

Praying in Color: Choose a name for God—Almighty One, Jesus, Holy Spirit, Creator—and write it in the big space in the center of the page. Writing the name is a way to invite God into your time and to center yourself for listening. Color with markers, pencils, etc. Feel free to add additional lines and arcs if you want more spaces. In some of the empty spaces, write words that come to you or write the names of people for whom you want to pray. Think of each stroke as a non-verbal prayer. Coloring in this template can be a time for just you and God OR a time of prayer for you, God and others.

FIRST UNITED CHURCH OF OAK PARK

4 FEBRUARY 2018

An open community united in love and justice

PREPARING FOR WORSHIP

"The function of prayer is not to influence God, but rather to change the nature of the one who prays." - Soren Kierkegaard

*Please stand in body or spirit. Please silence cell phones.

GATHERING MUSIC *Amazing Grace; Land of Rest* George Shearing

OUR LIFE TOGETHER Please sign and pass the connections pew pad. Britt Cox

GATHERING AS GOD'S PEOPLE

*** CALL TO WORSHIP - BODY PRAYER** Britt Cox
Jesus says, "Come."

As we come to worship, we find our breath. Notice your breath. Notice it flow in and out of your body. Where in your body are you breathing? What is rising and falling? Your chest? Your ribs? Your stomach? As you come to prayer today, how does your breath feel? Is it deep? Strained? Shallow? Graceful? Ragged?

Jesus says, "Come to me, all who are weary and heavy-laden, and I will give you rest." (Mt. 11:28)

Place your hands on your stomach. Draw the breath into your belly. Feel your stomach rise and fall. Move your hands to the sides of your stomach. Draw the breath into the sides of your body. Feel your whole ribs and stomach rise and fall. Pause at the end of the inhale. Pause at the end of the exhale.

God says to these bones, "Watch this: I am putting my life-breath into you and you will come to life." (Ez. 37:5)

Deepen your breath, drawing the life-breath deeper into your body. Feel the breath push against your ribs, your hips. Feel the breath push against your feet.

As you feel your breath and welcome your body into worship, respond by repeating after me:
"Come, Lord Jesus. Put your life-breath in me."
Come, Lord Jesus. Put your life-breath in me.

Send your hands out to the sides of your body with palms up. Notice the center of your breastbone, and imagine God has a direct line here to your heart. God is tugging on that line, lifting your heart. So lift your heart to God, if you can feel free to bend your back, or imagine yourself doing so. Feel this lift all the way from your feet. With your next inhale, sweep your arms up overhead, looking up to the sky. With your next exhale, say "Come, Lord Jesus" as you bring your hands down in front of your heart.

Come, Lord Jesus. (Psalm 46:8-11)
Come and see what the Lord has done,
see the marvels of God!
God plants flowers and trees all over the earth,
God makes wars cease.
**God breaks the bow and shatters the spear,
bans weapons from pole to pole.**
**God says, "Be still, and know that I am God;
I will be exalted in the earth."**
**The Lord Almighty is with us,
present in our breath and our worship.**
Amen.

* **HYMN 519**
Black hymnal

Not My Brother, nor My Sister

NEED OF PRAYER

CALL TO CONFESSION - INTERACTIVE PRAYER

Lydia Mulkey

PRAYER OF CONFESSION AND ASSURANCE OF GRACE

You will find a piece of string in the connection pad in your pew; each person is invited to take one and pass them down.

As you hold the rope in your hand, consider for what you seek forgiveness. As these things come to mind, make a knot in the rope. Continue this process until you have four-to-five knots.

Go back to the first knot, holding the confession that knot represents, ask God to hear your confession.

Hear God's assurance that you are forgiven. You are loved. Continue the process for each knot.

Take your prayer knots home as a reminder that you are forgiven.

***PASSING THE PEACE**

The peace of Christ be with you.

And also with you.

LISTENING FOR GOD'S WORD TO US

TIME FOR SHARING

Lydia Mulkey

SONG OF ILLUMINATION - PRAYER THROUGH SONG

TAIZÉ

The act of singing is a natural way to praise God. Singing connects our heart and mind. Taize songs are repetitive short songs that are meant to be prayerfully sung. As the Taize song is played, sing along. Notice in yourself any feelings as you sing. Let your singing be your praise.

