



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 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.

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

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

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

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

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

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/>