

Sunday, April 7, 2019

Presiding: SDUC Youth Group with Alison Demeter

GATHER

PRELUDE

Tiana: OPENING WORDS

*In the name of an unhurried God,
I invite you to leave the busyness of your lives
and come into the circle of acceptance,
into the circle of compassion,
into the circle of love.
In this place we make room for God
and ourselves, and move in the direction of self-care.*

Peggy: Let us be mindful that:

- our Church Directories are now available, please pick up in the foyer. Presently these are available only to those who have their pictures in it.
- Easter flowers are now available upon donation in the foyer
- Maundy Thursday Potluck & Service, April 18th at 6:00 pm. Clipboards will be passed around for people to indicate their potluck contribution
- We celebrated the continual growth of the Chameleon Drama Club under the direction of Janice Rider. On April 28th following worship, the Club will be performing two short plays based on the themes of friendship and families under unusual circumstances. If you enjoy laughing, unexpected turns of events, and a bit of danger, this is the production for you.
- Please take a newsletter with further information about our upcoming events.
- Please pick up a newsletter advertising all our upcoming events.

Lauren: Connection

In this time of fasting from busyness
let us take a moment to connect with the people around us
and welcome one another to this worship time
and to this place of calm by passing the peace. **(Peace be with you)**

Alison: LIGHTING FIVE LENTEN CANDLE

The light of this candle invites us to remember how peaceful and quiet candlelight can be. The steadiness of its energy and the reliability of its warmth have a calming effect. May this light guide our Lenten path toward peace and calm.

SLOW IT DOWN

Projection: **ENTRANCE INTO WORSHIP** (Video)

All: HYMN Come and Find the Quiet Centre vs. 1 VU #374
Come and find the quiet center in the crowded lives we lead
Find the room for hope to enter, find the frame where we are freed:
Clear the chaos and the clutter, clear our eyes that we can see
All the things that really matter, be at peace, and simply be...

CATCHING OUR BREATH

Taylor: THE INVITATION

I invite you to take a deep breath... breathe in and out slowly
this is a time to give ourselves a break,
to give ourselves just an hour to catch our breath,
to give our selves time to give God attention.

AJ: PRAYER FOR CLEARING OUT

Let us pray a “prayer for clearing out...”
Spacious God, we come today hoping for tools to sweep away the stress.

Let us *make* room for You.

Nudge us in this time of worship to seek the things that really matter.

Let us *find* room for You.

Help us to claim our own selves as a holy sanctuary where you dwell.

Let us *be* room for You.

In the name of Jesus, who invites us to wholeness.

Amen.

All: HYMN Like A Rock MV#92

Like a rock, like a rock, God is under our feet
Like the starry night sky, God I over our heads
Like the sun on the horizon God is ever before
Like the river runs to ocean, our home is in God evermore

Taking Note

The second part of our service invites us to “take note” of what God is saying to us this day through the Faith Chat, through scripture, through the music, and through reflection.

Alison: FAITH CHAT AND SONG (*Insert Faith Chat Here*)

SCRIPTURE READINGS

William: This reading comes from Job, chapter 3, verse 26

“I have no peace, no quietness; I have no rest, but only turmoil.”

Tiana: This reading comes from Mark, chapter 6, verse 31

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Taylor: This reading comes from First Peter, chapter 3, verse 4

Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.

ANTHEM

REFLECTION

Taylor: The world says that I am not enough.

Tiana: Not pretty enough

Laura: not popular enough

Alison: not slim enough

Lauren: The world says that I am not enough.

AJ: not outgoing enough

Peggy: not good enough

William: Not trustworthy enough

Laura: The world says that I am not enough.

Alison: not athletic enough

Taylor: not strong enough

Tiana: Not fun enough

William: The world says that I am not enough.

Lauren: not mature enough

AJ: not important enough

Peggy: Not smart enough

Tiana: How do we take a rest from what the world tells us we “should” be... how we should look, think and do to be enough?

AJ: How do we take a rest from the world’s expectations and at peace with who God made us to be in our own unique way?

Lauren: How do we allow our light to shine in the world?

Laura: How do we give ourselves permission to be our authentic and real selves?

Taylor: Poem & Song

William: Snow Boarding/Lacross

Lauren: Hockey

Tiana: Reflection

Laura: Dance

AJ: Film

Taylor: We invite you to join in the singing of "How Could Anyone" as you are comfortable...

Alison, Tiana, Taylor, Laura: SONG How Could Anyone Libby Roderick

**How could anyone ever tell you
You were anything less than beautiful
How could anyone ever tell you
You were less than whole
How could anyone fail to notice
That your loving is a miracle
How deeply you're connected to my soul... repeat 2 times**

Taking Care

The third part of our service is our response to having listened for God's word. We "take care" to focus through offering and communion on what's truly important and essential to lives lived with depth.

