

First Reformed United Church of Christ

*Where People Discover...
The Love of God
The Power to Love Others
The Ability to Love Ourselves*

February 25, 2018

11:00 a.m.

Lent 2

**“Finding Your Breath:
Listening to our Bodies”**



LISTEN

Welcome! If you are visiting with us, please fill out a pew card and place it in the offering plate when passed. Childcare for infants through Kindergarten is offered and hearing devices are available. Please let an usher know if you need assistance.

Please enter quietly and settle into an attentive and relaxed state of being. Let us begin this season of listening, of hearing that still, small voice and finding our own true selves.

Music for Settling

***Evoking the Mystery with the Chiming of the Hour**

**Bringing in the Light of Christ*

“Come and Rest“

*Solo: Come and rest. Come and listen.
There's a wisdom deep within that calls us closer.
Come and rest. Come and listen.
Lay the fullness of your lives before the Maker.*

Ellen Peterson

Welcome

Elizabeth Horton

“Come and Rest“

*Choir: Come and rest. Come and listen.
There's a wisdom deep within that calls us closer.*

***People: Come and rest. Come and listen.
There's a wisdom deep within that calls us closer.***

*Choir: Come and rest. Come and listen.
Lay the fullness of your lives before the Maker.*

***People: Come and rest. Come and listen.
Lay the fullness of your lives before the Maker.***

Examen

Elizabeth Horton

(A prayer practice where we review our actions)

For that which, then, I thought was right...
have mercy, God.

For that which, now, I regret...
forgive me, God.

For that which, hence, I know not what to do...
guide me, God.

Come and rest, come and listen.
Know that grace, forgiveness and guidance are available to you
at each and every moment that we turn to receive them.
Thanks be to God.

Silent Rest

Sit quietly in the silence without any expectation of what you “ought” to be thinking. Don’t worry about sounds from children or elsewhere—simply let them float into and out of your attention. And if you find it difficult to settle your thoughts, contemplate the following:

Most of us breathe too shallow.

*Take a deep breath all the way into the far
corners of your lungs...*

Fill up your breath...fill up your spirit.

*Then let it empty all the way out, long and slow...
Let it all go and take with it the toxins of your life.*

*Opening Hymn

“Breathe on Me, Breath of God” [Insert]

Children are invited to come forward on the last verse.

FIND

Young Disciples
Noisy Offering

Elizabeth Horton

Breathe on Me, Breath of God

He breathed on them and said, "Receive the Holy Spirit." Jn. 20:22

Descant

4. Breathe on me, Breath of God,

1. Breathe on me, Breath of God, fill me with
2. Breathe on me, Breath of God, un - til my
3. Breathe on me, Breath of God, till I am
4. Breathe on me, Breath of God, so shall I

so shall I nev - er die, but live the
life a - new, that I may love what
heart is pure, un - til my will is
whol - ly thine, un - til this earth - ly
nev - er die, but live with thee the

per - fect life of thine e - ter - ni - ty.
thou dost love, and do what thou wouldst do.
one with thine, to do and to en - dure.
part of me glows with thy fire di - vine.
per - fect life of thine e - ter - ni - ty.

The Psalmist's Prayer

Psalm 33: 3-6; 20-22

Reader:

Patti Lovell

Sing to God a new song!
Play your best with joyful shouts!
Because the Lord's word is right,
God's every act is done in good faith.
God loves righteousness and justice;
the Lord's faithful love fills the whole earth.
The skies were made by the Lord's word,
all their starry multitude by the breath of God's mouth.
We put our hope in the Lord.
God is our help and our shield.
Our heart rejoices in God
because we trust God's holy name.
Lord, let your faithful love surround us
because we wait for you.

"Meet Me Here"

*Solo: Meet me here,
Find me in my wanderings.
Meet me here,
Deep within my soul.*

Ellen Peterson

Seeking the Word

Romans 8: 26-28, 38-39

Elizabeth Horton

The scripture in this series will be done in an abridged "lectio divina" format—which means "divine reading." We will hear the scripture read once and then we will let that resonate for a bit with some music for the inward journey. What words or phrases popped out for you in the reading? Feel free to doodle in your Worship Guide with that word or phrase if you wish. When the music is over, we will hear the scripture read again.

