

Leaving Comfortable Places

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Preacher: Pastor Jennifer Stamm

[0 : 00] Amen. Amen.

Amen. Amen.

Amen. Amen. Amen. Good morning. Good morning.

While we're waiting for people to finish gathering, we'll begin the Peace of Christ Be With You. Some announcements. It's been a very exciting and busy week.

Well, maybe they're all that way, but this week we cleaned, moved into the house that we worked on, and I was supposed to give you a microphone.

[2 : 18] Okay. These pictures that you're seeing are how the house ended up. It's just, and there's the, that's only part of the team, and we just want to thank everybody, because this blank slate that needed a good scrubbing turned into a home.

And the children's rooms, you look in there and you think, oh, it just was such a wonderful thing. The UM, no, United Women of Faith, UWF, which is the previously known as United Methodist Women, and we had a great rummage sale, made \$2,500, which was a big deal.

And I, and I haven't paid yet, so there'll be more. The fundraiser that has been being put together, if you're a part of our online community, we have been supporting a young woman, how old is Abby? Eight?

Eight. She's eight. And she has a very aggressive form of cancer. And so there's a fundraiser next weekend? Seventh.

Seventh. And Jennifer, Pastor Jennifer has tickets. So if anybody would like to buy them, even if you can't go, just for the heck of it, buy a ticket.

[3 : 43] You don't need to put something else on your calendar. Oh wait, how much are they? Twenty-five dollars. So that's that. And last, but definitely not least, is our ministry fair.

If you came in through by the fellowship hall, you saw that we still have the flags, the streamers up from Easter and from just a week of celebration.

They're still up. And there are so many things out there to celebrate different kinds of ministries and snacks. So if you didn't have breakfast at the end of the service, go directly there.

And anything else that anyone can think about, think of? Well then it's great to be with you and let the praise begin.

Good morning everybody.

[4 : 53] And good morning to everyone online. I was looking at a couple of sites on the internet, looking up the song Be Not Afraid, and I found in multiple locations people indicate that Be Not or Do Not Fear or some version of that shows up 365 times in the Bible.

And I thought, well that's kind of convenient, but with God all things are possible. So maybe it is an assurance every day of the year to not be afraid. But the versions of Be Not Afraid are all over and well over 300 times and indicated most often that that is the most often quoted command in some form.

So we're going to start our morning with Be Not Afraid and move right into One Thing Remains. I'm going to invite you to stand. Be Not Afraid and move right into One Thing Remains.

You shall cross the bearing desert, but you shall not die of thirst.

You shall wander far in safety, though you do not know the way.

[6 : 19] You shall speak your words in foreign lands, and all will understand.

You shall see the face of God and live. You shall see the face of God and live. Be Not Afraid, I go before you always, but follow me.

And I will give you rest. If you pass through raging waters in the sea. Be Not Afraid, I go before you always, but follow me. And I will give you rest. Be Not Afraid, I go before you always, but follow me.

And I will give you rest. If you pass through raging waters in the sea.

You shall not roam. If you walk within the burning flames. You shall not be harmed.

[7 : 29] If you stand below the power of God, and death is at your side.

Know that I am with you, through it all. Be Not Afraid, I go before you always, but follow me.

Peace. smokbag Job davon Question Blessed are you that we therefore One day you shall die And if wicked, dull, and soft And we do all because of thee Blessed, blessed are you Be not afraid

I hold before you always Come, follow me And I will give you rest Higher than the mountains that I faced Stronger than the power of the grave Come, I'm singing the trial and the change One thing remains One thing remains

Your love never fails and never gives up Never runs out on me Your love never fails and never gives up Never runs out on me Your love never fails and never gives up Never runs out on me Your love never fails and never gives up And on and on and on and on and on it goes It opens up to satisfy my soul And I will give you rest And I will give you rest One thing precisely One thing says as many years She says Obviously peace has been One thing Your love never fails and never gives up, never runs out on me

[11 : 18] Your love never fails and never gives up, never gives up In death, in life, I'm confident and covered by the power of your crazy love My death is a slave, there's nothing that can separate my blood from your crazy love Your love never fails and never gives up, never runs out on me Your love never fails and never gives up, never runs out on me Your love Higher than the mountain that I face

