

## **Preamble:**

**We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:**

## **Unitarian Universalism 7 Principles**

- 1: The inherent worth and dignity of every person;**
- 2: Justice, equity and compassion in human relations;**
- 3: Acceptance of one another and encouragement to spiritual growth in our congregations;**
- 4: A free and responsible search for truth and meaning;**
- 5: The right of conscience and the use of the democratic process within our congregations and in society at large;**
- 6: The goal of world community with peace, liberty, and justice for all;**
- 7: Respect for the interdependent web of all existence of which we are a part.**

*These seven principles were the defining statement of UU values from their adoption in 1984 until their revision in 2024, and still represent a core philosophy of our faith.*



Unitarian Universalist  
Fellowship of  
Central Michigan

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*Open Arms • Open Minds • Open Hearts*

## **“Resiliency Practices”**

**Sunday, February 1, 2026**

**10:30 a.m.**

**Worship Leader:**

**Laura McBride**

**Worship Associate:**

**Guy Newland**

**Pianist:**

**Beth Macleod**

As Lena Horne says, “It’s not the load that breaks you down, it’s the way you carry it.”



**Opening Song:  
“Come Sing a Song With Me”**

**Welcome**

**Chalice Lighting**

**Story for All Ages**

**Singing Out the Children**

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

**Joyful Noise Choir**

**Sharing of Joys and Concerns**

*Congregational response:  
“Holding you in love”*

**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.*

**Reading: Pema Chodron,  
“Welcoming the Unwelcome”**

**Morning Message**

**Questions for Reflection:**

When the hours are the darkest and trials are their greatest, do you elevate to another level?

How do you handle adversity?

**Song #6: “Just as long as I  
have breath”**

**Offertory**

**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**