O Lord, Hear My Prayer

Ostinato Chorale

O Lord, hear my prayer, O Lord, hear my prayer:
*The Lord is my song, the Lord is my praise:

when I call an - swer me. O Lord, hear my prayer, O
all my hope comes from God. The Lord is my song, the

Lord, hear my prayer. Come and lis - ten to me. O
Lord is my praise: God, the well-spring of life. The

*Alternate text

Text: Psalm 102; Taizé Community, 1982
Tune: Jacques Berthier, 1923-1994
© 1982, Les Presses de Taizé, GIA Publications, Inc., agent

READING

Matthew 6:5-15

Lectio Divina Prayer

Take home and reflect on the scripture for today with this prayer exercise:

Reading (*lectio*) – Take your time and read the passage, hearing God’s Word in the Bible as it is read it aloud. Listen for any words or phrases that strike you or grab your attention.

Reflecting (*meditatio*) – Read the passage again, slowly. As you pause on the words or phrases that strike you, take time to consider what the word, phrase or passage means in your life.

Responding (*oratio*) – Read the passage again, slowly. Consider how God has spoken to you and consider responding back in praise, thanksgiving, contrition or petition.

Remaining (*contemplatio*) – Now take time to simply remain in the presence of God.

RESPONDING TO GOD'S WORD

*HYMN 488

Be Still, My Soul

FINLANDIA

Black hymnal

PRAYER OF DEDICATION

Britt Cox

Offerings are a sacred act of worship. We invite you to use the green giving cards in the pew rack to celebrate what you've already given or to make an additional donation.

OFFERTORY

Down in the Valley to Pray

arr. Michael S. Pettersen

*DOXOLOGY

OLD HUNDREDTH

Praise God from whom all blessings flow;

Praise Christ, all people here below.

Praise Holy Spirit evermore;

Praise Triune God whom we adore. Amen.

INVITATION TO THE ALL-INCLUSIVE TABLE

Let us gather around the table with the offering of bread and drink upon it, and the promise of the Living Christ among us. This is the welcome table of God where all who seek to be at peace with their neighbor and all who seek the mercy of God in Christ are embraced. Come, for we are invited in to this holy mystery. Come.

THE GREAT THANKSGIVING

Come to this table as you are, come when you are ready!

We are ready!

Jesus said: "I am the bread of life. All who come to me shall not hunger, and all who believe in me shall never be thirsty.

We are hungry and thirsty. O Lamb of God, we come!

We remember that on the night of betrayal and desertion, Jesus took his authority as the Christ and offered the bread in thanksgiving and said...

"Take, eat. This is my body, which is given for you. Do this in remembrance of me."

In the same way, and by the same authority, Jesus offered the cup in thanksgiving and said,

"Take, drink. This is my blood of the new covenant, which is poured out for you and for many, for the forgiveness of sins. Do this as often as you drink it in remembrance of me."

Come, Holy Spirit. Come. Open our eyes to the mystery of Christ's presence in these ordinary things in these our ordinary lives. May they be for us the very essence of the living Christ in our midst. Through the broken bread...

We participate in the Body of Christ.

Through the cup of blessing...

We participate in the new life Christ gives.

These are the gifts of God for the people of God. Come, for all things are ready!

SHARING THE FEAST

Today we serve communion by intinction. Beginning from the middle pews, we invite everyone to come to the front or rear of the Sanctuary to share in the joyful feast. As you reach the servers, break off a piece of bread and dip it in the cup. Gluten-free bread is available at the station by the baptismal font. Return to your place by the outside rows.

PRAYING TOGETHER THE PRAYERS OF THE PEOPLE

If you have a joy or concern bring them on a pink prayer card as you receive communion. After receiving the elements, you are then invited to pray together with a Deacon and receive a blessing of anointing. If there is a prayer concern you'd like to remain anonymous you may place the pink card in the basket on the communion table.

