

First Reformed United Church of Christ

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

March 11, 2018

11:00 a.m.

Lent 4

**“Finding Your Power:
Listening for Healing”**



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“

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

Ellen Peterson

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

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

Ellen Peterson

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:

*A wound is healed
when a binding together happens.*

*A prayer for another binds us with them
and binds both of us to God... healing.*

*Opening Hymn

“There Is A Balm in Gilead”

Children are invited to come forward on the last verse.

A Word of Thanks

Noisy Offering for Girl Scouts

Kivi Miller

FIND

Young Disciples

Elizabeth Horton

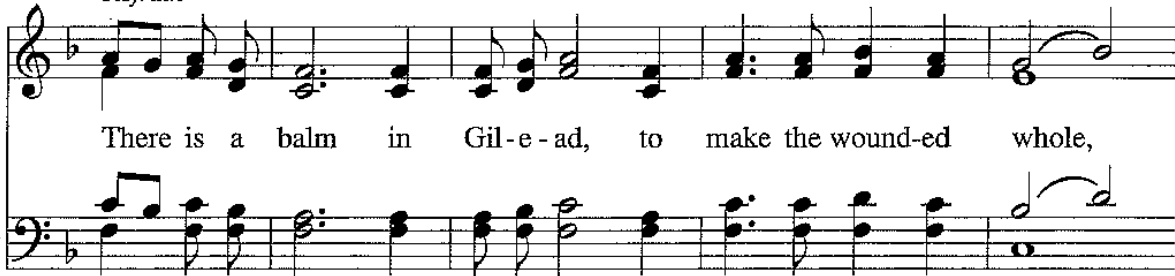
Children (Pre-K through 5th grade) are invited to join
Alice Gray, Nina Smith and Nicole Smith for Kids Club

There Is a Balm in Gilead

Jer. 8:18-22; 46:11; Acts 10:34-43

African-American spiritual; alt.

