

February 8, 2026

Eleven:Eleven

in the garden

Register your presence



Thanks for being here!



Give online



Thanks for your gift!

Arrival Song

These Are Days

Music & Lyrics: 10,000 Maniacs

Welcome Candle (Rumi)

Margaret Sutton

Gathering Song

For The Beauty of the Earth

Music & Lyrics: John Rutter

Sharing Signs of Peace and Welcome

Gift of Song

Be Here Now

Music & Lyrics: Ray LaMontagne

Kairos

Charme Roberts

Sacred Text

Read by George Sutton

TO BE by Mary Walker

To be done with becoming
and simply be,
let go of who you are not
and were never.

Let go the hand of the known,
and of not-knowing,
let go the hand that has held you.

See it palm up and open,
present and ever-loving,
inviting you now
to know what you know
to go where you'll go
to be who you know you are.

Matthew 6:34 (NIV) "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Observations and Considerations

Alaina Gunter

Embracing Ambiguity pt. 2 | Take a Look Around

Closing Song

What You're Waiting For

Music & Lyrics: Passenger

Benediction

Alaina Gunter

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

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

🌱 Winter Gardening Notes 🌱

Seeds need the winter to thrive

- **There are three types of dormancy**
 - **Innate**, it's "programmed" to wait for optimal growing conditions.
 - **Enforced**, like an external "gate" that remains shut until enough moisture, light, or oxygen is available, even if it's ready internally.
 - **Induced**, or a "pause button" helping them wait until the surroundings are safe.

Thoughts for Future Reflection

“The central question of a meaningful life is not, ‘What shall I do?’ but ‘Can I stay present to what is happening?’”

— Pema Chödrön

“Taking time to do nothing often brings everything into perspective.”

— Doe Zantamata

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”

—Edith Wharton

“We miss the height of our fullest potential by not engaging the quiet parade of days”

— John Soforic

Opportunities and Small Groups

Conspiracy Opportunities

Core Practice: Tell the Bigger Sacred Story

Pour and Ponder is here!

2nd, 4th Wednesdays | 6:30 – 8:30 pm | Next: Feb 11
Winehaus | 1628 Park Pl Ave | Fort Worth 76110

Join Kris Olsta for intentional dialogue about Sunday’s Observations and Considerations. Contact Kagan, kparker@myfumc.org or (682) 231-2784 for info

Book Club: Folded Pages

1st, 3rd Wednesdays | 6:30 – 8:00 pm | Next: Feb 18
Avoca Coffee | 1311 W Magnolia Ave | FW 76104

Join us as we read “Soul Boom” by Rainn Wilson. We are currently on chapters 1-3. Contact Kagan, kparker@myfumc.org or (682) 231-2784 for info.

Core Practice: Show Up for Others



We’re growing! Would you like to help?

On Sundays we need **Readers, Lobby Greeters, Table Tenders, and Tech Team** members. During the week we need help with **Small Groups** and the **Care**

Team. Email Nancy Dearing, nancydear@duck.com to sign up or with questions.

First Street Methodist Mission needs **Baby Wipes** 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.

Core Practice: Mindfulness & Meditation

The Buddhist Metta (Lovingkindness) Prayer, Adapted

My heart fills with loving kindness. I love myself. May I be happy. May I be well. May I be peaceful. May I be free.

If I have hurt anyone, knowingly or unknowingly in thought, word or deed, I ask for their forgiveness.

If anyone has hurt me, knowingly or unknowingly in thought, word or deed, I extend my forgiveness.

May all beings everywhere, whether near or far, whether known to me or unknown, be happy. May they be well. May they be peaceful. May they be free.

New to mindfulness? On the go? Biting your tongue?

Here’s a four-phrase mantra for those times you need to breathe in peace and lovingkindness and exhale tension, impatience, and unintended consequences.

I am sorry, please forgive me, thank you, I love you



For more opportunities, browse programs and events or search by ministry or keyword at fumcfw.org/events