



*September 4, 2022*



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

# Centering Thoughts

We should try our best to pour out all the burdens in our spirit by prayer until all of them have left us.

—Watchman Nee

When in these fresh mornings I go into my garden before anyone is awake, I go for the time being into perfect happiness. . . .All the cares, perplexities, and griefs of existence, all the burdens of life slip from my shoulders. . . .

—Celia Thaxter

I wish you music to help with the burdens of life, and to help you release your happiness to others.

—Ludwig van Beethoven

Today, let's be determined to see blessings in the midst of things that seem like burdens.

—Lysa TerKeurst

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.

—Jesus (Matthew 11:28-29)

Bear not the burden alone for you will be forever comforted within the word of God and by those who are with you. Letting others help and being a help to others is a great way to live. Trusting God and talking to Him is also a great comfort.

—Byron Pulisfer

## Welcome!

### Prelude

#### **Invitation to Worship** (based on Matthew 11:28)

Debbie Maddy

Jesus says, "Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest."  
**Sometimes we are weighed down by uncertainty and grief, by worry and responsibilities, by pain and illness.**

Lean on Jesus Christ and help each other with life's burdens.

**Empowered by the Holy Spirit, we face the future with hope.**

**Song:** *Come! Come! Everybody Worship*

TFWS #2271

**Scripture:**

Luke 13:10-17

**Message:** "Bearing Life's Burdens"

Pastor Lura Kidner-Miesen

**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:** *He Touched Me*

UMH #367

### **Prayer for Holy Communion**

Come to the table of the Lord! Come, for you are loved by God. Come, eat this spiritual meal God freely provides for all.

God of Love, we are filled with thankfulness, because in your great love you did not abandon us in the dark and fearful places of this world. In Jesus you came to us to rescue us, to restore us, and to give us new life.

**All who are tired and burdened, all who are frightened and feel unsafe, all who are sick and broken, can find new life in you, Holy God.**

We remember the way that Jesus showed us his love: On the evening before he died, he had supper with his friends. During the meal, he took the bread, gave thanks for it, broke it, and then passed it around with these words:

**This is my body broken for you. Eat this and remember me.**

After the meal Jesus took the cup of wine, gave thanks for it, and then passed it around with these words:

**This is my blood shed for you. Drink this and remember me.**

And now, every time we eat bread like this, and every time we drink juice like this, we remember Jesus, and his everlasting love.

**Merciful God, send the power of your Holy Spirit on these gifts of bread and drink upon us. Through these gifts may we receive the presence of the living Christ, and be one body in him.**

Through Christ, with Christ, in Christ, in the unity of the Holy Spirit, all honor and glory is yours, Almighty God, now and forever. Amen.

**Song:** *My Worth Is Not In What I Own*

Lonna Capaci, Chaundra Carter & Eric McKirdy

### **Closing Blessing**

Pastor Lura

May the healing power of Jesus Christ flow through you, lift you up, and bless you. May the Holy Spirit free you from your spiritual burdens. Go into this week with confidence, love and peace.

**Postlude**

## **Announcements:**

~ The ushers will direct those on the right half of the sanctuary when to go forward for Holy Communion. 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 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.

~ There will be a fellowship time of coffee, tea, and conversation today, September 4, following the worship service.

~ The September edition of the church newsletter, The Tower Notes, is on the entryway table.

~ Our congregation partners with God's Heart so they can cook a hot meal in our kitchen and take it to those who are unhoused. God's Heart also provides people with basic needs such as clothing. You may donate through our church website at [albanymethodist.org](http://albanymethodist.org) or by noting on your check that it is for "God's Heart."

~ United Women in Faith (formerly UMW) will meet in the Fireside Room (the room next to the large meeting space in the Fellowship all) on Wednesday, September 7, at 10 a.m. All women are welcome.

~ Pastor Lura is on vacation September 9-October 5. Rev. Bill Hays will preach on September 11 and 18, and Rev. Joe Medley will preach on September 25.

~ Volunteers are invited to help make sack lunches for Helping Hands to distribute to the homeless. Come to the church kitchen on Sunday, September 11, at 9 a.m.

~ United Women in Faith's district meeting is September 17 at 9:30 a.m. It will be on YouTube or in-person at Eugene First UMC, 1376 Olive Street, Eugene. If you want to carpool, contact Kirsten at 541-223-2164. Information and registration forms are on the table in the church entryway.

~ The church Board has dropped our rules related to COVID, so people do not need to be vaccinated to attend the worship service. We continue to ask that you stay home if you are not feeling well.

## **Contact Information:**

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~ The church office is open Tue, Wed, Thur: 11 a.m. - 2 p.m. ~