Stronger than the power of the grave Constant in the trial and the change One thing remains One thing remains You may be seated Good morning and welcome Whether you're worshipping us here in person or online We're so happy that you're here with us At some point, we can't contain ourselves The us that God has created us to be Coming out as a people and as a church From what we've known into a new identity Is filled with anxiety Unknowing But hope

The caterpillars instincts about cocooning Entering the nurturing dark of gestation Is paralleled with the scripture reading that we're going to hear today Of Mary's pregnancy The dark of the tomb And our own willingness for transformation All along the way We hear this repeated Do not be afraid Please stand and join me in the call to worship Oh, sorry, you can sit Welcome this day of worship Come and rejoice For God's light is coming to us Open your hearts and spirits And receive the blessings that come from God Amen Amen While we were singing

I had the opportunity to just kind of Look back at all of you gathered here for worship And I wish that I could look at all the people that are watching online And I am just reminded of what a gift you are You You are an offering to God in this congregation And in this life that we share You are a gift And part of how I give Whether it's my money Or the communion bread Or a variety of things Is because I just feel so grateful For you For you For this space For this life that God has given us So may we enter into this time of offering Just remembering how blessed we are Our special offering Should you wish to participate

Is United Methodist offering on Native American ministries And you can see that up here That it supports vital ministries and churches And Native American communities And a lot of Native American communities are quite impoverished And so our giving to this fund Doesn't necessarily affect the poverty But it helps there to be a pastor and a church To support that community So we welcome your hearts Your gifts And your very presence We're going to share a new song with you this morning Called Evidence by Josh Baldwin That we'll be singing together later in May But certainly if you know it The words will be on the wall Sing with us this morning as well All throughout my history

[16 : 41] Your faithfulness has walked beside me The winter storms made way for spring In every season From where I'm standing I see the evidence of the goodness All of my life All of my life I see your promises in fulfillment All of my life All of my life All of my life Help me remember when I'm weak

Fear may come, fear will leave Fear may hold you Fear may I be relieved You lead my heart To victory My heart to victory You're my strength You lead my heart to victory It always will be I see the evidence of the goodness All of my life, all of my life I see promises in fulfillment All of my life, all of my life See the cross, the empty grave The evidence is endless All of my sins rolled away

Because of you, oh Jesus See the cross, the empty grave The evidence is endless All of my sins rolled away Because of you, oh Jesus Oh, I see the evidence of goodness All of my life, all of my life I see promises in fulfillment All of my life, all of my life I see the evidence of goodness All of my life, all of my life

I see promises in fulfillment All of my life, all of my life Why, why should I fear Oh, the evidence is near Why should I fear Oh, the evidence is near Oh, the evidence is near Oh, the evidence is near

Oh, the evidence is near Even grieving together We give you thanks And praise in Jesus' name Amen You may be seated This is a time when we welcome People's prayer needs Prayer requests And I do want to lift up Pastor Scott Who's under the weather this weekend And those in our wider community

[22 : 06] Who are dealing with illnesses With COVID With a variety of things What joys or concerns Might you have to share?

Yes Melissa says their parents Are opening up their campsite And I've seen signs of people opening cottages Some in Canada Which means that they're newly available After a long desert kind of experience Any other joys or concerns?

Yes, Becky? Absolutely wonderful Women of faith United, yes United women of faith We had a large number of people come in We had men puffing up The faces that came in And when they found their treasures They just beamed And their treasures that I would have said Really?