Lauren: INVITATION TO OFFER OUR GIFTS

We invite you to give your gifts and offerings while the choir gives their gift of song and if you have not already done so, we invite you to fill out a piece of paper that says, "Not _____ enough."

Brent & Choir: OFFERTORY

Peggy: RECEPTION OF OFFERING/COMMUNION ELEMENTS & DEDICATION

HYMN *During hymn we move up to the communion table*

(Tune VU #541)

(Text: vs. 1 Marcia McFee, vs. 2 Peggy McDonagh)

For time to savor God's good gifts
For space to breathe and hearts to lift
For ways to reach out and to give
We offer thanks and vow to live!

With bread for body, mind and soul
Christ's presence here will make us whole.
For drink that fuels our hope and care
Christ's spirit through this act we share.

LENTEN CELEBRATION OF COMMUNION

Invitation to the Table

The Great Thanksgiving

Alison: *May God's love be with you.*

And also with you.

Let us take this moment to center our hearts in God's heart.

We take this moment and center our hearts in God.

Let us give thanks to The One who gives all things.

It is right to pause, breathe, and trust in the One who loves without condition.

Creating God, in the beginning there was One Vast Moment. . .

Taylor: *Holy are you, God, and whose love showed forth in Jesus.
He took time, calling folks by name to follow him,
to be healed, to be renewed, to be transformed.*

*By his life, ministry, suffering, death and renewal
we can know this communion together
for he promised a new covenant of love and a new hope
when he said, "Peace, be still. And know I am always with you."*

AJ: *On the night in which Jesus shared an unhurried,
loving meal in the quiet of a safe place,
He looked around the table.
Here were his followers that he called, each by name.*

Laura: *He took bread...gave thanks to you...
broke the bread... **(pause here while I break it)**
gave it to his friends, and said:
"Take this, and each time you eat bread
remember my new commandment,
to love all without condition.
Each time you love I am remembered.*

Tiana: *During the supper, he took the cup... **(pause here while I pour it)**
gave thanks to you, gave it to his friends saying,
"Drink from this, all of you;
this is the love of my new commandment,
poured out for you and for many
that all might be made new by God's love.
Each time you love I am remembered.*

AJ: *We remember Christ's offering of peace and love to us,
In this moment,
we pause,
we breathe,
trusting in Jesus' commandment of love.
We open ourselves to this love poured upon us now,
and on these gifts of bread and fruit of the vine.
As these things make Jesus present once again at this table,
may we set a table for the world, offering moments of solace, peace, and
above all love.*

Sharing the bread for strength and the cup of love (at stations)

*When you go to receive communion, we invite you to bring the completed paper
you were given when you came in this morning. All are welcome to the table, we
only ask that you come in peace.*

We move to our stations to serve communion.

Communion Music

Prayer after communion

Alison: *Faithful and loving God, you are in all of life as amazing grace and love, by this grace and love we are inspired not to be overcome by the busy lives we live.*

***With the taste of the bread of life still upon us
With the taste of the cup of love still upon us,
As we move into our lives,
May we take a rest from the voices of the world
that tell us we are “not enough.”
May we ignite the divine spark that lies uniquely
within each of us so that our light may burn brightly. Amen.***

Taking It Out

The final movement of our service is a time of committing to take a bit of this serenity and peace out into the busy world. We are reminded to “keep the main - thing the main thing.”

Taylor: I hold God’s light within.... I am enough.

Tiana: Pretty enough

Laura: Popular enough

Alison: Slim enough

William: I am called to be the light... I am enough.

Lauren: Important enough

AJ: Outgoing enough

Peggy: Good enough

Tiana: I am not willing to hide who I am... I am enough.

Laura: Fun enough

Alison: Athletic enough

Taylor: Strong enough

AJ: I am ready to ignite my light. I am enough.

Peggy: Smart enough

William: Trustworthy enough

Lauren: Mature enough

All: We are enough!

HYMN I Am the Light of the World

VU #87 vs. 2-4

BLESSING

Tiana: With the light that God gives each of us...

William: May we know that we are enough,

Laura: May we follow God's light with courage,

Lauren: And may we know that we are called to be our true selves

Taylor: As we leave this place,

AJ: May we share our strengths to make the world a better place

SUNG BENEDICTION

Tune VU #298

As we walk through Lent,

as we walk through Lent,

Walk with wisdom,

walk in quiet,

walk with peace of mind.

POSTLUDE

Basket: You are God's beloved. You are enough
Bread: The bread of life given for you.
Cup: The cup of love given for you.

Not _____ Enough	Not _____ Enough
Not _____ Enough	Not _____ Enough
Not _____ Enough	Not _____ Enough
Not _____ Enough	Not _____ Enough
Not _____ Enough	Not _____ Enough
Not _____ Enough	Not _____ Enough
Not _____ Enough	Not _____ Enough
Not _____ Enough	Not _____ Enough

Not _____ Enough

Not _____ Enough