



Our spiritual practice for January is **Practicing Resistance**.

“Our resistance is not predicated on how likely it will be to alter the conscience of the oppressor. We resist to retain our own conscience. And to awaken all others who are still in possession of their own souls.”

~Cole Arthur Riley

Sunday, January 18th, 2026
“One Foot In Front of Another”

With Troy Fisher and the OUUC Choir

This “music service” is a call for connection in troubled times. It is about persistence, community and moving ahead. “One foot in front of the other” is a metaphor for determination and forward motion. We think of love warriors like Martin Luther King, Nelson Mandela, Mother Teresa, Ghandhi, Dolores Huerta. All of them started their movements out of the love of their people not out of the hatred of someone else.

At OUUC, masks are welcome and optional. Please join us online if you don't feel well.

Kindly put your cell phones into Airplane Mode to help us ensure a meaningful experience for all in attendance, onsite and online.

Hearing assistance devices are available in the sanctuary at the tech desk.

Prelude

Troy Fisher
(he/him)

Morning Song
“Let's Get Together”

Congregation/Choir

Words & music: Chester Powers

Welcome

Alicia Martinelli
(she/her)

Chalice Lighting

“Sending You Light”

Words & music: Melanie DeMore

Karen Gheorghiu -

Solo

Opening Words

“We Did Not Ask For This Room” by Stephen King

Rev. Mary Gear

(she/her)

Opening Hymn

Hymn #201 “Glory, Glory, Hallelujah!”

Words & Music: Traditional, arr. by Mary Allen Walden

Congregation/

OUUC Choir

Story

Hymn #1056 “Thula Klizeo”

Words & music: Joseph Shablala

Arranged by Leanne Macdonnell

Troy Fisher

Congregation/OUUC

Choir

Share the Plate Offering

Alicia Martinelli

Offertory

“Sending You Light”

Karen Gheorghiu -

Solo

Ritual of Sharing from the Heart

Rev. Mary

Prayerful Practice

Rev. Mary

Musical Response

“A Heartsong Blessing”

Words based on the poem “Resolution Blessing” by

Mattie J.T. Stepanek

Music: Joseph M Martin

OUUC Choir

Reading

“Lead With Love”

Words & music: Melanie DeMore

Alicia Martinelli/

OUUC Choir

“Connected”

Words & Music: Brian Tate

OUUC Choir

“I Believe in Someday”

OUUC Choir

Words: Mattie J.T. Stepanek

Music: Joseph M. Martin, incorporating: Peace Like a River

“One Million Voices”

OUUC Choir

Words & music: Brian Tate

Closing Hymn

Congregation/

“Lean On Me with We Shall Overcome”

OUUC Choir

Arranged by Mark Hayes

Closing Words & Extinguishing the Chalice

Rev. Mary/

“Sending You Light”

*Karen Gheorghiu -
Solo*

Postlude

Troy Fisher

Reflection Questions:

1. Who have been the “Love Warriors” in your life?
2. Poet Mattie J.T. Stepanek wrote, "Believing in goodness and potential - in ourselves and others – takes courage".

Today’s After-Service Forum (12:15 pm, onsite and online):

Faith In Action: A Talk on the Proposed Chehalis Dam

Next Sunday, Jan. 25th, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):

“The Heartbreak of Limitations” with Rev. Mary Gear:

We explore the monthly spiritual theme of “Practicing Resistance” by reflecting on the limitations in our lives and how we live with them and how we resist them.

After-Service Forum on Jan. 25th, at 12:15 pm (onsite & online):

Skillbuilder- Success Stories of Engagement

Share the Plate Offering: Our Share the Plate organization for January and February is Homes First:

In the past 35 years, Homes First has provided safe, clean, stable, and affordable homes to more than 5,000 community members who are very low and extremely low-income. Today, your attention and support will make all the difference. Homes First work includes: making emergency repairs to uninhabitable housing units; covering operating expenses during this revenue shortfall; maintaining current program and services; and covering compliance and safety upgrades.

If you write a check, please note "PLEDGE" if it is a pledge payment. All other donations in the basket will benefit the Share the Plate program.

- Checks can be mailed to: 2306 East End St NW, Olympia, WA 98502
- Donate online at: <https://onrealm.org/OUUC/give/offering>
- Donate by text: Text "OUUC offering" to 73256 to give using your mobile device. Messages and data rates may apply. Message frequency varies. Text HELP to 73256 for help. Text STOP to 73256 to cancel

OUUC Opportunity of the Week: the FUUN team! This will be a new team, not in existence yet, that will seek to create and support social and fun events for us. Joy is resistance too. If you are interested in creating fun for OUUC, talk to Rev. Sara.

Today in the commons, look for the Cottage Meeting postcards with the Welcome Team! Cottage Meetings are small, intimate group gatherings where, for about 90 minutes, we'll enjoy refreshments and meaningful conversations about what OUUC means to each of us and the future we envision for our beloved congregation. There are many sessions to choose from, with different dates, times and locations. Sign up now! **Wednesday, January 7th at 7:00pm**, the OUUC Choir starts rehearsing again here in the sanctuary! Is this your year to join the choir? If so, show up on Wednesday, or speak with our Music Director, Troy Fisher.

Find more details on these and other announcements in the Weekly Update:
<https://www.ouuc.org/weekly-update/>