They thought they were the best thing ever So it was possible Wonderful One person's trash is another person's treasure Anything else this morning? Let us be in prayer Oh God, sometimes Life is messy Oh, maybe all the time it's messy It's just not always messy in a bad way You have birthed us into this world You have inspired us With your breath of life And your Holy Spirit You have guided us And we pray that you will continue to guide us Even when your Holy Spirit Whispers around the edges And we don't even know Until later There are those that need to be held

There are those who need comfort in grief There are those who are facing tests And surgery and treatment Who need our special attention There are those who silently carry Wounds Past Decisions to make Joys to share And yet not Quite ready In this season of Eastertide We come hoping and praying For a spirit of resurrection And Lord Give us What We need Give us Inspiration Give us Health Give us Wholeness And Lord

[25 : 13] Most of all Give us hope And strength And courage To serve And love And be In Jesus name we pray Amen I want to share In the newsletter In the main newsletter If you haven't gotten yours I encourage you To pick them up If nothing else You can Or open them in your email And you can see a picture Of my Nearly dead Geranium That I thought was going to Brighten up the front of my house It got snowed on The reason I want to share this Is because It says I wonder if we might Pray When we feel Like my geranium Pray it When we feel like we're facing Great decisions or obstacles Pray it When life is good

And we are hopeful Pray it When we want to know That God is present Pray it And here Is there the words Form me Hold me Open me Unfold me Unfurl me Untether me Uncurl me Uncrease me Unwrap me Amen Today's scripture is from Luke Chapter 1 Verses 26 through 38 In the sixth month

Of Elizabeth's pregnancy God sent the angel Gabriel To Nazareth A town in Galilee To a virgin Pledged to be married To a man Named Joseph A descendant of David The virgin's name Was Mary The angel went to her And said Greetings You who are highly favored The Lord is with you Mary was greatly troubled At this At his word And wondered What kind of greeting This might be But the angel said to her Do not be afraid Do not be afraid Mary You have found favor With God You will conceive And give birth To a son And you are to call him Jesus He will be great And will be called

The son of the most high The Lord God Will give him The throne Of his father David And he will reign Over Jacob's descendants Forever His kingdom Will never end How will this be Mary asked the angel Since I am a virgin The angel answered The Holy Spirit Will come on you And the power Of the most high Will overshadow you So the holy one To be born Will be called The son of God Even Elizabeth Your relative Is going to have A child In her old age And she Who was said To be unable To conceive Is in her Sixth month For no word From God Will ever fail I am the Lord's servant Mary answered May your word

To me Be fulfilled Then The angel Left her This is the word Of our Lord Thanks be to God So last week We heard From Pastor Scott About going From the caterpillar Into a cocoon And how it's All gooey But a lot of us Like to stay In that cocoon The first thing I do when I get Home from work Is put on my Pajamas And when it's Chilly I wrap myself In a blanket And that's my Favorite place To stay It's so easy To continue To do what We've always Been doing To follow That path Of least resistance We have a hard Time with change Whether it's In our personal Lives

[30 : 18] Or our churches Or our communities Change is hard It's hard To adapt And it's even Harder to see What may be What might be On the other side We're so afraid Of the unknown So as Nancy said One of the most Common phrases In all of scripture Is do not Be afraid We have this Call to trust In God And not to fear But it's so Difficult to control That fear Once it grabs Ahold of us And I know That most of you Have experienced That at least Once in your life When you have That true terror And you feel it In your soul And your heart Beats fast And you are Truly terrified Our fight Or flight Reflexes Kick in And we're in A dark space Just like the cocoon And we have to wait For those reflexes

To start to clear To think clearly enough When my oldest My son Thomas Was younger He was involved In a summer theater program And they asked us To allow them To walk In the Canal Fest Parade And Thomas was Maybe seven Or eight And we said Okay They said No parents are allowed So we signed him Out to the adult That was there We watched him Walk in the parade And we took pictures And the parade Was over And we waited And a couple Of the kids Came back And we waited And Thomas Wasn't there And that was About four o'clock At six thirty The police officers Came to me And said We need a picture Of him We have to issue An amber alert And I was pretty Calm up until That point When I felt

The true terror That my child Was missing Thomas was left They put him On a bus And dropped him Off on a street corner He had no idea Where he was But Thomas Sat there And at eleven Thirty at night He was finally found So I know The terror That comes From losing a child So let's take a look At our scripture Reading today And imagine That you're That young Teenage girl And according To the Jewish Tradition Mary was Probably between Twelve and thirteen When she was Engaged to Joseph She was probably Living in his house She was being Trained in his Likes and dislikes By her mother-in-law And their marriage Was about to happen In about a year And she's just Going about her life When the angel Gabriel comes to her And he says Greetings favored one The Lord is with you Do not be afraid