COMMUNION MUSIC

Communion

RICHARD PURVIS

PRAYER AFTER COMMUNION AND THE LORD'S PRAYER

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 debts, as we forgive our debtors;

and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power and the glory, forever. Amen.

GOING FORTH IN DEDICATION AND SERVICE

*HYMN 514

Over My Head

AFRICAN-AMERICAN TRADITIONAL

Black hymnal

*RESPONSIVE CHARGE AND BENEDICTION

Let us go into the world in peace. In our everyday living, may we embody the faith and hope that we express in worship:

We are moving from words to witness in our relationship with God,

From individualism to intimate fellowship in our relationship with each other,

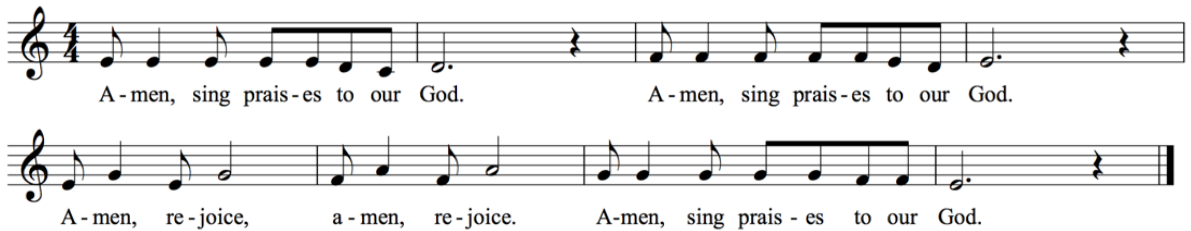
From charity to changing structures of injustice in our relationship with the world.

May God grant us grace to love and serve faithfully, and may God bless us with kindness, courage and peace.

*BENEDICTION RESPONSE

Amen, Siyakudumisa

South African



A - men, sing prais - es to our God. A - men, sing prais - es to our God.

A - men, re - joice, a - men, re - joice. A - men, sing prais - es to our God.

SENDING MUSIC

Prelude in Classic Style

Gordon Young

TODAY AT FIRST UNITED



PLEASE RECYCLE your bulletin in one of the bins near the Sanctuary exits.

JOIN THE DEACONS for prayer and anointing in the chapel following Worship.

HEARING AMPLIFICATION DEVICES--INCLUDING T-COIL CABLES, LARGE PRINT BULLETINS, BIBLES AND HYMNALS are available for use during worship. Please talk to a greeter to obtain these items and return the amplification device to the greeter. Large print bibles and hymnals should be returned to the table behind the middle pews.

EVENTS AND UPDATES

A NEW LOOK AT ADAM AND EVE'S LOVE STORY. Join us at Evening Division for a delicious dinner and a new look with Chris Davis at Bruce Feiler's book: "The First Love Story: Adam, Eve, and Us." We see their relationship strengthen and endure through many hardships. We are meeting February 8 at 6 p.m. in Centennial Hall for dinner (\$15 donation) and a free program at 7 p.m. Reservations 708-383-5632 or sign up at the lounge desk.

"SHAKESPEARE VALENTINES" MUSIC AT FIRST CONCERT. The Chicago Gargoyle Brass and Organ Ensemble, with guest artists The Oriana Singers and City Voices, will present the world premiere of British-born composer Peter Meechan's "Love Songs (Shakespeare)" at 7:30 p.m. on Saturday, February 10 right here at First United! Tickets are available at gargoylebrass.com for \$20/adult \$15/senior, youth 18 and under free. You'll hear beautiful music set to some of Shakespeare's greatest works on love—a great evening with beautiful brass, organ and voice.

FEBRUARY 11 IS SCOUT SUNDAY. All boys, girls and adults who participate in scouting are encouraged to attend and to wear your uniforms.

SECOND SUNDAY SUNDAES! Next Sunday, stop by in the lounge after worship for Second Sunday Sundaes. The second Sunday of every month after worship, the seventh-grade church school class will provide ice cream and the toppings. Come for a sweet treat and fellowship!

