

WELCOME TO MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION



A Love that Spans Generations

Worship Leader: Ariel Smith-iyer

Worship Associates: MCB Team (Beth Schaefer,
John Schaefer, Lisa Newstrom & Terri King)

Worship Host: Melissa Holmes

Music: Jay Steele

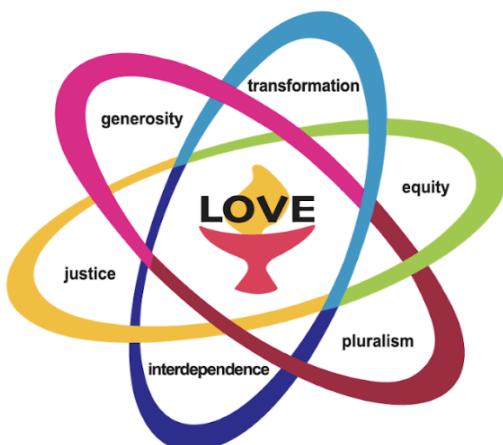
Sunday, February 8, 2026 10:00 AM

Service theme for the month: Embodying Resilience

We are very glad that you are with us today and hope you feel our welcome. If you would like to learn more about us and receive our weekly email newsletter, please send an email to welcome@mpuuc.org. We request your name, email, phone number and address. We'd be happy to answer any questions.

Our Mission Statement:

The foundation of Mission Peak is love. We are a spiritual community of open minds, nurturing growth and healing in ourselves and all people. Together we strive to live compassionately and courageously as we work for a nonviolent, just and sustainable world.



Love is the power that holds us together and is at the center of our shared values.

Interdependence of all existence. With reverence for the great web of life and our place in it.

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 has the right to flourish with inherent dignity and worthiness.

Order of Service

Sunday, February 8, 2026 10-10:40 a.m.

Centering Thought

“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”

Lao Tzu

“Love is not only something you feel, it is something you do.”

David Wilkerson

“Love is energy: it can neither be created nor destroyed. It just is and always will be. It gives meaning to your days and direction to the goodness inside you.

Bryce Courtney

“Be the things you loved most about the people who are gone! You'll be creating a lasting reminder of all that they were, and all that you loved. After all, you are their legacy!”

Anonymous

“In the end, it's the love we gave that establishes our legacy.”

David Ritter

Prelude

Jay Steele

Bell

Wallcave family

Call To Worship

Terri King

Chalice Lighting

Zhiyi Zhang

Welcome

Valerie Stewart

Welcome Song

Hymn # 131 Love will Guide Us
Sally Rogers

Jay Steele

Story Part I

Love as Attention- Attention as Love
By Ariel Smith-iyer

Terri King, John Schaefer
and Ariel Smith-iyer

Song of Reflection

Meditation on Breathing
Sarah Dan Jones

Ariel Smith-iyer

Practice of Generosity (Offering)

Beth Schaefer

Please donate generously if you are able, in one of these ways:

- Use the QR Code in the OOS (Note: 3% surcharge).
- Mail check to MPUUC P.O. Box 545 Fremont, CA 94537-0545
- Drop envelope with check in Mission Peak UU mail slot addressed to: Mission Peak Unitarian Universalist Congregation
- Pay online at <https://mpuuc.org/contact-us/donate/> with credit or debit card (Note: 3% surcharge).



Glads and Sads Invitation

Jordan Jacobs

Story Part II

Terri King, John Schaefer
and Ariel Smith-iyer

Invitation to activities

Rest and Reflection Room - Beth Schaefer
Music Making - Ariel Smith-lyer
Valentine Making - Terri King
Lunch - Lisa Newstrom

Closing Hymn

Hymn # 1014 Answering the Call of Love
Jason Shelton

Jay Steele

Extinguishing the Chalice

#456

Beth Schaefer

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

Ariel Smith-lyer

Please stick around and join us in the fun we have planned for post-service!

Next Week's Service: February 15 – "Love Hero Indivisible"

Rev. Greg Ward will lead the service and assisting will be Guest Worship Associate Michael Cohn. Worship Host will be Erik Alm. Peter Mayer and other artists will provide our music.

Indivisible Fremont CA is one of thousands of Indivisible groups across the country taking action to build grassroots power and fight for a truly inclusive democracy. They are dedicated to promoting a welcoming and inclusive community, advocating for democracy and justice and empowering individuals to create positive change. The list their values as Choosing Hope; Welcoming All People; Believing in Liberty and Justice for all; Supporting a shared prosperity; Championing One person, One vote; Promoting the Pursuit of Truth; and Joining Together in Peace.

Go to <https://mpuuc.org/zoom/> for order of service and how to connect for all services

Announcements:

We are hosting a potluck and game night Sat March 7th, more info in WOP.

MPUUC is joining several other southern bay area UU congregations to offer a grades kinder-1st OWL class. There are flyers at the welcome table or find Ariel for more information.

In search of mental health family support or peer support resources in the larger Tri-City area? Contact Rev. Barbara Meyers, a mental health educator and peer support provider. Email com_minister@mpuuc.org, or call 510-493-1796.