

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

ANNOUNCEMENTS

PRELUDE

LIGHTING OF THE CHALICE Rev. Linda Barnes	Holy and Wild Vision by Shawn Gibson	
OPENING HYMN Sarah Dan Jones, Music Director	When the Spirit Says Do	STJ#1024
READING Worship Associate Paul Phillips	Carl Young: What You Resist Grows in Size, from Thomas Oppong	
STORY Grace Kennedy, Director of Religious Exploration	<i>Tilda Tries Again</i> by Tom Percival	
MEDITATION Rev. Linda Barnes	Allow by Danna Faulds	
SILENCE		
HYMN Sarah Dan Jones, Music Director	I Know This Rose Will Open	SLT#396
OUTREACH OFFERING Lindsay Ware, Organizing Manager of Planned Parenthood of Northern New England	Planned Parenthood	
<i>You may come forward to light a candle in silence during the offertory.</i>		
JOYS AND SORROWS		
READING Paul Phillips, Worship Associate	from Jack Kornfield	
HYMN Sarah Dan Jones, Music Director	This Little Light of Mine	SLT#118
SERMON Rev. Linda Barnes	Navigating Change and Resistance	
CLOSING HYMN Sarah Dan Jones, Music Director	Fire of Commitment	STJ#1028
CLOSING WORDS Rev. Linda Barnes		
POSTLUDE EXTINGUISHING THE CHALICE		