CONGREGATIONAL CONVERSATIONS - SUNDAYS FEBRUARY 11 AND 18. In accordance with recommendations made by the Action Planning Team last spring, we are holding two conversations in February to discuss some of the more difficult transitions we have experienced in the last few years. Both conversations will be held in Centennial Hall following worship, and lunch will be served. Nursery and child care will be provided. On February 11, we will focus on the events of spring 2017 that led to Rev. Cole's departure. On February 18, we will focus on the other staff departures that occurred in 2016 and 2017. One goal of both conversations is to allow people to say what they need to say. A second equally important goal is to examine these events with an eye to understanding ourselves better as a congregation: our expectations about how we treat each other and get things done, our values, and the challenges and uncomfortable realities that continue to face us. Finally, we want also to consider what might help us move forward as a congregation. An eblast sent to all members of the congregation explains this more clearly. Please do not hesitate to speak with Deborah Kapp about this if you have questions or concerns.

LENTEN BOOK GROUPS – VARIOUS TIMES AND LOCATIONS. During the season of Lent, book groups will be gathering to read one of two books: "Dare We Speak of Hope?" by Allan A. Boesak and "Accidental Saints" by Nadia Bolz-Weber. You can sign up online at <http://bit.do/lentgroups> or on the sign-up sheet at the Lounge desk. Books are available locally at Magic Tree Bookstore. Groups will begin meeting the week of February 18 and meet for five weeks. Contact Britt Cox if you have questions or need help signing up, bcox@firstunitedoakpark.com.

CHURCH-WIDE CHILI COOK-OFF BENEFITTING FUJI - TUESDAY, FEBRUARY 13, AT 6 P.M. IN CENTENNIAL HALL. Do you have a famous chili recipe or a new recipe you have been wanting to try out? Bring it to the chili cook-off! All proceeds benefit our FUJI Youth. It is free to enter your chili; donations are accepted to partake in the voting of which chili is best! This is a church-wide event: Join us! For more info, contact Alicia Reese, areese@firstunitedoakpark.com.

ASH WEDNESDAY WORSHIP – FEBRUARY 14, 7 P.M. The ritual of Ash Wednesday is one that children and adults love and can experience together. Come for an intergenerational time of worship and receive ashes or glitter ashes as a reminder that God can make beautiful things from the dust!

Moving from

words to witness
in our relationship with God,

individualism to intimate
fellowship in our relationship with other members of the church community,

charity to changing
structures in our relationship with the world.

WELCOME- We're glad you joined us for worship. Learn about First United:

- Visit the welcome desk in the lounge or the visitor table in the narthex to receive more information about the church and a gift to take home with you.
- Sign the connections pad when it's passed. Include your email to receive our weekly e-news and devotional!
- Speak with any greeter or minister or join us for coffee hour following worship.
- Contact Britt Cox at 708.386.5215 or bcox@firstunitedoakpark.com for information about Newcomers Gatherings and any additional questions.

ABOUT US - We are a union church of the Presbyterian Church (USA) and the United Church of Christ. We seek to be an inclusive expression of Christ's body celebrating our diversity while finding our unity in Christ. We are a More Light/Open and Affirming congregation, committed to full inclusion of GLBTQ people in membership & ministry.

ABOUT WORSHIP - Worship is our time to praise and grow closer to God. Worship each week includes song, prayer, learning, silence and giving. If you have any questions about what we do, please ask a minister or a member.

WORSHIP WITH CHILDREN - We welcome all children to participate fully in worship. Age-appropriate worship activities and books are available as you enter the sanctuary. We offer safe, quality childcare and quiet play for children five and under in our nursery (just off the lounge). Accompanied by a parent, these children may leave after Time for Sharing.

RESTROOMS & WiFi - Accessible restrooms are located off the church lounge. Free Wireless Internet is available in all areas except the Sanctuary. Network: 'FirstGuest', password: 'FirstUnited'.

GIVING - Offering envelopes are in the pew racks. You can also give one time or recurring gifts online at www.firstunitedoakpark.com/giving.



