Bread for the Journey: Snack and a Nap
August 13, 2023 — 10:00 a.m.

Journeying together on God’s transformative adventure, following the path of love and justice as revealed by Jesus.

Online at universityucc.org and YouTube, Facebook, and Instagram
Wifi name: UCUCC, password Wirël3ss
office@universityucc.org 206-524-2322

WELCOME TO UCUCC

Grace and peace to you from God who is Creator, Christ and Holy Spirit. Whether you join us today believing, seeking or doubting, we welcome you to worship with us. We pray that you will be met here by the living Christ.

University Congregational UCC shares as our core values:

We are an intergenerational community, committed to being family-friendly.

We are an Open and Affirming Congregation, welcoming all and explicitly honoring the belovedness of people who are Gay, Lesbian, Bisexual, Transgender, Queer, Intersex, Asexual, and Non-binary.

We are a Creation Justice Congregation, declaring Earth is Sacred. We celebrate the wonders of God’s creation and the intersectional work of protecting communities, ecosystems, and the climate.

We are a racial justice congregation. We do the work to address the impact of racism internally, interpersonally, institutionally, and systemically.

As Christians, we gather with different beliefs and theologies. We are a progressive Christian community that honors our diversity. We also find unity in the way we build community. Our covenant guides this.

The chancel flowers are given by Jim and Trish Rogers in memory of their son, James G Rogers, Jr. (Jimmy); Jim’s brother, John D Rogers, Jr.; and Trish’s sister, Joanne L Syre.

In our Sanctuary, the balcony is now our mask-required zone, and our fragrance-free zone continues to be the back left side of the Sanctuary. Thank you for considering the needs of our community.

Services are recorded. If you do not wish to be included in a recording, please contact the office or a minister.

Our sanctuary has an induction loop system—use T mode.
BREAD FOR THE JOURNEY: SNACK AND A NAP

WE GATHER  *please rise in body or spirit

BELL  Angela Garner

PRELUDE  “Have Mercy on Me, O Lord God”  J. S. Bach

WELCOME

*PROCESSIONAL HYMN # 59  “Holy Spirit, Ever Dwelling”  Timothy Rees, John Wyeth’s Repository of Sacred Music

*LAND ACKNOWLEDGMENT

We gather as guests of the Duwamish people on their traditional land that touches the shared waters of other Coast Salish tribes. We understand that their identity and richness of culture are deeply connected with the mountains, valleys, waterways, and shorelines that surround us all.

We commit to learning about the Duwamish, other indigenous cultures, and the historical and ongoing oppression of indigenous peoples. We strive to nurture our relationship with indigenous peoples, especially our neighbors, by joining their efforts to work for social justice and to care for this land.

A land acknowledgment is meaningful when it is coupled with informed action that builds relationships. An example of an action step is found at the back of this bulletin.

*SHARING THE PEACE

RESPONSE HYMN  “We’re Gonna Sit at the Welcome Table”  Carl Diton, African-American Spiritual

We’re gonna sit at the welcome table
We’re gonna sit at the welcome table, one of these days (repeat both lines)

BRINGING IN THE LIGHT AND CALL TO WORSHIP  Middle-School Youth

SONG WITH OUR CHILDREN  “There’s Honey in the Rock”  Spiritual, arr. Heidi Blythe

THE LORD’S PRAYER

Our Father, Our Mother, who art in heaven,
hallowed be Thy name.
Thy kin-dom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For Thine is the kin-dom, and the power,
and the glory, forever. Amen.

Preschool, kindergarten, and elementary children through the fifth grade may leave for time with Children’s Ministry at this point.

TIME OF RECONCILIATION AND FORGIVENESS

CALL TO CONFESSION

Most merciful God,
Your desire is to fill us with goodness, so that being fed with bread for the journey we may serve others.

Too often we choose anything but your goodness. We take that which does not satisfy. We refuse to share and serve. We seek our glory rather than yours.

Remind us that there is always a place at your table where we are welcome, and you will also give us your abundant life.

