

THE WEEK AHEAD

Sunday, July 28

8:45-9:45 am- Continental Breakfast, Lounge
10:00 am, Worship, Sanctuary and livestreamed
12:00 pm -2:00 pm Popsicles in the Park (offsite)
12:00 pm -1:30 pm Racial Justice meeting, Library, Zoom
5:00 pm Digital worship - online

Tuesday, July 30

10:00-11:30am, Bible Study, Zoom

Wednesday, July 31

10:00 am -10:30 am, Prayer Circle, Zoom

Sunday, August 4

8:45-9:45am, Sunday Continental Breakfast, Lounge
10:00 am, Worship—Sanctuary and livestreamed
5:00 pm Digital Worship, online

Ties That Bind: The Practice of Interplay

July 28, 2024 — 10:00 a.m.



UNIVERSITY CONGREGATIONAL
UNITED CHURCH OF CHRIST



*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: UCUC, password Wirel3ss
office@universityucc.org

206-524-2322

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.

Please silence ringers and turn off mobile hotspots, which interfere with our technical system. Thank you.

In our Sanctuary, the balcony is our **mask-required zone**, and our **fragrance-free zone** is 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.

ANNOUNCEMENTS

Connecting and serving at UCUC

Have you been wanting to get more connected at church? Did you love your time at Seabeck, find Youth Sunday especially meaningful, or enjoy learning about the latest earth justice issues our SEM (Sacred Earth Matters) is bringing to our attention in Church & Home?

Whatever piques your interest or passion, there are lots of groups you can get involved! Talk to the Welcome Committee folks in the Narthex on a Sunday morning, or reach out to a Council member, a member of staff, or Committee chair to find out more!

Gathering Ground Community Gatherings

Saturday, August 3, 11:00 am - 12:30 pm Online on Zoom (email for link)

Gather with us for a time of reflection, somatics, and sharing in community, around our theme of imperfection. What is (im)perfect, and who decides? How do we respond to “imperfection” in ourselves and in the world around us? How do we find wisdom (or beauty, joy, or love) in “imperfection”? RSVP to gatheringground.seattle@gmail.com *for more info or to receive last minute updates.*

Gathering Ground Awe Walk

Saturday, August 17, 11:00 AM - 12:30 PM at the Arboretum (just south of the Montlake Tot Lot – email for detailed location instructions)

Join a small group to saunter through a lovely urban natural space, noticing things vast and tiny. Awe is a practice of noticing your place in the world with openness and surprise. Psychologist Dacher Keltner who studies awe devised Awe Walks as a simple way to cultivate and notice awe. Gathering Ground Community Member CJ Roberts will lightly facilitate our time as we walk about a mile at a leisurely pace. You will leave with a few pointers to explore your own awe walks, connections with a friendly circle, and maybe a short poem!

ANNOUNCEMENTS

Staffing and Programs Forums—cancelled

Sunday, July 28, 11:30 am -1:00 pm (O-Hall -1)

Tuesday, July 30, 7:00 pm – 8:30 pm Lounge

Wednesday, July 31 7 – 8:30 pm, (Zoom only)

These forums have been cancelled—apologies for any inconvenience

A Children & Families event: Popsicles In The Park

Today, July 28 from 12pm -2pm at Ravenna Park

Join us this afternoon to celebrate summer together and also say our goodbyes to the Fitzpatrick Family (who are moving to California).

Bring a picnic and picnic blanket. We'll provide the popsicles. Feel free to just show up, but if you can RSVP for planning popsicle numbers, that would be great! Brent and Alena Droze are hosting this month's event!



Israel Palestine Justice group

Please note that Israel Palestine Justice is on indefinite hiatus. Future meetings will be announced in weekly emails and in the church bulletin.

A Playground renovation project

Will Layton, part of our Youth Group, has been working on his Eagle Scout project this year, and chose our playground as the focus! He and other youth are spending this weekend lashing a new fence and fixing loose boards and screws. This will certainly make the playground safer for our children and improve the garden area where children can watch things grow.

They will be working this afternoon until 3:30, so after that, feel free to peek through the fence for a look at what they accomplished.

TIES THAT BIND: THE PRACTICE OF INTERPLAY

WE GATHER

**please rise in body or spirit*

BELL

PRELUDE

“O Vos Omnes”

Tomás Luis de Victoria

Recorder Renaissance

WELCOME

*PROCESSIONAL HYMN # 23 “There’s a Wideness in God’s Mercy”

Frederick William Faber, Dutch melody arr. Julius Röntgen

*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.

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 # 391 “Blessed Be the Tie That Binds” vs. 1

John Fawcett and Johann G. Nägeli, adapt. Lowell Mason

Blessed be the tie that binds our hearts in Christian love;
The sharing of a common life is like to that above.

