

WORSHIP SERVICE  
January 11, 2026  
What you resist, persists.  
C.G. Jung

ANNOUNCEMENTS

PRELUDE

LIGHTING OF THE CHALICE      Holy and Wild Vision by Shawn Gibson  
Rev. Linda Barnes

OPENING HYMN      When the Spirit Says Do      STJ#1024  
Sarah Dan Jones, Music Director

READING      Carl Young: What You Resist Grows in Size, from Thomas Oppong  
Worship Associate Paul Phillips

STORY      *Tilda Tries Again* by Tom Percival  
Grace Kennedy, Director of Religious Exploration

MEDITATION      Allow by Danna Faulds  
Rev. Linda Barnes

SILENCE

HYMN      I Know This Rose Will Open      SLT#396  
Sarah Dan Jones, Music Director

OUTREACH OFFERING      Planned Parenthood  
Lindsay Ware, Organizing Manager of Planned Parenthood of Northern New England

*You may come forward to light a candle in silence during the offertory.*

JOYS AND SORROWS

READING      from Jack Kornfield  
Paul Phillips, Worship Associate

HYMN      This Little Light of Mine      SLT#118  
Sarah Dan Jones, Music Director

SERMON      Navigating Change and Resistance  
Rev. Linda Barnes

CLOSING HYMN      Fire of Commitment      STJ#1028  
Sarah Dan Jones, Music Director

CLOSING WORDS  
Rev. Linda Barnes

POSTLUDE

EXTINGUISHING THE CHALICE