Refrain

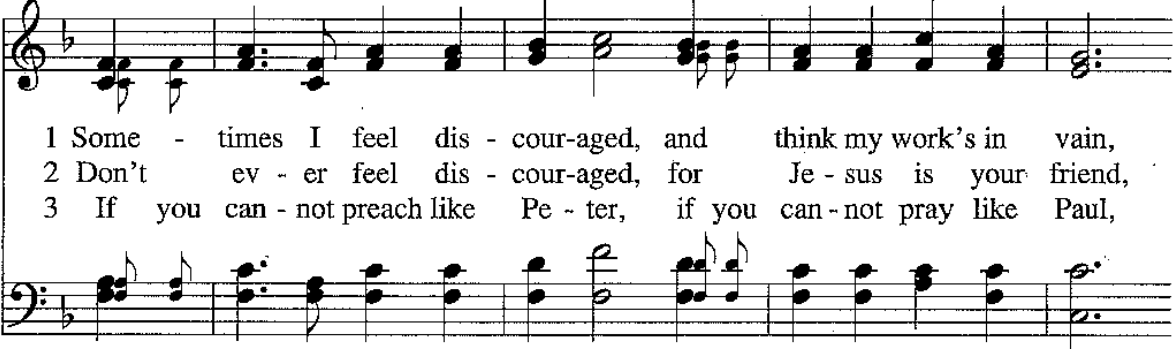


There is a balm in Gil-e-ad, to make the wound-ed whole,

Last time, end

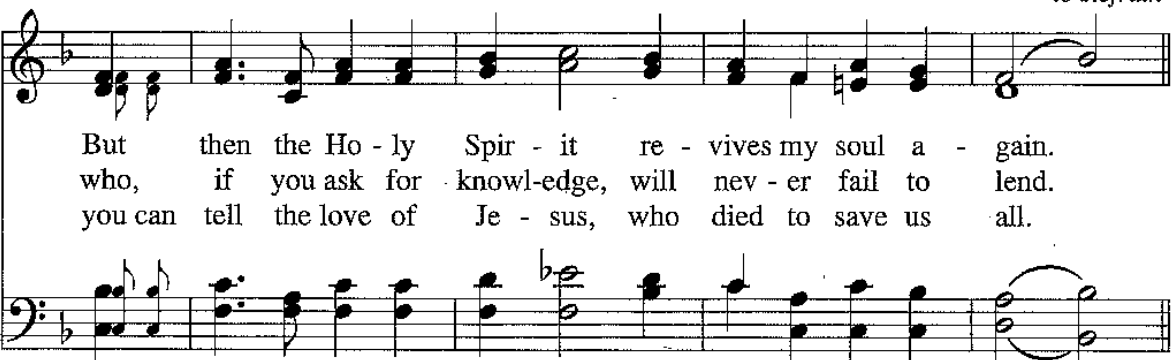


there is a balm in Gil-e-ad, to heal the sin-sick soul.



1 Some - times I feel dis - cour-aged, and think my work's in vain,
2 Don't ev - er feel dis - cour-aged, for Je - sus is your friend,
3 If you can - not preach like Pe - ter, if you can - not pray like Paul,

to Refrain



But then the Ho - ly Spir - it re - vives my soul a - gain.
who, if you ask for knowl-edge, will nev - er fail to lend.
you can tell the love of Je - sus, who died to save us all.

This is one of the most moving of the African-American spirituals because it illustrates the way in which the enslaved tried to encourage those who were feeling especially weighed down by the burden of their captivity.

Tune: BALM IN GILEAD Int. with refrain
African-American spiritual

“Meet Me Here”

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.*

The Psalmist’s Prayer

Psalm 22: 1-5; 25-26

Reader:

Jianna Miller

*My God! My God, why have you left me all alone?
Why are you so far from saving me—so far from my anguished groans?
My God, I cry out during the day,
but you don’t answer; even at nighttime I don’t stop.
You are the holy one, enthroned.
You are Israel’s praise.*

*Our ancestors trusted you—
they trusted you and you rescued them;
they cried out to you and they were saved;
they trusted you and they weren’t ashamed.
I offer praise in the great congregation because of you;
I will fulfill my promises in the presence of those who honor God.
Let all those who are suffering eat and be full!
Let all who seek praise the Lord!*

Seeking the Word

Mark 7: 24-30

Emma McSparin

From there he set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, “Let the children be fed first, for it is not fair to take the children’s food, and throw it to the dogs.” But she answered him, “Sir, even the dogs under the table eat the children’s crumbs.” Then he said to her, “For saying that, you may go—the demon has left your daughter.” So she went home, found the child lying on the bed, and the demon gone.

Mark 7: 31-37

Alyson McSparin

Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, “Ephphatha,” that is, “Be opened.” And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, “He has done everything well; he even makes the deaf to hear and the mute to speak.”

Music for an Inward Journey

"Arise My Love"
Oak Grove High School Small Ensemble

Joan Szymko

Hearing the Word

Mark 7: 24-37

Elizabeth Horton

Homily

Elizabeth Horton

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, Offerings, and One Great Hour of Sharing

Offertory

"Jonah"

Oak Grove High School Small Ensemble

Rollo Dilworth

***Prayer of Dedication**

Chloe Redfern

***Closing Hymn**

"Draw Me Nearer" [Insert]

Draw Me Nearer

Let us draw near to God with a sincere heart . . . Heb. 10:22



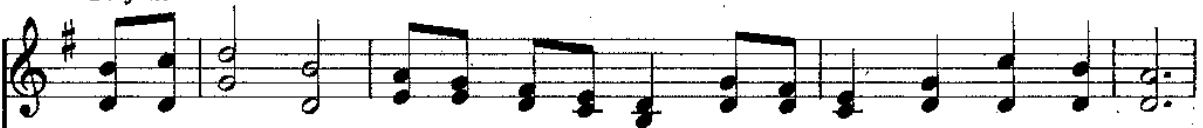
1. I am thine, O Lord, I have heard thy voice, and it told thy love to me;
2. Con-se-crate me now to thy serv-ice, Lord; by the power of grace di-vine;
3. O, the pure de-light of a sin-gle hour that be-fore thy throne I spend,
4. There are depths of love that I can-not know till I cross the nar-row sea;



but I long to rise in the arms of faith, and be clos-er drawn to thee.
let my soul look up with a stead-fast hope, and my will be lost in thine.
when I kneel in prayer, and with thee, my God, I com-mune as friend with friend!
there are heights of joy that I may not reach till I rest in peace with thee.



