

Flexibility and Strength

Lydia Patrick, Worship Leader

Britt Parris, Worship Associate

Rev. Nancy Palmer Jones, Minister

Christiana Fernandez-McQuain, Coordinator of Family Ministries

Sweet MUusic, Band

Sunday, February 22, 2026

Prelude	<i>The Impossible Dream</i>	Music Mitch Leigh Words Joe Darion
Singing #121	<i>We'll Build a Land</i>	Carolyn McDade
Call to Worship\ Chalice Lighting	<i>The Soft Stubborn Practice</i>	Rev. Michelle Collins
Wonder Box Wisdom	<i>All The Colors of Life</i>	Lisa Aisato
Singing Vs 1	<i>Rededication</i>	Shana Aisenberg
Embodying Resilience #1	<i>It Starts with a Breath</i>	Lydia Patrick
	<i>Holding On Letting Go</i>	Fauna K
Singing Vs 2	<i>Rededication</i>	Shana Aisenberg
Embodying Resilience #2	<i>Humor, Music, and Family</i>	Barbara B
	<i>Making Something from Nothing - The Brush That Saved Me</i>	Diana D
Singing Vs 3	<i>Rededication</i>	Shana Aisenberg
Embodying Resilience #3	<i>On My Honor</i>	Rob K
	<i>Everyone Knows an Ant Can't</i>	Doug B
Anthem	<i>Deportee</i>	Woody Guthrie
Reflective Community Prayer	<i>All The Colors of Life</i>	Lisa Aisato/Lydia/Britt
Music for Reflection	<i>Resilience</i>	Lenzspot
Offertory	Offering shared with Society of Humane Friends of Georgia	
Gratitudes\Call to Connection		
Singing Vs 4-6	<i>Rededication</i>	Shana Aisenberg
Closing Words	<i>Resilience is a Collective Effort</i>	UUA Resilience Hub
Extinguishing Our Chalice		Elizabeth Selle Jones (adapted)

+Our plate is shared 50/50 with the quarterly plate recipient and UUCG.
Please make checks payable to UUCG and indicate on the memo line if the check is for your
annual pledge contribution or today's plate recipient



UUCG Beyond Sunday Morning

Events This Week

* in-person, + online, ~ off-site

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|-----------------------------|-----------------------------|
| *+ Today at 12:30pm: | “Good Trouble” |
| + Mon, Feb. 23 at 7:00pm: | <i>Covenant Group A</i> |
| * Tue, Feb. 24 at 7:00pm: | <i>Choir Rehearsal</i> |
| * Tue, Feb. 24 at 7:30pm: | <i>Social Justice Tarot</i> |
| + Wed, Feb. 25 at 7:00pm: | <i>Book Group</i> |
| * Thu, Feb. 26 at 6:30pm: | <i>Music Night</i> |
| * Sat, Feb. 28 at 10:00am: | <i>The Open Circle</i> |

Faith Formation Hour “Good Trouble”

Borrowing our title from the words of the late Congressman John Lewis, the “Good Trouble” program focuses on ways you can put your UU Values and Faith in Action to effect change in society. Join us to discuss the ways and areas in which we have agency to make a difference.

Preserving democracy is more than protecting election integrity. Preserving our democratic values includes guaranteeing due process rights for everyone. When due process is denied to anyone, democracy itself is diminished. Come learn ways you can put your faith values into action.

Key Reasons Why Self-Care is Important

Resilience Building: It builds capacity to handle adversity and recover from setbacks, enabling you to manage life’s challenges more effectively.

Improved Productivity and Focus: Taking breaks and engaging in enjoyable activities clears the mind, improving concentration and mental clarity.

Mental and Emotional Balance: It helps manage symptoms of anxiety and depression, while fostering self-esteem and emotional stability.

Physical Health Improvements: Regular self-care, such as proper sleep, nutrition, and exercise, strengthens the immune system, reduces the risk of illness, and increases overall energy.

Enhanced Relationships: By ensuring your own needs are met, you avoid becoming depleted, allowing you to be more present and caring in relationships with others.

Stress Management: It directly lowers cortisol levels (the stress hormone), reducing anxiety and preventing burnout.

UU Values

As Unitarian Universalists, we draw from our heritages of freedom, reason, hope, and courage, building six values with Love at the center.

Inseparable from one another, these shared values are:

Interdependence: We honor the interdependent web of all existence.

Pluralism: We celebrate that we are all sacred beings, diverse in culture, experience, and theology.

Justice: We work to be diverse multicultural Beloved Communities where all thrive.

Transformation: We adapt to the changing world.

Generosity: We cultivate a spirit of gratitude and hope.

Equity: We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion.



A Moment of Calm