Hmm You have found Favor with God And now you will Conceive in your womb And bear a son And you will name Him Jesus And every time I hear this scripture This is the age That both of my girls are And I try to think How Maddie and Eva Would react And I was like One of them would be like Wait I need to Snapchat this Hold on a minute Can you repeat that I need to send it To my friends The other one would be like No We're just not talking About this Just go away So imagine The terror that Mary felt You're just going along And she hears this Not only is she going To have a child But her child Is the son of God And as parents And as a mother You give birth To your child And you try to do What's best When you raise them And you're okay When you start out In the hospital Because you have Lots of support But that first day That you're home

And that child cries For 12 hours straight And you don't know What to do That terror And that fear Creep in You constantly Have doubts Am I doing The right thing Are they involved In too many things Are they involved In too few things When do I allow them To have social media When do I allow them To get a phone The list goes on And on But we trust That God will guide us And Mary This young teenager Was asked to trust in God More than any other person When Gabriel appeared to her One of the first things He said Was do not fear She is going to become The mother of God's child But God would see her Through it all But there's a reason For her to fear She had the great burden To be the mother

[35 : 24] Of the king of kings To be the mother Of the son of God And that's a really heavy burden For any human being To bear Do not fear So as parents We have that fear When it comes To our children And I've told you The story about Thomas So think of Mary's fear When Jesus is about Twelve years old And they went up To the festival And it says After the festival Was over While his parents Were returning home The boy Jesus Stayed behind In Jerusalem But they were Unaware of it Thinking that he Was in their company They traveled on For a day And then they began To look for him Among their relatives And friends When they did not Find him They went back To Jerusalem To look for him After three days They found him In the temple courts Sitting among the teachers

So Thomas My child Was only missing For a few hours Mary lost the son of God For three days Can you imagine Her terror The readings show us That we have to Entrust all things To God Including our children Our spouses Our parents Our friends And our very lives In the end We all belong to God Not us For parents One of the hardest Lessons that we learn Is to relinquish Our grip on our children And give them Fully to God Trusting that he's Going to care for them And lead them To become to the people That he is calling Them to be And yes That relinquishment Comes with suffering But we know That if we trust in God That he will give us The strength To overcome Any fear That may arise Within us

So although We don't carry The burden Of being The mother Of the child Of God We have so many Other burdens That are placed Upon us In this life We deal with Illness Joblessness Loneliness Abuse Poverty Violence The death Of loved ones The responsibility Of raising our children Or just The everyday Struggles of life There are times When what's asked Of us Begins to feel Too heavy And fear And fear Takes over And it's in those Moments that we need To come out of our Cocoon And ask God For his help And his guidance Do not fear I am always With you We can fall But in the end We fall Into the hands Of God He is there Regardless of what Arises in our lives

God is always With us He guides us He constantly Leads us Out of our cocoon Into the bright sunlight To become Like the butterfly In our moments Of sickness He's connected To us Through the passion And the death That Jesus endured On the cross For our sake No matter what Changes Or sufferings Occur We can rest That God Will never Stir us In the wrong Direction When we're In our cocoon And we think About Everything that's Safe And easy It's We stay there Because we know The outcome And risks Are scary But you can Never understand Who you Truly are Who God Calls you to be If you stay In that cocoon We often Learn the most About ourselves When we walk

Openly Into challenges And we learn How to overcome Them When we take Risks We learn So much more About ourself We discover What truly Gives us joy And we begin To see the part Of ourselves Deep inside Our true selves The one that God has Destined us To be Because when You connect With your true Self You open Those doors To change To progress To love And understanding That can't be Found when you're Wrapped In that cocoon Take that road Less traveled You see And experience Things that you Never Would have If you stayed With what was Comfortable In your life Science has Confirmed that Once you know The best way Of doing something It gets into Repetition mode And your brain Learning centers