Refrain



Draw me near - er, near - er, bless - ed Lord, to the cross where thou hast died;



draw me near-er, near-er, near-er, bless-ed Lord, to thy pre-cious, bleed - ing side.



PREPARE TO LISTEN IN THE WORLD

Connecting

*Benediction

*Congregational Response

**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

Thank you Members of Girl Scout Troop 2160 for your service during our Morning Worship

Kiara Lewis, Bible Steward

Jianna Miller, Youth Liturgist

Alyson McSparin, Youth Liturgist

Emma McSparin, Youth Liturgist

Chloe Redfern, Youth Liturgist

Brenda Spencer, Acolyte

Welcome to Oak Grove High School Small Ensemble, under the direction of Ellen Peterson

Hailey Culbreth

Madison Culler

Jackie Deane

Ashlyn Lewis

Elle Lyons

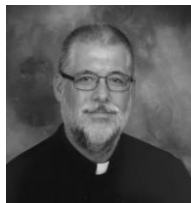
Caton Shore

Keeley Vaughn

Upcoming Events

GIRL SCOUT SUNDAY IS TODAY! We welcome members of Girl Scout Troop 2160 as they participate in the morning worship. A Noisy Offering will be collected today which will help with their June trip to Los Angeles and the Grand Canyon

ONE GREAT HOUR OF SHARING is today. An envelope for this offering can be found in your bulletin. *"When we contribute to One Great Hour of Sharing, we are part of God's work in the world."* ~OGHS



INTERFAITH FORUM SERIES TODAY (4:00-5:30pm)

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.

KIDS CLUB TODAY will talk about St. Patrick and Celtic Crosses. **KIDS CLUB WILL HELP IN THE GARDEN** on Sunday, March 18th. They will help plant potatoes with Edgar Miller.

THE CATAWBA SINGERS, presented by the FRUCC Arts Series and the Board of Evangelism, will perform Sunday, March 18th in the Sanctuary. This will be the third time this group has performed at our church, so we know this will be a real treat! A love offering will be collected to help cover their travel expenses and a reception will be held in the Fellowship Hall following their performance. Come enjoy and afternoon of music!

TOUCHING DAVIDSON COUNTY WITH LOVE is March 24th.

VOLUNTEERS FOR VACATION BIBLE SCHOOL are still needed to serve as teachers and/or group leaders. Please contact Cathy Waitman today if you are interested. VBS is scheduled for June 17-21 at Second Reformed UCC. Each night will begin with a light supper at 5:00 with Bible School beginning at 6:00.

"40 BAGS in 40 DAYS" DECLUTTER CHALLENGE will continue until March 29th. March 17th and 24th are Saturdays scheduled to drop off contributions. Girls Scouts will be available to help you unload your car. You may still drop off items on other days, too. The yard sale is scheduled for April 7th.

HOLY WEEK

March 25: **Palm Sunday Service** at the Square following worship. Elizabeth Horton will be speaking.

Palm Sunday Lunch at the J. Smith Young YMCA. Tickets are \$10 for adults and \$5 for children 4-8 years old. You may purchase tickets at the YMCA Welcome Center.

District Palm Sunday Service at Hedrick's Grove UCC at 6:00pm. Rev. Colleen Samson, the new WNCA Minister for Church Affairs, will bring the message.

March 27: **Community Meal at First Reformed UCC** at 5:00pm. Menu includes Spiral ham, green beans, braised potatoes, cole slaw and rolls. Contributions will go to Special Olympics of Davidson County.