FIRST UNITED CHURCH OF OAK PARK

an open community united in love & justice

848 Lake Street, Oak Park IL 60301 | 708.386.5215

www.firstunitedoakpark.com | [facebook.com/firstunitedoakpark](https://www.facebook.com/firstunitedoakpark)

SUNDAY, FEBRUARY 4

9:30 am Education for All
 11:00 am Worship
 2:00 pm Gargoyle Brass and Organ Rehearsal
 6:00 pm SOPRF Chorus Rehearsal
 6:00 pm FUJI and FUSH

MONDAY, FEBRUARY 5

6:30 pm Pack 16 Meeting
 7:00 pm Hunger Walkathon West meeting
 7:00 pm Oriana Singers rehearsal

TUESDAY, FEBRUARY 6

4:00 pm Pro Musica Youth Chorus
 5:00 pm Cooking Matters – Teens
 7:00 pm Children’s Ministry meeting
 7:00 pm Deacon meeting
 7:00 pm Troop 16 committee meeting

WEDNESDAY, FEBRUARY 7

11:00 am Wednesday Small Group
 6:00 pm Elder meeting
 7:00 pm Sanctuary Choir rehearsal

THURSDAY, FEBRUARY 8

6:00 pm Evening Division Dinner and Program
 6:30 pm Cluster Tutoring
 6:30 pm Gargoyle Brass and Organ rehearsal

FRIDAY, FEBRUARY 9

6:00 pm Boy Scout Troop 16
 7:00 pm Oriana/Gargoyle/City Voices rehearsal

SATURDAY, FEBRUARY 10

11:30 am Bluegrass Easter Sunday rehearsal
 5:00 pm Pack 16 Blue and Gold Dinner
 7:00 pm “Shakespeare Valentines” Concert

SUNDAY, FEBRUARY 11

9:30 am Education for All
 11:00 am Worship
 12:00 pm Congregational Conversations
 1:00 pm Gargoyle Brass and Organ Recording
 6:00 pm FUJI and FUSH

CONTACT THE FIRST UNITED OFFICE MONDAY THROUGH FRIDAY 9 A.M. TO 5 P.M.

708-386-5215

Deborah Kapp, Interim Lead Pastor (ext. 101)
 Britt Cox, Associate Pastor of Discipleship (ext. 105)
 Lydia Mulkey, Associate Pastor of Education (ext. 103)
 Alicia Reese, Coordinator of Youth & Children’s Ministry
 William Chin, Director of Music (ext. 108)
 Michael Surratt, Organist
 Amanda Swanson, Manager of Operations (ext. 100)
 Maureen Wheeler, Financial Consultant (ext. 106)
 Keith Liesse, Manager of Building and Grounds
 First United Church Nursery School
 Housing Forward
 Oak Park River Forest Food Pantry
 The Kid’s Kloset, children’s clothing ministry
 Cluster Tutoring

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 708-338-1724, www.housingforward.org
 708-386-1324, www.oprffoodpantry.org
 susanzaruba@gmail.com
 773-378-5530, www.clustertutoring.org

LABYRINTH "WALKING" PRAYER

To walk a labyrinth is to step into an ancient spiritual space and make a personal journey of discovery and exploration...It is a journey where you might release tensions, concerns or distractions on the way in, be open to receiving insights and inspiration at the center and return uplifted, blessed and renewed.

We have a labyrinth on our church lawn, but you may also walk a labyrinth with your fingers or a pencil. A labyrinth is different from a maze: It has only one path that always leads to the center...you cannot get lost...just stay on the path...

There is no right or wrong way to walk a labyrinth...no set pace...just follow the path in your own time...



See next page for instructions.

LABYRINTH "WALKING" PRAYER

1. Allow yourself to become still and settled. Let your breath be soft. Place yourself consciously in the present moment.
2. When you are ready, slowly trace the labyrinth path with a finger. Use a finger on the hand that you do not write with; just let your thoughts come to the surface and let them flow...release them.
3. When you reach the center...rest and consider your thoughts...pause for a while and spend some time reflecting and receiving new thoughts, feelings and blessings...
4. When you are ready, return along the same path recognizing and reflecting on any changes in feelings; any inspiration received, or any new decisions made.