CALL TO WORSHIP

Zuzu Ellick

God be with us in this place.
Let us know your Love whenever we gather here.
God be with us in these people.
Let us practice your presence with every person we meet.
God be with us in our hearts.
Let our lives be your temple, that your light might shine
through us.

SONG WITH OUR CHILDREN "A Place in the Choir"

Bill Staines

COMMISSIONING OF MIDDLE SCHOOL TRIP

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

**Gracious God,
In a world of constant distractions, manipulative programming,
and anxious doom scrolling, we confess that you are not always
the center of attention. So in this time and in this place, let us
practice the presence of God together.**

ANNOUNCEMENTS

Call for Photos - Giving Campaign Red Wall 2024

What have you experienced at church this last year? Did you happen to take a photo? We would love to have photos of everyone in our congregation to post on the Red Wall during our upcoming Giving Campaign! Show us the kids (and adults!) during Advent Workshop or the Christmas pageant last year—singing at the How Sweet it is Café—eating some yummy food at an event—a group of friends enjoying a retreat—or staying at home watching our Sunday service online! There are so many things happening in the life of the church—so many connections to celebrate! And if you haven't taken any photos—it's not too late—let's include every single person in our community! Please upload any photos you are willing to share for this project to the following google drive link: <http://tiny.cc/UCUCCphotos>. These images will only be used internally for our 2025 Giving Campaign Red Wall display at church.

Thank you for sharing some of your favorite recent images of UCUC gatherings, events, services, camp, and ministries. Feel free to reach out with any questions to Cristin Miller or Kyna Shilling

Share the Harvest

Last Sunday, July 21, we sold \$91 worth of lettuce, rosemary, English thyme, mint, basil, swiss chard, and hydrangeas. Evette Hackman, Margaret Stine, Carol Ingram, Barb O'Brien, and Dianne Fruit made contributions.

Come by this Sunday morning to discover a treasure (fresh and organic), donate to help feed the hungry, or sign up to volunteer at the table. Thank you all for participating! See you at the Harvest Table!



SHARING OUR JOYS AND CONCERNS

"To care for and pray for each other in trials of the spirit and in times of joy..."

Each week we share prayer requests as a congregation, both in prayers led by one of the pastors, and on our pew cards. We list the prayers for each other here as a way to continue to hold one another in prayer.

Prayers announced in last week's service

- ◇ We hold the family of Jeff and Tamara Roberts in our prayers. Different members have been dealing with health challenges. Most recently, Tamara's father went to the ER earlier this week. We pray for his good and full recovery.
- ◇ We offer prayers of healing for Beth Bartholomew who had knee surgery at this past week.
- ◇ We hold in our prayers Holly and Joe Hendrickson and family as Holly's mom suffered a stroke on Friday, July 5th. May Holly, her mom, and all their family feel surrounded by prayers of caring and comfort at this tender time.
- ◇ On Monday, July 15th, member Inge Wood died. Inge, age 93, had been an active choir member in years past. May her daughter Cora Lombardi and all who mourn her passing feel God's love surrounding them.
- ◇ We offer prayers of joy for today's baptism of Emilio Ernesto de la Cruz and we are delighted to welcome him into our church family.

Reaching us with your prayer requests

There are many ways we pray together as a congregation. It is our pandemic practice to not name specific people in a public setting, but we do open our hearts to the names we carry. We have a Prayer Circle on Wednesday mornings for specific prayers (all are welcome - to participate email zoom@universityucc.org to request the link), and a Prayer Chain that also holds our prayers. You can reach out to those groups by emailing your prayer to PrayerRequest@universityucc.org or reaching out to one of the pastors.

LISTENING PRAYER

ASSURANCE OF GOD'S LOVE

*RESPONSE TO GOD'S LOVE

"Love Has Come to Show the Way"

Matt Maher

*Word of God enthroned,
Dwell in us forevermore.
Love has come to show the way.
Hallelujah, peace be with us all.
Love has come to show the way.*

ANTHEM

"Sheep May Safely Graze"

J. S. Bach

Recorder Renaissance

SERIES VIDEO

WE PROCLAIM

THE WORD OF GOD IN SCRIPTURE

SCRIPTURE READING Psalm 30

Laurie Carter

Leader: For the Word of God in scripture,
for the Word of God among us,
for the Word of God within us,

All: **Thanks be to God.**

SERMON

"The Practice of Interplay"

Rev. Amy Roon

*HYMN # 32 "God of the Sparrow God of the Whale"

Jaroslav J. Vajda and Carl F. Schalk

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 # 391 "Blessed Be the Tie That Binds" vs. 2

John Fawcett and Johann G. Nägeli, adapt. Lowell Mason

Before our God we come and pour our ardent prayers;
Our fears, our hopes, our aims are one, our comforts and our cares.