Music for an Inward Journey

Anthem:

"The Lily of the Valley"

Arr. Lloyd Larson

*I have found a friend in Jesus, He is everything to me.
He's the Lily of the Valley, in Him alone I see.
In sorrow He's my comfort, in trouble He is my stay;
He's the fairest of ten thousand, my joy upon my way.
He all my grief has taken, He all my sorrows borne.
I have all for Him forsaken, from my heart all idols torn.
Though all the world forsake me and Satan tempt me sore,
He will never, no, never leave me 'til my life on earth is o'er.
When my life on earth is over, when I have run this race,
Then sweeping up to heaven, I'll see His blessed face!
The Lily of the Valley, He keeps me by His power, His power!
I've found a friend in Jesus, He's the bright and Morning, the Morning Star!
I've found a friend in Jesus, He's my bright and Morning Star!*

Hearing the Word
Romans 8: 26-28, 38-39

Patti Lovell

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. We know that all things work together for good for those who love God, who are called according to his purpose.

For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Homily

Elizabeth Horton

"Finding Your Breath: Listening to our Bodies"

REFLECT
Appointment with God

*Solo: Meet me here,
Find me in my wanderings.
Meet me here,
Deep within my soul.*

Ellen Peterson

*People: Meet me here,
Find me in my wanderings.
Meet me here,
Deep within my soul.*

Prayers of the People

Elizabeth Horton

Receiving our Tithes and Offerings

***Prayer of Dedication**

Patti Lovell

***Closing Hymn**

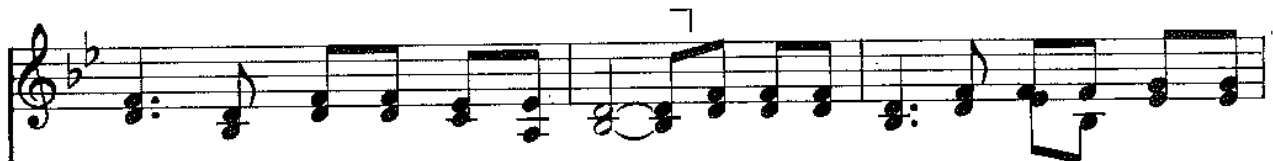
"How Great Thou Art" [Insert]

How Great Thou Art

Great is the Lord, and most worthy of praise. Ps. 48:1



1. O Lord my God, when I in awe-some won-der con-sid-er
2. When through the woods and for-est glades I wan-der and hear the
3. And when I think that God, his Son not spar-ing, sent him to
4. When Christ shall come with shout of ae-cla-ma-tion and take me



all the *worlds thy hands have made, I see the stars, I hear the *roll-ing
birds sing sweet-ly in the trees, when I look down from loft-y moun-tain
die, I scarce can take it in, that on the cross, my bur-den glad-ly
home, what joy shall fill my heart! Then I shall bow in hum-ble ad-o-



thun-der, thy power through-out the u-ni-verse dis-played.
gran-deur, and hear the brook and feel the gen-tle breeze.
bear-ing, he bled and died to take a-way my sin.
ra-tion, and there pro-claim, "My God, how great thou art."



Refrain
Then sings my soul, my Sav-ior God, to thee: how great thou



art, how great thou art! Then sings my soul, my Sav-ior God, to
 thee: how great thou art, how great thou art!

*Author's original words are "works" and "mighty."

WORDS: Stuart K. Hine, 1949, alt.

MUSIC: Swedish folk melody; arr. Stuart K. Hine, 1949

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PREPARE TO LISTEN IN THE WORLD

Connecting

*Benediction

*Choral Benediction

We're so thankful that you are still speaking,
 You're still speaking, gracious God.
 For the sake of the world you are seeking,
 We are listening, listening now.

Please pass the peace with your neighbors as you move into the world.

Music for Going Out

*THOSE WHO ARE ABLE PLEASE STAND

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Upcoming Events

NOISY OFFERING! Another **NOISY OFFERING** will be collected today for the **Back Pack Program for Easter Break** for South Lexington School.