March 29-31: **Walk the Labyrinth in the Fellowship Hall**
Thursday, March 29th 10:00am – 1:00pm and 5:00 – 6:00pm
Friday, March 30th 10:00 am – 1:00 pm
Saturday, March 31st 10:00 am – 1:00 pm

March 29: **Maundy Thursday Service** at 6:30pm in the Sanctuary

March 30: **Good Friday**

April 1: **Easter Sunday Breakfast** at 9:30 in the Fellowship Hall
Easter Egg Hunt at 10:00am
Worship Service at 11:00am

CALENDAR OF EVENTS

- Sunday, March 11** **Fourth Sunday in Lent...One Great Hour of Sharing...
Girl Scout Sunday...Noisy Offering**
- 9:45am Children – studying Abraham & Isaac with Cathy Waitman
 New Way – studying Mark with Dave Fulton
 Willing Workers – studying Genesis with Doug Sink
 Confirmands – Meet with Elizabeth Horton {Downstairs}
 Still Speaking Class – studying “*Let Your Life Speak*” by Parker Palmer {P}
- 11:00am Worship in the Sanctuary...Kid’s Club with Alice Gray, Nina Smith and Nicole Smith
- 12:15pm Consistory
- 4:00pm Interfaith Forum #3: Father Constantine Shepherd...refreshments following {FH}
- Monday, March 12** 5:00pm Tutoring
 5:00pm Crisis Ministry Shelter Meal: Women’s Life Fellowship
 6:30pm Open Hands Ministry {FH}
- Tuesday, March 13** 10:00am Weaving Women {WW Classroom}
 12-1:00pm Lenten Lunch & Learn {P}
 6:00pm Men’s Brotherhood {FH}
- Wednesday, March 14** 12:00pm Community Lenten Service {First Lutheran Church}
 6:30pm Bell Choir {Bell Room}
 7:15pm Choir {Ch. A}
- Thursday, March 15** 5:30pm YOGA Class {P}
 7:00pm Square Dancing {FH}
- Saturday, March 17** Half-way Collection Day for Girl Scouts Declutter Challenge
 Drop off bags with Yard Sale items in the Music room downstairs
- Sunday, March 18** **Fifth Sunday in Lent...Kids Club Helps Plant Potatoes in Garden**
- 9:45am Children – studying Isaac
 New Way – studying Mark with Dave Fulton
 Willing Workers – studying Genesis with Doug Sink
 Still Speaking Class – studying “*Let Your Life Speak*” by Parker Palmer
 with Elizabeth Horton {P}
- 11:00am Worship in the Sanctuary...Kids Club meets in the Garden
- 3:00pm Catawba Singers {S} and Reception {FH} A Love Offering will be collected

Celebrating Birthdays and Anniversaries {March 11-17}

Birthdays	March 12	Adam McKerlie
	March 16	Alane Holste
		Ron Sink
March 17	Dan Horton	
Anniversaries	March 11	Ron & Heidi Hutcheson
	March 17	Keith & Alisa Johnson

Thank You for Serving Our Church

USHERS: Steve Smith, Ted Smith, Vicky Gray, Amy Hedrick

PLATE ATTENDANT: John Smith

YOUTH USHER: Griff Smith

SOUND TECHNICIAN: John Gray

ACOLYTE: Brenda Spencer

GREETERS: James & Alice Gray

BIBLE STEWARD: Kiara Lewis

NURSERY {INFANTS-KINDERGARTEN}: Nina Smith & Nicole Smith

- ❖ **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: Jo Hudson (Lexington Health Care, Rm. 124), Gennie Lou Byerly, Ruth Essick, J.W. Bates, Carolyn Spivey, Peggy Bates, Ruth Fritts, Margot Everhart

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

OUR FRIENDS: Dot Crotts (Frank Leonard's aunt), 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), 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), Greg Nifong (Lib Sink's nephew), Danny Lloyd (Frank Callicutt's father), Lynn Mack (friend of Mary Berrier)

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)