OFFERINGS FOR THE MISSION OF GOD'S CHURCH

Laurie Carter

If you are seated on the outside end of the pew, please find the white binder, sign in, and pass it down. You can also find a nametag there so we can greet you by name. As the pad is passed back, take note of those sitting near you so you can greet them by name. Looking for a secure way to donate online? Use the QR code at right, or go to the church website. Thank you!



Our July Special Offering goes to UCUC Hunger Outreach. For over forty years, our congregation has generously supported organizations that address the needs of families and individuals facing food insecurity. Hunger Outreach funds provide monthly support to the Emergency Feeding Program in Renton, North Helpline, and a new program with the YMCA. Let's continue to help our neighbors with helpful, hopeful, and healthy options! Thank you for giving.

OFFERTORY

"Christe Eleison"

Fulvio Caldini

Recorder Renaissance

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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.

Here is one opportunity to nurture your relationship with local Indigenous people this summer: Duwamish River Festival at Duwamish River People's Park and Shoreline Habitat on August 3, 12-5 PM.

TODAY'S WORSHIP LEADERSHIP

Bell: Angela Garner

Bearing the Light: Zuzu Ellick

Music Director: Benjamin Rogers **Organist:** David Nichols

Recorder Renaissance: Virginia Felton, Christina Purdy, Nancy Bent, Evy Dudey, and Benjamin Rogers

Preacher: Rev. Amy Roon

Clergy: Rev. Steve Jerbi and Rev. Michael Ellick

Liturgist: Laurie Carter

Worship Tech Team: Jeff Coleman, Mary Sue Galvin, Doug Howlett, Vince Santo Pietro, and Margaret Stine

Videographer: Anthony Lopez

"O Vos Omnes" is by Tomás Luis de Victoria (c.1548-1611). This piece is in the public domain. This arrangement is Copyright © 2009 Dolmetsch, Haslemere, Surrey, UK.

"There's a Wideness in God's Mercy" words are by Frederick William Faber (1854). The Dutch melody is arranged by Julius Röntgen (1906). This piece is in the public domain.

"Blessed Be the Tie That Binds" words are by John Fawcett (1782). Melody is by Johann G. Nägeli (c. 1768-1836), adapt. Lowell Mason (1845). This piece is in the public domain.

"A Place in the Choir" is by Bill Staines. Used by permission.

*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

Laurie Carter

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 # 551 “Pass Me Not, O Gentle Savior”

Fanny Crosby and William H. Doane

BLESSING OF THE FITZPATRICK FAMILY

*BENEDICTION

*RESPONSE HYMN # 391 “Blessed Be the Tie That Binds” vs. 4

John Fawcett and Johann G. Nägeli, adapt. Lowell Mason

When we are called to part it gives us inward pain,
But we shall still be joined in heart, and hope to meet again.

*BELL

POSTLUDE

“Kind Robin Lo’es Me”

Scottish tune, arr. Phil Neuman

Recorder Renaissance

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.

Ties That Bind

About this series

This year at Seabeck we learned a variety of spiritual practices. What is the role of spiritual practice in our lives? What are the living rituals and observances that bind us to God, to Creation, and to each other, not just as abstract ideas, but as felt realities that nourish and sustain us? For some the answer is easy; for others it’s more complicated. But all of us are practicing something. The question is, do our daily routines

and habits tie us more closely to the sacred realities of our lives... or do they drive us apart?

This summer, for three weeks following our annual Seabeck Sunday, each of our pastors will reflect on a spiritual practice that has been meaningful to them. In addition to introducing powerful new disciplines you might not be familiar with, we’ll also be reflecting on the nature of spiritual practice itself. Specifically: what does it mean to practice the presence of God in my own unique way? Do I have such a practice that actually works for me? And what does “working for me” mean in this context?

Here’s a hint: in the same way that one could study everything there is to know about a given musical instrument without ever learning how to actually make music with it, a direct experience of the Holy Spirit cannot be granted simply by talking about or thinking about God. The best preachers can’t give it to you in a Sunday morning sermon, nor can we acquire it second-hand from a book or a movie. We can only encounter the reality of God first-hand, through direct personal relationship. So how’s that going for you? Like any other kind of relationship, our connection to the Spirit requires time and space and tending if we want it to flourish. What holy music is made when the Spirit blows through your sacred instrument?

A Spiritual Practice on Spiritual Practice

Consider journaling around the question: what does it mean to practice the presence of God in my own unique way? Take the time to write what comes up for you around this prompt, keeping in mind that there is no right or wrong answer. If you don’t cultivate anything you recognize as a spiritual practice, consider writing about what gets in the way, and/or what kind of practice you might like to experiment with. Add any intuitive promptings that bubble up as you think about the question. Share what you’ve written with a friend from the church or one of our pastors. For inspiration, it might be helpful to read Dr. Amy Oden’s book *Right Here, Right Now: The Practice of Christian Mindfulness*.