FAMILIES FIRST MEAL AND MEETING on **February 25th** in the Fellowship Hall to discuss plans for future activities.

BUILDING AN INCLUSIVE CHURCH PROCESS

February 25th at 5:00pm...Welcoming Task Force meeting in the church Parlor. All are welcome to attend!

WNCA SPRING EDUCATION GATHERING: Love Your Neighbor!

Learn more about putting your faith into action, both as an individual and as a church! The annual WNCA Education Gathering will feature one of the UCC's Three Great Loves: *Love of Neighbor!* There will also be a **celebration of the ministry of the Rev. Jerry Rhyne**, the retiring WNCA Minister for Church Affairs. The gathering will be on Saturday, March 3, 2018 from 9:00am-2:00pm at Abernethy Laurels. 102 Leonard Avenue, Newton, NC. Cost is \$10.00 which includes lunch and refreshments.

GARDEN WORK DAY Saturday March 3 from 10:00am-12:00pm, weather permitting

TOUCHING DAVIDSON COUNTY WITH LOVE is March 24th. Volunteers are needed as project managers and general workers. Please see the sign-up form in the narthex if you can help! The deadline to sign up is March 4th. Please use the sign-up sheets in the Narthex.

VOLUNTEERS NEEDED FOR VACATION BIBLE SCHOOL We are still in need of volunteers to serve as teachers and/or group leaders. Please contact Cathy by March 11 if you are interested. VBS is scheduled for June 17-21 at Second Reformed UCC from 5-7:30pm each day.

GIRL SCOUT SUNDAY Members of Girl Scout Troop 2160 will participate in the morning worship on Girl Scout Sunday, March 11. A Noisy Offering will also be collected during worship that morning which will go toward their June trip to Los Angeles and the Grand Canyon.

INTERFAITH FORUM #3: March 11 at 4:00

The Board of Evangelism will present a third Interfaith Forum featuring **Father Constantine Shepherd** from Annunciation Greek Orthodox Church in Winston Salem. The forum will be held in the Fellowship Hall with refreshments following the presentation.

"40 BAGS in 40 DAYS" DECLUTTER CHALLENGE will continue until March 29th. Sign up to take challenge at [facebook.com/girlscouts2160](https://www.facebook.com/girlscouts2160) or [instagram.com/girlscouts2160](https://www.instagram.com/girlscouts2160) or by letting Kivi Miller know you plan to participate.

EASTER LILY ORDER FORM



White Easter Lilies are an ancient symbol of the resurrection and our sanctuary will be adorned with the beautiful cross of lilies on Easter Sunday morning. **The cost of each plant is \$13.00.** Lilies can be picked up immediately following the worship service. To purchase a lily in honor or memory of someone, fill in the appropriate spaces and place in the offering plate or call the church office at 336-248-2617.

DEADLINE TO ORDER IS Wednesday, March 7th

In Loving Memory of

By

In Honor of

By

CALENDAR OF EVENTS

Sunday, February 25 Second Sunday in Lent

- 9:45am Children – studying Joseph with Cathy Waitman
New Way – studying Mark with Jerry Lovell
Willing Workers – studying Luke with Doug Sink
Discussion class – studying *“Let Your Life Speak”* by Parker Palmer
with Elizabeth Horton
- 11:00am Worship in the Sanctuary... **Noisy Offering for Back Pack Program**
- 12:15pm Families First Covered Dish Lunch and meeting {FH}
- 5:00pm Welcoming Task Force {P}

- Monday, February 26**
- 5:00pm Tutoring
5:30pm Confirmation Class
6:00pm Open Hands Ministry {FH}

- Tuesday, February 27**
- 10:00am Weaving Women {WW Classroom}
11-12:00 Lenten Lunch & Learn {P}
12:00pm Friendship Club: Davidson County Senior Chorus {FH}

- Wednesday, February 28**
- 12:00pm Community Lenten Service {First Lutheran Church}
6:30pm Bell Choir {Bell Room}
7:15pm Choir {Ch. A}

- Thursday, March 1**
- 5:30pm YOGA Class {P}
7:00pm Square Dancing {FH}

- Saturday, March 3**
- 9-2:00 WNCA Spring Education Gathering: Love Your Neighbor
{Abernethy Laurels, 102 Leonard Avenue, Newton, NC}
10-12:00 Community Garden Workday (weather permitting)

Sunday, March 4 Third Sunday in Lent

- 9:45am Children – JAM with Ellen Peterson
New Way – studying Mark with Jerry Lovell
Willing Workers – studying Luke with Doug Sink
Discussion class – studying *“Let Your Life Speak”* by Parker Palmer
with Elizabeth Horton
- 11:00am Worship in the Sanctuary

Looking Ahead...