[40 : 26] Essentially shut Down And you need The knowledge And you need To experience New things To grow And to grow In your relationship With God And having That increased Relationship with God Allows you To do things In your life That you never Dreamed possible One of my Biggest fears Is standing In front of A group of people And God Has granted me That He's allowed me To be able To stand in front Of people And share Things with you Life is so much More fulfilling When you're Constantly learning Growing And connecting With each other You create Those relationships But when you Stay in your Cocoon All of that Becomes lost God tells us Do not fear Why does he Say that So often Because there's So much

That we're Afraid of But the Bible Gives us Example After example Of example Of people Who have Overcome Their fears In order To be faithful To God And live out Their true Selves So my Favorite story Is with Peter And he's the Most famous Disciple And one of Jesus' Closest Confidants And I Absolutely love Peter Because he's A living Demonstration Of how hard It is to live As a person Of faith Throughout the Gospels Peter has moments Of fantastic Incredible faith Followed By a few Verses Of some Of the Most bone Headed Moves In all Of scripture So I figure If Peter Followed Jesus For three Years And still Couldn't Get it Right And wasn't Perfect That there Is hope For every Single one Of us So Peter's

Story The disciples Are out In the middle Of Galilee And it's Watch of the Night And they're Rowing And they're Bailing And it's Been long And Jesus Comes to them Walking on the Water And he says To them Take heart It is I Do not be Afraid And Peter In one of the Greatest Demonstrations Of faith Asks to come To Jesus On the Water He wanted To be With his Savior So Peter Stepped out Into the Water And began To walk Towards Jesus So Peter's A normal Flawed Human being Like you And me He's not Harry Houdini He's not David Blaine He has no Special powers Of levitation Or buoyance And yet he Stepped out Of the boat In the middle Of a nasty Storm And starts

Walking on The water Towards Jesus And he Looks down At the Churning waves And he Feels the Wind blowing And he Starts To sink And he Cries out To Jesus For help So Jesus Reaches down And pulls Peter up Saying you Of little Faith Why did You doubt And the Bible translation Of the message Actually says Jesus' Words as Faint Heart What Got into You What got Into him Was it The realization That he Was risking His life By stepping Out of the Boat Was it His sudden Awareness Of the Severity Of that Horrible Storm Was he Awakened To the Fact that He was Doing Something That's Impossible That he Thought he'd Never be Able to Do What

Got into Him I bet It was The same Thing that Gets into Us when We step Out of Our boat Or out Of our Cocoon And realize That we Are vulnerable To the Risks And the Dangers Around us Why did We leave The security Of our Cocoon Why did We step Out of That boat What if We don't Have what It takes What if That wind Is against Us What gets Into us The fear Of failing In America Today Failure And fear Is considered An unpardonable Sin No one Likes to be Thought of a Failure Because of The stigma That goes Along with It Whether it's Missing the Game winning Shot Losing a Big case Dropping Out of College Or not Having that Perfect spouse And 2.5 Kids Those are All examples Of failure

[45 : 31] In our Culture Somehow The failure Becomes a Comment on Our character Who we Are Our competence Our value As a human Being Nobody Likes to be Thought of As a failure But newsflash We're all Failures Every single One of us There isn't A person here Who hasn't Tried something And failed And there's Absolutely Absolutely Nothing Wrong with That So right Now I want You to Turn to Your neighbor And say I'm a Failure With a Big smile On your Face And they Can respond I'm a Failure Too So doesn't That feel Better Doesn't it Feel better To name Our Failability To admit That we're Human It's Okay To have

Fears And fail At things What we Have to Remember Is that Failure Is not An event But it's A judgment On an Event That happened Something Is only A failure If we Label it As that So you Probably Know Edison's Quote About his Attempts To invent The light Bulb I've not Failed I've just Found 10,000 Ways That it Didn't Work So rather Than being A negative I believe That failure Is a Positive Because it Helps us Know what To do Differently The next Time Failure Is part Of our Creative Process So failure Is not A bad Thing But fear Of failure Is paralyzing It's a force That can keep Us from being The people That god Has called Us to Be What if I start Reading the Bible And i Don't Understand

