

Soul Matters Monthly Theme: Embodying Resilience

“Grief has always been communal, always been shared and regarded as a sacred process. Too often in modern times our grief becomes private, carrying an invisible mantle of shame forcing our sorrow underground, hidden from the eyes that would offer healing. We need to restore the conversation we need about the place of mourning in our lives. Each of us must undertake a learning with loss.” - Francis Weller

Order of Service February 1st, 2026: Imbolc and Grief Rituals as a Path to Embodying Resilience

Congregational Greeting

Bell Chime

Welcome and Announcements

Additional Social Justice and Board Announcements

Chalice Lighting: For those attending by Zoom, please type into the Chat that a chalice is lit on [your street]:

We are a welcoming people of diverse beliefs who commit to nourish the spirit, broaden the mind, nurture the earth, and build community. May this flame we kindle remind us to strive, today and every day, to love beyond belief.

Hymn #97: “Sometimes I Feel Like a Motherless Child” (Gray Hymnal) African American Spiritual

Story: *Everywhere, Still*, written by M.H. Clark, illustrated by Claire Lemp

Reading: A blessing and excerpt from Jaiya John’s *Wildflowers Praying at Midnight*

Hymn #184: “Be Ye Lamps Unto Yourselves” (Gray Hymnal) Guatama Buddha, 5th century BCE, from a melody in the Sarum Antiphonal

Reading: “An Apprenticeship with Sorrow” by Francis Weller (p 43 of *In the Absence of Ordinary: Soul Work for Times of Uncertainty*)

Sorrows and Joys

Singing Prayer: To the tune of #1002 (teal hymnal) by Mimi Borstein

Comfort me, share my joy/ Comfort me, Oh my soul. (2x)

Offertory

Poem: “The Prayers” by Rosemerry Wahtola Trommer

Homily and Interactive Element

Hymn #1020: “Woyaya” (Teal Hymnal) words and music by Loughy Amoa, Solomon Amarfio, Robert M. Bailey, Roy Bedeau, Francis T. Osei, Whendell K. Richardson, Mac Tontoh, transcribed by Ysaye M. Barnwell, Jeannie Gagn

Reading: “Honoring Healing” by Pixie Lighthorse (p 71 of *Prayers of Honoring Grief*)

Hymn #358: “Rank by Rank Again We Stand” (Gray Hymnal) words by John Huntley Skrine and Carl G. Seaburg, music by Henry Walford Davies

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.

Singing Benediction: “Longtime Sun,” the final three minutes of “A Very Cellular Song” written by Mike Heron and performed by The Incredible String Band on their 1968 album *The Hangman’s Beautiful Daughter*.

May the long time sun shine upon you/All love surround you

And the pure, pure light that’s within you/ Guide your way home (2x)