Sunday, March 11

- One Great Hour of Sharing
Girl Scout Sunday
Interfaith Forum #3 at 4:00pm

Sunday March 18

- Catawba Singers at 3:00pm

Saturday, March 24

- Touching Davidson County with Love

Celebrating Birthdays and Anniversaries {February 25-March 3}

Birthdays	February 26	Clifford Lopp
	March 1	Ann Kirkman
	March 2	Vicky Gray
	March 3	Corinne Gray
Anniversaries	February 28	Jerry & Aurelia Smith

Thank You for Serving in Our Church

THE FLOWERS ON THE ALTAR today are given in Honor and Glory of God, from whom all blessings flow; given by Keith and Alisa Johnson.

USHERS: James Gray, John Smith, Raeann Allred, Michell Winters

PLATE ATTENDANT:

YOUTH USHER: Jonathan Kepley

SOUND TECHNICIAN: Jeremy Peterson

ACOLYTE: Parker Horton

GREETERS: Keith & Alisa Johnson

BIBLE STEWARD: Patrick Horton

NURSERY {INFANTS-KINDERGARTEN}: Vicky Gray & Alice Gray

- ❖ **A wall unit changing table is located in our handicapped restroom {through left door at chancel.}**
- ❖ **A comfort area with rocking chair, monitor and speaker is available if you need to leave the sanctuary to calm or soothe a baby or young child {through left or right door at chancel.}**

Our Church at Prayer

PRAYER CONCERNS: Remember those in the Armed Forces. To add a name to the prayer list please contact Sylvia Walser at 336-225-2964 or the church office.

CHURCH MEMBERS: Lib Sink, Sylvia Walser, Ruth Essick, J.W. Bates, Carolyn Spivey, Peggy Bates, Ruth Fritts, Margot Everhart,

HOMEBOUND MEMBERS: Doris Flynt, James Everhart, Lib & Jimbo Hinkle, Jo Hudson, Valerie Price, Joyce Price, Rita Tussey, Adena Wall, Marzell Crotts, Hoyle Potts

OUR FRIENDS: Greg Nifong (Lib Sink's nephew), Danny Lloyd (Frank Callicutt's father), Russ Maze (John Maze's father), Albert Evans (Harriette Murphy's brother), Lynn Mack (friend of Mary Berrier), Julia Clodfelter (Deanna Michael's sister and Mary Berrier's sister-in-law), Doris Brown (Mike & Lynn Brown's sister-in-law), Ronald Yates, (Eddie Yates' dad), Nell and Ken Holmes (neighbors of Jerry and Patti Lovell), Jeffery Saunders (Amy Hedrick's son), Debra Craver (friend of Alisa Johnson), Sharon Ward (friend of Alisa Johnson), Delores Martin (Sylvia Walser's sister), Eric Varnadore (Carol Varnadore's son), Ashley Anderson (Lee Ann Peele's cousin), Nancy Barr (Betty Barr's mother-in-law), Judy Stanley (family of Alane Holste)

FIRST REFORMED UNITED CHURCH OF CHRIST

104 EAST CENTER STREET, LEXINGTON, NC 27292

336-248-2617

Ministers: All Members of the Congregation

Pastor, Rev. Elizabeth Horton (elizabeth@frucc.org, cell/text #336-972-8895)

Minister of Pastoral Care, Rev. June Grubb (jgrubb3@triad.rr.com)

Director of Christian Education, Cathy Waitman (cathy@frucc.org)

Choir Director, Ellen Peterson Organist, Lee Ann Peele

Admin. Asst., Carolyn Robbins (carolyn@frucc.org)

Financial Secretary, Paula Lopp (paula@frucc.org)