LISTENING PRAYER

ASSURANCE OF GOD’S LOVE
RESPONSE TO GOD’S LOVE HYMN # 27
“From All That Dwell below the Skies”
Isaac Watts, harm. Ralph Vaughan Williams

From all that dwell below the skies
let the Creator’s praise arise;
Alleluia! Alleluia!
Let the Redeemer’s name be sung
through every land, by every tongue.
Alleluia, alleluia, alleluia, alleluia, alleluia!

ANTHEM
“Precious Lord”
Joyce Merman, George N. Allen, arr. Roy Ringwald
Summer Pick-Up Choir and David Nichols, organ

Precious Lord, take my hand, Bring me home through the night,
Through the dark, through the storm, To Thy light.
I have been to the mount, I have seen the Promised Land:
Precious Lord, precious Lord, take my hand.

Precious Lord, take my hand, Bring Thy child home at last,
Where the strife and the pain all are past;
I have dreamed a great dream that Thy love shall rule our land:
Precious Lord, precious Lord, take my hand.

Precious Lord, take my hand, Take Thy child unto Thee,
With my dream of a world that is free
For that day when all flesh joins the glory Thou hast planned,
Precious Lord, precious Lord, take my hand.

SERMON
“Snack and a Nap”
Rev. Amy Roon

HYMN # 448
“Take My Life, God, Let It Be”
Frances R. Havergal and Justin H. Knecht

PRAYERS OF THE PEOPLE AND PASTORAL PRAYER

You’re invited to write a prayer concern on the pink card in the pew rack. Place your card in the offering plate so it can be passed on to the Prayer Chain and the clergy. You are also invited to place prayers in the prayer wheel at the front of the sanctuary. Prayers placed in the prayer wheel will not be shared with the Prayer Chain or the clergy, and when the cylinder is full, they will be shredded and returned to the earth as compost.

RESPONSE HYMN
“We’re Gonna Sit at the Welcome Table”
Carl Diton, African-American Spiritual

OFFERINGS FOR THE MISSION OF GOD’S CHURCH
Brenda Mallett

If you are seated by the side aisle, please find the “Welcome” pad, sign it, and pass it down the row. As the pad is passed back, please take note of those you are sitting with so you can greet them by name following worship.

Our August special offering supports Mt. Selinda Hospital, one of the first UCC ministries in Zimbabwe. The hospital offers comprehensive healthcare to subsistence farmers and other low-income families who often cannot pay. Funds will help with doctors’ salaries, water and sanitation, power supply, and other needs. Thank you for giving!
OFFERTORY
“Lord of All Hopefulness”
Jan Struthers
Summer Pick-Up Choir and David Nichols, piano

Lord of all hopefulness, Lord of all joy,
whose trust, ever childlike, no cares could destroy:
Be there at our waking, and give us, we pray,
your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,
whose strong hands were skilled at the plane and the lathe:
Be there at our labors, and give us, we pray,
your strength in our hearts, Lord, at the noon of the day.

Lord of all kindliness, Lord of all grace,
your hands swift to welcome, your arms to embrace:
Be there at our homing, and give us, we pray,
your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,
whose voice is contentment, whose presence is balm:
Be there at our sleeping, and give us, we pray,
your peace in our hearts, Lord, at the end of the day.
Your peace in our hearts, Lord, at the end of the day.

*PRAYER OF DEDICATION

*DOXOLOGY MOVEMENT

Praise God the source of life and birth
Praise God the one who came to earth
Praise God the Spirit holy flame
All glory honor to God’s name. Amen.

WE RESPOND

*OUR COVENANT

Leader: God of Providence and Grace,
in a spirit of memory, thanksgiving and hope:

All: We covenant with You and with one another;
To seek and respond to Your word and will,
made known and to be made known;
To worship You in unity and diversity,
welcoming everyone;
To live responsibly within Your creation,
sharing with gratitude the gifts we are given;
To care for and pray for each other,
in trials of the spirit and in times of joy;
To encourage each other in the growth of
our minds and spirits;
To promote Your reign of justice and peace,
meeting hate with reconciling love; and
To reject the false gods of society,
proclaiming the gospel of Jesus.

May God help us and be with us. Amen.

