



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

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**Sunday, January 25th, 2026**  
**“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; how we resist them and how we live with them.

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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.

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**Prelude**

*Troy Fisher  
(he/him)*

**Morning Song**

*Congregation*

**Hymn #170 “We Are a Gentle Angry People”**

Words & music: Holly Near

**Welcome**

*Anne Kohlbry  
(she/her)*

**Chalice Lighting**

*Anne Kohlbry*

“Bearers of Hope & Resistance”

Rev. Michelle Collins

<b>Opening Words</b>	<i>Rev. Mary Gear</i>
“Inexplicable” by Rev. Karen Johnston	<i>(she/her)</i>
<b>Opening Hymn</b>	<i>Congregation</i>
<b>Hymn #6 “Just as Long as I Have Breath”</b>	
Words: Alicia S. Carpenter / Music: Johann G. Ebeling	
Harmony rev. By John Edwin Giles	
<b>Story</b>	<i>Rev. Sara Lewis</i>
<i>The Star Thrower</i> by Loren Eiseley	<i>(she/her)</i>
<b>Musical Interlude</b>	<i>Troy Fisher</i>
<b>Share the Plate Offering</b>	<i>Anne Kohlbry</i>
<b>Offertory</b>	<i>Troy Fisher</i>
<b>Ritual of Sharing from the Heart</b>	<i>Rev. Mary</i>
<b>Prayerful Practice</b>	<i>Rev. Mary</i>
“Breathe” by Rev. Lynn Ungar	
<b>Musical Response</b>	<i>Congregation</i>
“Be Still and Breathe”	
Words: Loretta K. Notareschi & Gabe Perbieri / Music:	
Loretta K. Notareschi	
<b>Reading</b>	<i>Anne Kohlbry</i>
Excerpt from Rev. Gretchen Haley	
<b>Resisting Limits Part 1</b>	<i>Rev. Mary</i>
<b>Musical Interlude</b>	<i>Troy Fisher</i>
<b>Reading 2</b>	<i>Anne Kohlbry</i>
Excerpt from <i>How To Live in a Chaotic Climate</i> by LaUra Schmidt	
<b>Resisting Limits Part 2</b>	<i>Rev. Mary</i>

**Closing Hymn***Congregation***Hymn #112 “Do You Hear?”**

Words: Emily L. Thorn / Music: William Caldwell's  
Union Harmony  
Harmony by Eugene Wilson Hancock

**Closing Words & Extinguishing the Chalice***Rev. Mary*

Words inspired by American theologian Reinhold  
Niebuhr

**Postlude***Troy Fisher*

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**Reflection Questions:**

1. What limits are you resisting?
2. How do you decide when to resist and when to accept?

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

**Skillbuilder-** Success Stories of Engagement with Rev. Sara & Others

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**Next Sunday, Feb 1st, 2026, at 9 am (onsite only) & 10:45 am (online & onsite):****“Moving on from Walden Pond” with Rev. Sara Lewis**

Many of us have found inspiration from the teachings of Henry David Thoreau and other Transcendentalists, but how does this sort of individualism answer the needs of today? How can we move on from Walden Pond and toward a radical mutuality that still retains what was good at Walden Pond?

**After-Service Forum on Feb 1st, at 12:15 pm (onsite & online): “How To Respond to Hard Things-Part 1” with Rev. Mary & Rev. Sara**

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**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

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**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/>