

Soul Matters Monthly Theme: Practicing Resistance

“You were not just born to center your entire existence on work and labor. You were born to heal, to grow, to be of service to yourself and community, to practice, to experiment, to create, to have space, to dream, and to connect.”

— Tricia Hersey

Order of Service January 4th, 2026: Presence, Pleasure, and Joy as Acts of Resistance

Congregational Greeting

Bell Chime

Welcome and Announcements

Chalice Lighting: For those attending by Zoom, please type into the Chat that a chalice is lit on [your street]:

We are a welcoming people of diverse beliefs who commit to nourish the spirit, broaden the mind, nurture the earth, and build community. May this flame we kindle remind us to strive, today and every day, to love beyond belief.

Hymn: #170: “We Are a Gentle, Angry People” (Gray Hymnal), words and music by Holly Near

Story: *Screens Away, Time to Play!* written by Kailan Carr, illustrated by Rebecca Sinclair

Hymn #1017: “Building a New Way” (Teal Hymnal), words and music by Martha Sandefer

Reading “Radical Gratitude Spell” by adrienne maree brown (p 401 of *Pleasure Activism*)

Sorrows and Joys

Singing Prayer: To the tune of #1002 (teal hymnal) by Mimi Borstein

Comfort me, share my joy/ Comfort me, Oh my soul. (2x)

Offertory

Poem: “Take Time Out” by Maya Angelou

Homily and Interactive Element

Video Tricia Hersey at the 2025 R.E.S.T. Conference (Restoration, Enlightenment, Solidarity, and Transformation) hosted by Early Childhood Educators of Color

https://youtu.be/NCgVew2851Y?si=oz2_myJRGjPbkmGI

Hymn: #108: “My Life Flows On in Endless Song” (Gray Hymnal), an Early Quaker song and American gospel tune

Chalice Extinguishing

We extinguish this flame, but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.

Singing Benediction: “Longtime Sun,” the final three minutes of “A Very Cellular Song” written by Mike Heron and performed by The Incredible String Band on their 1968 album *The Hangman’s Beautiful Daughter*.

*May the long time sun shine upon you/All love surround you
And the pure, pure light that’s within you/ Guide your way home (2x)*