It What if I try To pray Every day But i Can't Keep up The routine What if They ask Me to Serve At church And i Can't Do it Well What if I join The choir And i Miss a Few notes Sometimes It's easier To stay In our Cocoon Isn't It Would have Been easier For peter It would Have been Easier For mary But where Would we Have gone If she Had said No Where would We be So where Do we Find the Courage To overcome That fear That we Have a Failing We have To find It Somewhere Because our Only other Option is Quitting And let's Be honest Here It's always Easier to Quit Quitting is Always the Easier Option And the Greatest Temptation That we Face when

Our plans Fail Is to Surrender To give Up hope Up But if We do That We may Just miss The call That Jesus Is extending To us To join Him Courage Isn't The absence Of fear Courage Assumes That fear Is present But that It's not In control Courage Means Keeping our Eyes on Jesus In the Presence Of that Failure It means Taking the Risk to Leave the Comfort And the Security Of our Cocoons And walk Towards Jesus In our Lives And guess What We'll still Fail We're not Going to Succeed at Everything And when we Do fail We'll try Again Failure Is not The end Of the World You won't Die from It Instead of Letting it Define

You You Redefine It The story Goes that After an Unsuccessful Attempt To climb Mount Everest Sir Edmund Hillary Stood at The base Shook His fist And said I'll Defeat You You're As big As you're Going to Get But I'm Still Growing And every Time he Tried to Climb It He Failed And every Time he Failed He learned And he Grew And he Tried Again Until one Day he Didn't Fail I know Our Mount Everest Are pretty Tall And our Cocoons Are so Warm And comfortable And familiar Failure But you Can't walk On water If you Never Get out Of the Boat Failure Is not Failing To reach Your dreams It's not Having That dream Not Following That call It's not Having a

[50 : 32] Goal If at First You don't Succeed Big deal It's usually The second Third Or maybe The fourth Time That you'll Actually Get it Right In my Case I'm Still Trying to Get it Right Remember Everybody Fails But everybody Can grow As well So I Believe that God is Calling each Of us To get Out of Our Cocoons And step Out of Our boats And walk Towards Jesus And believe Me I Well know That that Call Is one Of the Scariest Things That you Will ever Answer You might Fail But if You're being Called to do Something that You think You can't Do And doing It would Make someone Else's Life better Or help Strengthen Your faith There is More Than a Better Chance That call

Is coming From God There's The boat There's Jesus So what Are you Going to Do Are you Going to Let your Fear of Failing Keep you From Stepping Out From Coming out Of that Cocoon From Saying Yes When you Face a Challenge Are you Going to Lean into It Are you Going to Run away From it This Is your Life The life That you Live You Can't Step Out Of it You Can Only Live It Or Not Live It So Make That Difficult Call Start Something New Take A Class Try New New Say Yes To What God Is Calling You To Do What's The Worst That Can Happen You Might Fail But You Might Not

What Is It That You Are Afraid Of Jesus The Son Of God Sat At The Table With His Disciples Human Beings Ordinary Everyday Human Beings Facing A Future Without Him And He Knew That They Would Be Afraid And He Knew That They Would Fall And Make Mistakes He Knew That We Would All Make Mistakes Get Get Distracted Not Remember Where It Was That God Called Us To Be And The Places God Called

Us To Go And So He Brought This Gift Of Communion The Gift Of Communion That Says Come You Who Feel Guilty Come You Who Fell On Your Face Come You Who Needs To Be Reminded Of The Love Of God Come You Who Needs A Dose Of Joy And Embrace For The Day Come You Who Feel Like You Don't Belong Come You Who Are Just Wondering Come The Lord Be With You Lift Up Your Hearts Let Us Give Thanks To The Lord Our God It Is Right And A Good And Joyful Thing Always And Everywhere To Give Thanks To You Almighty God Creator Of All There Is

