

TODAY'S SERVICE

CULTIVATING CONNECTION WITH SELF, OTHERS, THE WIDE WORLD, AND GOD

FEEL FREE TO USE PRONOUNS OF YOUR CHOICE FOR ALL SONGS AND PRAYERS

Chimes

Call to Worship: Come Fall On Us

A thankful heart prepares the way for you my God
 A thankful heart prepares the way for you my God
 Come fall on us, we fall on you,
 A thankful heart will be our rhythm
 Come fall on us, we fall on you,
 A thankful heart will be our song

Sarum Prayer:

God be in my head
 and in my understanding;
 God be in my eyes
 and in my looking;
 God be in my mouth
 and in my speaking;
 God be in my heart
 and in my thinking;
 God be at my end
 and at my departing

Body - Breath - Awareness Meditation

A reading from Psalm 31:1-3, 21-23

Lord, I come to you for protection. Don't let me be disappointed. You always do what is right, so save me. Listen to me. Come quickly and save me. Be my Rock, my place of safety. Be my fortress and protect me! Yes, you are my Rock and my protection. For the good of your name, lead me and guide me. Praise the Lord, because he showed me how wonderful his faithful love is when the city was surrounded by enemies. I was afraid and said, "I am in a place where he cannot see me." But I prayed to you, and you heard my loud cries for help. Love the Lord, all of you who are his loyal followers.

Announcements

Sermon

Mama Bear Minute

Prayer for loved ones: Mike and Janine, Janee, Mary, Emma, Maureen, Jackie, Mike, Perci and Jae, Danielle,

Len, Brooke, Ben, and Naomi, Natalie, Ray, Linda, Ken and Eleanor, Kevin, Holly Ann, Pat, Chio, Mindy, Allison, Kim, Jamie, Anne, Bob, Bishop Flunder, Bishop Bonnie Perry, Bishop Darrell Goodwin, Lilliana, James, Julia, Leah, Wanda*, Tonya, Alicia, Patrisse, Opal, Ozone House, immigrants.

Lord's Prayer

Our Creator in heaven, hallowed be your name.
 Your kin_dom come, your will be done,
 on earth as in heaven.
 Give us today our daily bread.
 And forgive us our sins,
 as we forgive those who sin against us.
 Save us from the time of trial,
 and deliver us from evil.
 For the kin_dom, the power, and the glory are yours.
 Now and forever. Amen.

Communion

Youth Group Minute

Children's Ministry Minute

Song: I'm Trading My Sorrows

I'm trading my sorrows I'm trading my shame
 I'm laying them down for the joy of the Lord
 I'm trading my sickness I'm trading my pain
 I'm laying them down for the joy of the Lord

We say
 Yes Lord yes Lord yes yes Lord
 Yes Lord yes Lord yes yes Lord
 Yes Lord yes Lord yes yes Lord
 Amen

I am pressed but not crushed
 Persecuted not abandoned
 Struck down but not destroyed
 I am blessed beyond the curse
 For Your promise will endure
 Your joy's gonna be my strength

Though the sorrow may last for the night
 Your joy comes with the morning

Benediction from the Saint of El Salvador, Oscar

Romero: "Let us not tire of preaching love, it is the force that will overcome the world. Let us not tire of preaching love, Though we see that waves of violence succeed in drowning out the fire of Christian love, love must win out, it is the only thing that can."

Go in peace.

Wash your hands.

Love your neighbors.

You are not alone.