WE GO FORTH

*SENDING HYMN # 476 “My Life Flows on in Endless Song”
Anon., st. 3 Doris Plenn; tune attrib. Robert Lowry

*BENEDICTION

*RESPONSE HYMN “We’re Gonna Sit at the Welcome Table”
Carl Diton, African-American Spiritual

We’re gonna walk beside our neighbor
We’re gonna walk beside our neighbor one of these days
We’re gonna walk beside our neighbor
We’re gonna walk beside our neighbor one of these days
POSTLUDE  “Christ Is Made the Sure Foundation” Adapted from Henry Purcell, arr. David Cherwien

We invite you to go and take the good news with you into the world—or you may stay and use this time to listen to the music. Persons of any age may move to the chancel for a better view of the performers and their instruments. Our worship leaders look forward to greeting you after worship.

Bread for the Journey

About this series

In this series we focus on how God is active in giving God’s people bread for their journeys. God responds to complaints with generosity, exhaustion with sustenance, scarcity thinking with abundance, and spiritual hunger with the bread of life. In each story, God is the primary actor, responding to the particular needs of the people.

Bread for the journey invites you to reflect on your particular needs and to pay attention to how God is feeding that. It also opens us to the collective needs of our community and the feast that God is providing in response.

Spiritual Practice

The Ignatian prayer practice of the Examen invites the one praying to reflect back to notice God’s activity within our lives. We invite you to use a weekly examen before worship each week, or strive toward a daily examen. Most examens follow these five steps:

- Become aware of God’s presence in the moment of prayer.
- Review the day (or week) with gratitude. For what do you give God thanks?
- Pay attention to your emotions. What rises up in you during this reflection?
- Choose one feature of your reflection and pray from it. How does that moment invite you into conversation with God?

Look forward to the day and week ahead. Consider how you will collaborate with God in the time to come. Be specific and close with a familiar prayer, such as the Lord’s Prayer.

Land Acknowledgment Action Step

We commit to learning about the Duwamish, other indigenous cultures, and the historical and ongoing oppression of indigenous peoples. We strive to nurture our relationship with indigenous peoples, especially our neighbors, by joining their efforts to work for social justice and to care for this land.

As we strive to nurture our relationship with our neighbors the Duwamish people and with the waterways and shorelines that surround us all, consider reading The River That Made Seattle, by B. J. Cummings, which is available in the church library and covers the history and current status of the Duwamish River.

TODAY’S WORSHIP LEADERSHIP

Bell: Angela Garner
Bearing the Light: Middle-School Youth
Music Director: Benjamin Rogers Organist: David Nichols
Summer Pick-Up Choir
Preacher: Rev. Amy Roon
Clergy: Rev. Steve Jerbi and Rev. Michael Ellick
Liturgist: Brenda Mallett
Worship Tech Team: Jeff Coleman, Mary Sue Galvin, Doug Howlett, Vince Santo Pietro, and Margaret Stine
Videographer: Anthony Lopez

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**UPCOMING EVENTS**

**Sacred Earth Matters**
Sunday, August 13, 11:30 am - 1:00 pm, Sanctuary
Meets the 2nd Sunday of every month. All are welcome to join us!

**High School Fellowship Events**
Tuesday, August 15, offsite
Because we had to cancel the HS Trip, we’ve offered a couple options for HS youth to get together to spend time together this month! Please contact Margaret Swanson at mswanson@universityucc.org for more info.

**BBQ and Family Movie Night**
Thursday, August 17th at 6pm
Youth, their families and friends are invited to a BBQ and outdoor movie night hosted at Carol, Ed & Linnea Coleman’s house in Lake Forest Park. Coleman will provide somethings to grill (protein) and folks can sign up to bring sides, dessert & beverages. We’ll gather for some yummy dinner and then as it gets dark, we’ll hunker down for our outdoor movie. Link to RSVP in weekly email. Vote for the movie you want to watch!
Memorial service for Tom Springer
Saturday, August 19, 2:00 pm, Sanctuary
Please join us for a celebration of the life of Tom Springer, who passed away July 10th at the age of 82. The service will also be livestreamed for those who can’t make it in person.

