

January 11, 2026
Eleven:Eleven
in the garden

Register your presence



Thanks for being here!



Give online



Thanks for your gift!

Arrival Song

Once In A Lifetime

Music & Lyrics: Talking Heads

Welcome Candle (Rumi)

Gathering Song

Wake Up

Music & Lyrics: Charles Gaby

Sharing Signs of Peace and Welcome

Gift of Song

Out Beyond Ideas

Music & Lyrics: Rumi | David Wilcox

Kairos

Charme Robarts

Sacred Text

Tao De Ching 48

Those who seek knowledge,
Collect something every day.

Those who seek the Way,

Let go of something every day.

They let go and let go,

Until reaching no action.

When nothing is done

Nothing is left undone.

The Eleven:Eleven Revolution Band Is

Brad Thompson - Music/Band Leader, Vocalist, Guitarist

Justin Pate - Keyboard, Vocalist | Jon Mosig - Drums

Kevin Grove - Lead Guitar | Lee Allen - Bass, Vocals

Alaina Gunter - Vocalist | Lydia Smith-Osborne - Vocalist

Observations and Considerations

Kagan Parker

What We Carry | pt. 2 - Who Put That There

Closing Song

Unwritten

Music & Lyrics: Natasha Bedingfield

Benediction

Kagan Parker

🌱 *Winter Gardening Notes* 🌱

Seeds need the winter to thrive

- Natural part of the winter ecosystem, providing food for wildlife and nutrient cycling in the soil.
- Equipped to withstand harsh winter weather with their hard outer shell protecting tender, vital parts.
- Dormancy period. Metabolic processes slow to survive cold temperatures.

For info about Eleven:Eleven

- Visit fumcfw.org/1111fw
- Worship with us online on Sundays at fumcfw.org/live.
- Download the MYFUMC App at fumcfw.org/myfumc or the App Store for your device

Thoughts for Future Reflection

“Before you tell your life what truths you have decided to live by, let your life tell you what truths you are ready to live.”

— Parker J. Palmer

“To pay attention, this is our endless and proper work.”

— Mary Oliver

“Why are you so busy with this or that or good or bad; pay attention to how things blend.”

— Rumi

“A belief is not merely an idea the mind possesses; it is an idea that possesses the mind.”

— Robert Oxton Bolton

Opportunities and Small Groups

Conspiracy Opportunities

Core Practice: Tell the Bigger Sacred Story

Wine and Wishful Thinking coming in February!

If you're interested in hosting, contact Kagan,

kparker@myfumc.org or (682) 231-2784 for info

2nd & 4th Tuesdays | 6:30 – 8:30 pm | Next: Feb

Winehaus | 1628 Park Pl Ave | Fort Worth 76110

Book Club: Folded Pages | Wed Jan 21 | 6:30 - 8:00 pm

Location rotates so contact Kagan,

kparker@myfumc.org or (682) 231-2784 for details

Join us as we read “Soul Boom” by Rainn Wilson.

Available new and used in very good condition

(Half-Price Books, eBay, or your favorite bookseller).

Core Practice: Show Up for Others

United Women in Faith - UMW - Luncheon

United Women in Faith seeks to improve the lives of women, children and youth in the United States and internationally.

Tue, Feb 3, 2026 | 11:30 am – 1 pm | Wesley Hall

\$20 | Register and request childcare by January 27

For the Love of Kewpies from the Princess of Quite a Lot

Guest Speaker – Julie Donovan shares the history of Kewpies.

First Street Methodist Mission needs **Toothpaste** this month. **Men's shoes**, especially sizes 9-12 are always appreciated. Gently used items are accepted. Leave donations in the bin on Refreshment Table.

Browse programs and events or search by ministry or keyword at fumcfw.org/events

Core Practice: Mindfulness & Meditation

A Noticing Practice

The next time you feel a strong reaction or emotion, *Pause*, don't do anything. *Reflect*, identify what's going on and name emotions, sensations that you feel. *Reframe* your thoughts, accepting the circumstance. *Sit with your feelings* without self-judgement. *Hold Space* for self-compassion. *Release*...walk, have tea, call a friend, whatever works for You.

And always remember to breathe deeply, intentionally.

Remembering Loved Ones

Find a comfortable position in a quiet space. Close your eyes. Visualize your loved one. Welcome them to join you. Recall fond moments and memories. Express gratitude that they have been a part of your life.

Breathe in peace. Exhale out sadness.

Fierce Self-Compassion, Adapted

I place my fist over my heart. I will protect myself. I give myself full permission to feel my truth, my pain, my anger while keeping the thread of love alive.

