



*It was when I stopped searching for home within another and lifted the foundations of home within myself I found there were no roots more intimate than those between a mind and body that have decided to be whole*

*- rupi kaur*

March 3, 2019

Welcome and Announcements

## **Strengthening Connection**

### **Coming Together**

(Please stand if you are comfortably able.)

Judy Schwiebert

One: We come together to honor our past.

**All: We come together to affirm our lives here and now.**

**We come together to symbolize the future of our world.**

One: May our time together renew our hope.

**All: May the stories we share refresh our courage.**

One: May the songs we sing lift our spirits.

**All: May the words we speak invigorate us.**

One: May the touch of hands, the sound of laughter,  
the sight of faces new and familiar,

**All: build our resilience in trust and love.**

One: May we be for each other what the world needs. Let us  
sing!

### **Singing Our Faith**

### *Companions On The Journey*

#### **Chorus**

**We are companions on our journey,**

**Breaking bread and sharing life.**

**In the love we bear is the hope we share**

**For we believe in the love of our God.**

**Yes, we believe in the love of our God.**

1. No longer strangers to each other,  
No longer strangers in God's house,  
We are blest and we are nourished,  
By the love we all can share. **Chorus**
2. Although the journey may be rocky,  
Although the way's not always clear,  
We will share God's love a-plenty,  
With all people far and near. **Chorus**

## **Gathering Prayer**

Judy Schwiebert

One: Spirit of life, we gather here in loving community.  
Keep us in mind of the responsibilities of being human.  
Give us the strength to endure, but more,  
help us to bring strength to each other.  
  
May we exclude no one intentionally,  
but may we be as inclusive as we say we are.  
May our coming and our going be blessed,  
this day and forever more.

**All: May it be so with us!**

## **Scattering and Passing the Peace**

Judy Schwiebert

One: In this day made fresh by the rising of the sun, may we  
embrace this day in hope.

**All: Let us embrace each other in peace.**

# Gathering Back Together and Sharing the Table of Jesus

Our Great Band

## Invitation

Judy Schwiebert

In faith and love, gathered in this place, we celebrate the hospitality and generosity of community and the season of study and service called Journey of the Spirit.

## Thanksgiving

Ken : God of the winter days and the changing seasons,  
of the lingering sunset and early dawn,

**All: We live in awe and wonder.**

Judy: For all things bright and beautiful,  
For all things dark and mysterious and lovely,  
For all things green and growing and strong,  
For all things weak and struggling to push life up through  
rocky earth,  
For all human faces, hearts, minds, and hands which  
surround us.

**All: And for all non-human minds and hearts,  
paws and claws, fins and wings, we live in awe and  
wonder.**

Ken: So we join our praise with all your people across the  
generations, saying

**All: Holy, holy, holy, Celebrating God and Life,  
heaven and earth are full of your glory.**

Judy: In our awe and wonder we also remember the ways of  
Rabbi Jesus who walked the dusty roads of Galilee,  
who taught from seashore and mountainside,  
who told stories of the sower and the seed,  
the lilies of the field,  
and the birds of the air.

On the night of his arrest, our tradition reminds us  
Jesus shared a meal with his disciples.

*(Bread broken in silence/Wine poured out in silence )*

Ken: May this bread nourish our capacity for compassion.

Judy: May this cup strengthen our commitment to community.

## **Communion Instructions**

***Please come forward because all are  
welcome. All of our bread is gluten-free  
bread. Our offering for the communion  
baskets is dedicated to One Great Hour of  
Sharing, a national UCC offering. Servers will also serve people in  
the pews who are not comfortably able to come forward.***



## **Communion Music**

The Water is Wide

Shared by Our Great Band

# Prayer of Thanksgiving

Rev. Ken Heintzleman

## Singing Our Faith

## *Walls Mark Our Bound'ries*

by Ruth C. Duck and Jim Strehdee

1. Walls mark our bound'ries and keep us apart;  
Walls keep the world from our eyes and our heart.  
Tables are round, making room for one more,  
Welcoming friends we had not known before.

### **Chorus**

**So build us a table and tear down the wall!**

**Christ is our host. There is room for us all!**

2. Walls make us sure who is in and who's out'  
Walls keep us safe from all question and doubt,  
But at a table in open exchange  
New ties are formed as our lives rearrange.

### **Chorus**

3. Once we were strangers, divided, alone.  
Hate and distrust built a wall stone by stone.  
Now at a table the bread that we share.  
Joins us to Christ in a circle of care.

### **Chorus**

# Learning Something of Value

## Word About Life

Matt. 13:45

Rev. Ken Heintzelman

The kingdom of heaven is like treasure hidden in a field, which a person found and covered up. Then in their joy they go and sell everything they own and buys that field.

"Happiness is available. Please help yourself."

Zen master Thich Nhat Hanh

## Word About Life for Today

Rev. Ken Heintzelman

## Transition Music

# What We Need and What We Give

## Celebrations

Rev. Ken Heintzelman

This is our time to share the celebrations of our lives:  
birthdays, anniversaries, words of kindness  
and works of peace and justice.

# Celebration Song

## *Dance*

by Jim Manley

1. Dance in the moonlight and dance in the sun,  
Dance in your sorrow and dance in your fun.  
Dance in your discos and dance in your briefs,  
Dance in your doubtings and dance your beliefs,

### **Chorus**

**And we'll dance, dance, dance, come dancing with me,  
A - ha, And we'll dance, dance, dance,  
come dancing with me.**

2. Dance up from childhood and into your teens,  
Dance thru your screw-ups and dance in your dreams.  
Come join the dancing, you make it complete,  
We'll hug you and kiss you and step on your feet

### **Chorus**

## **Invitation to Give**

Judy Schwiebert

Our offerings for the celebration of life in this place and beyond, for the furthering of justice, inclusion, and spirituality, shall now be received.

## **Offering for Thanks, Work and Hope**

Our Great Band and Cornerstone Chorale

***Gonna Build a Mountain***

By Bricusse and Newley

## Dedication of Our Offerings and Ourselves

(Please stand if you are comfortably able.)

Judy Schwiebert

One: And now we take our leave.

**All: Before we gather here again, may each of us bring happiness into another's life; may we each be surprised by the gifts that surround us; may each of us be enlivened by constant curiosity.**

One: And may we remain together in spirit until the hour we meet again. These are the times!

**All: We are the people.**

One: All of Creation is blessed!

**All: May we love all and serve all!**

One: May God be with you.

**All: And also with you.**

One: Amen.

**All: Amen.**

### **Sending Forth Song**

Trees of the Field (traditional)

You shall go out with joy and be led forth with peace;  
The mountains and the hills will break forth before you.  
There'll be shouts of joy, and all the trees of the field  
will clap, will clap their hands.

And all the trees of the field will clap their hands, (clap, clap)

The trees of the field will clap their hands, (clap, clap)

The trees of the field will clap their hands (clap, clap)

While you go out with joy. *(Repeat faster.)*



It's here! The time is now!

## Journey of the Spirit: Jesus in Popular Culture

Don't miss the 2019 Journey of the Spirit "Travel Journal" in today's Nuggets.

- Sign up for a Journey Group (9:00 am or 11:45 am on Sundays) today at Coffee Chat. Discussion leaders are also needed!
- Visit the resource page online at [www.shadowrockucc.org/jos](http://www.shadowrockucc.org/jos).
- Next week, bring your favorite Jesus meme, results from your wacky Google image search of Pop Culture Jesus, or the best Jesus joke or reference you can find... for our exploration of Internet Jesus on March 10.



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The Congregation, Ministers to the World



**Shadow  
Rock UCC**