



Fourth Sunday after the Epiphany

January 29, 2023

Rev. Lura Kidner-Miesen, Pastor

Eric McKirdy, Organist & Music Director



Centering Thoughts

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. —Isaiah 41:10

Always remember this; Don't Believe Everything You Think. Instead replace your worries with Faith. —Jeanette Coron

Fear is only as deep as the mind allows. —Japanese Proverb

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear. —Rosa Parks

The presence of fear does not mean you have no faith. Fear visits everyone. But make your fear a visitor and not a resident. —Max Lucado

Faith is taking the first step even when you don't see the whole staircase.
—Martin Luther King Jr.



Worship Notes: Unison responses are in bold type. An asterisk (*) shows where you may stand if you wish.

Welcome!

Prelude

Invitation to Worship

Debbie Maddy

As voyagers on the sea of life, we are sometimes rocked by change and storms.

Living Christ, we thank you for your saving presence, and the haven you give to all in distress.

We trust you, Holy Protector. Take away our fear and fill our hearts with your love.

You are our anchor in the storm, and we rest in your peace. Amen.

***Hymn:** *A Mighty Fortress Is Our God*

UMH #110

Scripture:

Mark 4:35-41

Sermon: "Faith Over Fear"

Pastor Lura

***Hymn:** *Joy Comes with the Dawn*

TFWS #2210

Prayer

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.

***Hymn:** *What a Friend We Have in Jesus*

UMH #526

Closing Blessing

Pastor Lura

Nothing can separate you from the love of God! Let go of fear and hold on to God. Go into this week in peace, confident of God's presence, trusting the Spirit's guidance, and knowing that Christ is greater than any storm. Amen.

Postlude

Announcements:

~ Welcome! If you are new to our congregation, please fill out the visitor form in the pew rack and place it in the offering plate as you leave.

~ Copies of the February issue of the church's newsletter, the Tower Notes, are on the table in the narthex (entryway).

~ The United Women of Faith meet on Saturday, February 4, at 10 a.m. in the Fireside Room. All women are welcome.

~ Next Sunday, February 5, you are invited for coffee, tea and conversation in the Fellowship Hall following the worship service.

~ You can help people have clean, dry clothes during these cold, wet months by giving to Laundry Love. Write a check to the church and note it is for "Laundry Love."

~ Help Pastor Lura with next Sunday's sermon. Write down some things that help you deal with anxiety, fear, or life's big challenges, and place your comments in the offering plate.

~ Ray Harris, a long-time member of the AFUMC, passed away on December 19, 2022, at the age of 96. For those who wish to send condolences to Ray's son, here is his address:

Rob Harris
15061 SW 91st Ave
Tigard, OR 97224

Contact Information:

Rev. Lura Kidner-Miesen
lura@albanymethodist.org
Office: 541-928-3505
Cell: 503-269-1714

Office Manager: Rachel McKirdy
rachel@albanymethodist.org
Office: 541-928-3505
Church Website: albanymethodist.org

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