Save the date for Hopecoming!
Sunday, September 10th, after worship, 16th Street and O Hall
Gather after worship for a block party celebrating the end of summer and hello to Fall. We will close 16th Ave in front of the church for a joyful outdoor celebration of our UCUC community and to share HOPE with each other. There will be games, great music provided by the Rainbow City Band, and a chance to reconnect in person with our church family.

Good Works and Chili 2023
Mark your calendars for October 1st after worship!
Remember when we had chili lined up in the kitchen for you to taste the wonderful creations? And salad, corn bread and dessert? It’s time to feast together again – and talk about important ways you connect with others! We’re looking for folks to bring a pot of chili – Let us know if you’re willing. Many thanks! Contact Jan von Lehe, janvonlehe@gmail.com, 206-546-4123.

Senior Retreat - update
October 2-3, 2023
We are working on an updated program and should be able to provide details within a few weeks. Registration will begin toward the end of August. Stay tuned.

Looking ahead, save the date!
Men’s Gathering, Pilgrim Firs, October 20-22

ANNOUNCEMENTS

Emergency Food - Special Offering Announcement
If you missed the July Special offering for our Hunger Outreach, please take a look at the special mailing that was sent out. This spring, our government cut off the extra COVID food allowance -- and as we all know, food and gas prices have gone up considerably. The North Shore Food Bank was forced to cut its weekly food delivery for two hundred and fifty shut-in Bit- ter Lake residents to every two weeks, because of the increase in need, and depletion of resources. Please consider what you can offer to those in need, and mail in your donation—or place it in the offering plate (Please mark it for Hunger outreach!) Thank you for your help!

School Supply Drive - through September
To benefit the school-age children at Mercy Magnuson Place. Donation box in the Narthex near the chapel. Suggested items:
Pens
Pencils
Scissors
Notebook paper
Individual toothbrushes
Healthy snack bars/snacks (individually wrapped)
Glue sticks
Crayons
Crayon markers
Paperback journals

Share the Harvest - every Sunday through September 10
It was a banner Share the Harvest Sunday, with $249 coming for Hunger Outreach. The highlight of the day was Becca and Frankie’s apple cider sample testing. The table was spread with basil, rosemary, lavender, peppers, eggplants, tomatoes, squash, golden plums, tomatillos, gorgeous dahlias and yellow rose bouquets, and apple cider in wine bottles. Contributing the morning’s fresh produce and flowers were Mary Louise Alving, Susan Everett, Becca McMullen, Leslie Noson, Aileen Pruiksma, Rebecca Schmidt, and Margaret Stine. It’s been a sunny week! Be sure to come and see what has ripened for our table today.
UCUCC 2023 Pledge Campaign - Love-in-Action
Fall will soon be upon us! In addition to fall’s wonderful colors, fall is also the season for the UCUCC Pledge Campaign which this year is called “Love-in-Action”. In anticipation of this we’ll be bringing you a reflection series on how our church embodies Love-in-Action. During this series, we’ll hear from several of our partner organizations and church members. See your weekly email for the messages.

CONNECT AND GROW IN THE WEEK AHEAD

Today, August 13
9:00 am – 12:00 pm, Library open
10:00 – 11:00 am, Worship in the Sanctuary
11:30 am - 1:00 pm, Sacred Earth Matters, Choir room and Zoom
5:00 – 6:00 pm, Worship service online

Tuesday, August 15
All day, High School Outing, offsite
10:00 - 11:30 am, Bible Study, Zoom
12:00 - 2:00 pm, Racial Justice Book club, Zoom

Wednesday, August 16
10:00 – 10:30 am, Prayer Circle, Zoom
4:00 - 6:00 pm, Stewardship/Finance Committee
7:00 - 9:00 pm, Church Council, Library and Zoom

Sunday, August 20
9:00 am – 12:00 pm, Library open
10:00 – 11:00 am, Worship in the Sanctuary
5:00 – 6:00 pm, Worship service online

You can find more information on our website, the weekly email, and our Facebook and Instagram pages. For zoom links please contact zoom@universityucc.org.