

# Unitarian Universalist Society of Sacramento

Sunday, February 8, 2026, in person and online

Resilience

## Opening Hymn

This Joy that I Have  
-Shirley Caesar

## Welcome & Announcements

## Interlude

Hold On  
-Joanne Hammil

## Chalice Reading & Lighting

## Music for Invocation

Troubled Water from *Spiritual Suite*  
-Margaret Bonds (1913-1972)

## Blessing Song for Children and Youth

Lead with Love  
-Melanie DeMore

## Candle of Compassion and Resistance

## Joys and Sorrows, Prayer and Silence

## Hymn #86

Blessed Spirit of My Life

## Reflection

## Gift of Music

Prelude No. 7, *Plainte Calme*  
-Olivier Messiaen (1908-1992)

## Shared Offering

Every month we give half of the Sunday offering to a local not-for-profit organization. Donate by text at 916-619-0903, or online at [uuss.org/donate](http://uuss.org/donate), or by check to UUSS.

for NorCal Resist

## Offertory

Hold On  
-Joanne Hammil

## Spoken Blessing

May generosity bless our world  
and may gratitude nourish our spirits.

## Sermon

Resilience

## Hymn

This Boat  
-Laura Zucker (b. 1968)

## Extinguishing the Chalice and Candle Flames

Unison words

May the power of this gathering light our way forward  
with courage. In the days to come, let us remember  
that fear is outworked by hope,  
and that hatred is no match for the power of love.

## Benediction

### SERVING IN WORSHIP TODAY

Rev. Dr. Roger Jones, preaching  
Ministerial Intern Sophia McKean  
Worship Associate Courtney O'Neill  
UUSS Choir ~ Music Director Anthony Tavianini  
Pianist Irina Tchanceva

## WELCOME TO GUESTS & NEWCOMERS!

Please complete a Newcomer Card to receive follow-up information and *Our Weekly Message* by email at [uuss.org/newcomers](http://uuss.org/newcomers) or at the Welcome Table in the hall.

Find our Weekly Calendar at [uuss.org/bluesheets/](http://uuss.org/bluesheets/)

Assisted listening devices are in the back.  
Our induction-loop system connects to a T-coil hearing aid.  
Restrooms are out the sanctuary doors to the left. All-gender restroom is in the hallway to the right of the Library/Bookstore.

### OUR MISSION STATEMENT

We come together to deepen our lives  
and to be a force for healing in the world.

### OUR LAND ACKNOWLEDGMENT

We honor the Nisenan, Southern Maidu, and Miwok peoples for their commitment to this land where UUSS exists. They have never ceded, left, nor ceased to care for this land.

UNITARIAN UNIVERSALIST SOCIETY OF SACRAMENTO

[WWW.UUSS.ORG](http://WWW.UUSS.ORG)

2425 SIERRA BLVD. SACRAMENTO, CA 95825

(916) 483-9283



## Resilience

10:30 a.m., Sunday, February 8, 2026

Unitarian Universalist Society

ESTABLISHED IN SACRAMENTO IN 1868

2425 Sierra Boulevard

Sacramento, CA 95825 (916) 483-9283

E-mail: [office@uuss.org](mailto:office@uuss.org) [www.uuss.org](http://www.uuss.org)