Heaven And Earth You Formed Us In Your Image And Breathed Into Us The Breath Of Life When We Turned Away And Our Love Failed Your Love Remains Steadfast You Delivered Us From Captivity Made Covenant To Be Our Sovereign God Brought Us To A Land Flowing With Milk And Honey And Set Before Us This Way Of Life And So It Is With Your People On Earth And All The Company Of Heaven We Praise Your Name And Join Their Unending Hymn Holy Holy Holy Lord God Of Power And Might Heaven And Earth Are Full Of Your Glory Hosanna In The Highest Blessed Is He Who Comes In The Name Of The Lord Hosanna In The Highest Holy Are You And Blessed Is Your Son Jesus Christ By The Baptism Of His Suffering Death And Resurrection

[55 : 34] You Gave Birth To Your Church Delivered Us From Our Own Slavery To Sin And Death And Made With Us A New Covenant By Water And The Spirit By Your Mercy We Have Been Born Anew To A Living Hope Through The Resurrection Of Your Son From The Dead And To An Inheritance That Is Imperishable Undeified Unfading And Will Never Disappear Once Once We We Were No People But Now We Are Your People Declaring Your Wonderful Deeds In Christ Who Called Us Out Of The Darkness Into His Marvelous Light When The Lord Jesus Ascended He Promised To Be With Us Always In The Power Of Your Word And Holy Spirit On The Night In Which He Gave Himself Up For Us He Took Bread He Gave Thanks To God Who Had Given

All That It Took To Make This Bread And He Said Take And Eat This My Body Was Given For You Do This In Remembrance Of Me And When The Supper Was Over He Took The Cup He Gave Thanks To God For It And Told His Disciples Take This Drink From It All Of You This Is The Blood Of The New Covenant Poured Out For You And For Many For The For For All Of Our Sins Do This As Often As You Drink It In Remembrance Of Me On The Day That You Oh God Raised Him From The Dead He Was Recognized By His Disciples In The Breaking Of The Bread And In The Power Of Your Holy Spirit Your Church Has Continued In The Breaking Of The Bread And The Sharing Of The Cup 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 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 God On All Of Us Who Are Gathered Here And On These Gifts Of Bread And Cup May They Be For Us The Body And Blood Of Christ That We May Be For The World The Body Of Christ Redeemed By His Blood By Your Spirit Make Us One With Christ One With Each Other And One In Ministry To All The World Until Christ Comes In Final Victory And We Feast At His Heavenly Banquet Through Your Son Jesus Christ With The Holy Church The Holy Spirit In Your Holy Church All Honor And Glory Is Yours Almighty God

Now And Forever. Amen Hear Us Now As We Offer You The Prayer That Jesus Taught Us O God 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 Tresspasses As We Forgive Those Who Trespass Against Us And Lead Us Not To Temptation But Deliver Us From Evil For Thine Is The Kingdom And The Power And The Glory Forever And Ever Amen Life Christ Believe Together Amen Who

Are Serving And The Musicians To Come And Receive Communion At This Time Spah To Can As When Those cotton haha They The Three Will And W They Tell Thank you.

[60 : 54] Thank you.

Thank you. Thank you. Thank you. Thank you. Thank you.

Thank you. Please come as you feel led.

Thank you.

Thank you.

[62 : 48] Thank you.

Thank you.

Thank you.

Thank you.

Thank you.

[65 : 18] Thank you.

Thank you.

Thank you.

Thank you.

Thank you. Thank you.

[68 : 18] Thank you. Thank you.

Thank you. Thank you.

Thank you. Thank you. Thank you. Thank you. Thank you. Thank you.

Thank you. Thank you. Thank you. Thank you. Thank you. Thank you.

Thank you. Thank you. Thank you. Thank you. So, so, thank you.

[71 : 24] Thank you. Thank you. I'm heading to the I'm heading to the I'm heading to the... I'm heading to the...

I'm heading to the ministry fair. I'm heading to the ministry fair. So come and have snacks. I hear there's cake too. sobrethe■ being made ahead to... I'm headed to the Icon ness ■ and I'm heading to the São Tom Jones, I'm heading to the, you ■■■kom, I'm heading to the bridge fishing road, I'm heading up towards...

What is it? Thank you.

Thank you.

Thank you.