



## *Fifth Sunday after Pentecost*

*July 10, 2022*



Rev. Lura Kidner-Miesen, Pastor  
Eric McKirdy, Organist & Music Director

# Centering Thoughts

Those who influenced me the most are not those who pointed out all my faults, but those who knew God was bigger than my shortcomings. Those who influenced me the most didn't just point a finger, they held out a helping hand.

—Phil Callaway

We have all been hurt. We are all recovering from some mistake, loss, betrayal, abuse, injustice or misfortune....We each must find ways to accept and move through the pain and to pick ourselves back up....Be patient with yourself.

—Bryant McGill

Don't judge yourself by what others did to you.

—C. Kennedy

In a healthy relationship, vulnerability is wonderful. It leads to increased intimacy and closer bonds. When a healthy person realizes they hurt you, they feel remorse and make amends. It's safe to be honest. In an abusive system, vulnerability is dangerous. —Christina Enevoldsen

Not everything that is faced can be changed, but nothing can be changed until it is faced.

—James Baldwin

If you really don't know where to start, pray for wisdom and insight.

—Daree Allen

## **Communion Directions:**

Later in the worship service we will come forward for Holy Communion. United Methodists have an open Communion Table and all who seek to know and follow Jesus Christ are welcome at the Lord's Supper. The ushers will direct those on the right half of the sanctuary when to go forward for Holy Communion. Starting with the front pews, you will go up the center aisle, receive a piece of bread and eat it, take a cup of juice and drink it, place the empty cup in the basket, and return to your seat by the side aisle. Those on the left half of the sanctuary will then do the same. If you are unable to walk up for Communion, when everyone in line has been served, please raise your hand and Communion will be brought to you.

# Welcome!

## Prelude

### Invitation to Worship (written by Masao Takenaka)

Eva Hitt

Eternal God, hallowed be your name. Early in the morning, before we begin our work, we praise your glory.

**Renew our bodies as fresh as the morning flowers.**

Open our inner eyes, as the sun casts light upon the darkness.

**Deliver us from all captivity.**

Like the birds of the sky, give us wings of freedom to begin a new journey.

**As a mighty stream running continuously, restore justice and freedom day by day.**

We thank you for the gift of this day, and for a new day to work with you.

**Amen.**

### Hymn: *Lord of the Dance*

UMH #261

### Scripture:

Acts 9:26-31

### Message: "Forgive and Forget?"

Pastor Lura

### Prayer

Pastor Lura

### The Lord's Prayer

**Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.**

### Song: *What a Friend We Have in Jesus*

UMH #526

### Prayer for Holy Communion

God be with you!

**And also with you!**

Lift up your hearts!

**We lift them up to God!**

Let us give thanks to the Living One!

**It is right to give our thanks and praise!**

Great are your works, O God. We see the works of your hands and delight in them. When we turn from you, you remain true to your covenant with us. You are gracious and merciful, providing food for bodies and souls. And so we raise our voices to praise you with all who have ever done so:

**Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord. Hosanna in the highest!**

In every age you raise up prophets, speaking your Word for us through them. In time you sent Jesus Christ who taught as one with authority and stood his ground in the face of evil in order to make room for love. Jesus sat at tables with friends, strangers, and those in need of acceptance. And he called out to people to "go and do likewise." We gather here to learn from him as others did. We gather here to stand our ground against evil and proclaim justice, sustained by this holy meal.

On the night in which he gave himself up for us, Christ took bread, gave thanks to you, O God, broke the bread, gave it to his disciples, and said: "Take, eat: this is my body which is given for you. Do this in remembrance of me."

When the supper was over, he took the cup, gave thanks to you, gave it to his disciples, and said, "Drink from this all of you; this is my blood of the new covenant, poured out for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me."

And so, in remembrance of these your mighty acts in Jesus Christ, we offer ourselves in praise and thanksgiving as a holy and living sacrifice, in union with Christ's offering for us, as we proclaim the mystery of faith.

**Christ has died; Christ is risen; Christ will come again.**

Pour out your Holy Spirit on us gathered here, and on these gifts. Make them be for us the body and blood of Christ, that we may be for the world the body of Christ, redeemed by his love.

By your Spirit make us one with Christ, one with each other, and one in ministry to all the world, until we feast at the heavenly banquet. Through Jesus Christ, with the Holy Spirit in your holy Church, all honor and glory is yours, almighty God, now and forever.

**Amen.**

**Song:** *How Great Thou Art*

Lonna Capaci, Chaundra Carter  
& Eric McKirdy

**Closing Blessing** (Second Thessalonians 3:16)

Pastor Lura

Now may the Lord of peace give you peace at all times in all ways. The Lord be with all of you.

**Postlude**



**Announcements:**

~ We collect items for Fish of Albany on the second Sunday of each month. Non-perishable food, new hygiene products, or new socks and underwear may be placed in the box in the entryway.

~ The Bible study of *The Way* meets after worship in the Fireside Room today, June 10.

~ All are invited for coffee, tea and conversation in the Fellowship Hall following the worship service today, June 10.

~ Our church generously supports the ministry of Jackson Street Youth Services. Board member John Evans will speak to us next Sunday, June 17, about Jackson Street.