sing in my heart
all the stirrings of compassion.
Blow in the wind, rise in the sea;
move in the hand,
giving life the shape of justice.
Roots hold me close; wings set me free;
Spirit of Life, come to me, come to me.*

Morning Message

Offertory

Announcements

“Sing Together” #3

Chalice Extinguishing

*We extinguish this flame,
but not the light of truth,
the warmth of community,
or the fire of commitment.
These we carry in our hearts
until we are together again.*

Benediction