

## **Order of Service February 8, 2026**

### **Muscle Memory**

Worship Leader: Seth Anderson-Matz  
Worship Associate: Diane Langland  
Director of Lifespan Faith Formation: Macey Forsyth  
Pianist: Jo Breckenridge  
Worship Tech: Dan Possin  
Nursery Attendant: Linden Anthony

### **Prelude**

### **Welcome and Announcements – Diane**

### **Singing Bowl – Seth**

### **Chalice Lighting – Diane reads, Seth lights**

If you are viewing through Zoom, please type into the Chat that a chalice is lit on [your street], and join in saying these words:

*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.*

### **Call to Worship –**

Come, let us worship together.

### **Hymn – STJ #1015, “I Know I Can”**

Words: Dennis Hamilton Music: Jeannie Gagne

### **Time for All Ages – Chair Yoga – Macey**

### **Singing the Children Out**

### **Joys and Sorrows – Diane**

### **Pastoral Prayer**

### **Silent Meditation**

### **Singing Prayer**

**Offertory** – Diane

**Reading** – – Diane

**Sermon** – “Muscle Memory” – Seth

**Hymn:** STLT #124, “Be That Guide”

Words: Carl G. Seaburg Music: Thomas Benjamin

**Closing Words** — Seth

**Chalice Extinguishing** — Susan reads, Seth extinguishes

*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. (Elizabeth Selle Jones)*

**Benediction** – Seth

**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 longtime sun shine upon you  
All love surround you  
And the pure pure light that’s within you  
Guide your way home.*

**Zoom participants:** Please feel free to stay online for a time of gathering to meet, talk, and connect. (If the group online is large enough, we will invite you to join breakout rooms for small group connection.)

**In-person participants:** Please stay for refreshments in the Fellowship Hall on the lower level following the worship service.