

# Labor & Rest

## September 4, 2022



*Photo by Brett Jordan on Unsplash*

**TWELFTH SUNDAY AFTER PENTECOST**

August 28, 2022

10:00 am

*Welcome! Please participate in as much or as little of the service as you feel comfortable.*

*We love children in worship—their noises and wiggles are welcome, too.  
There are pillows in the front where they can see the instruments and participate fully,  
or the coloring, book, and play area is available in the corner near the windows.  
Their movements back and forth are a joy for all of us.*

*Rest is resistance! ~ The Nap Ministry*

**PRELUDE**

Judy Widrig

**WELCOME & ANNOUNCEMENTS**

Sharon Benton

**RINGING THE BELL**

**\*CALL TO WORSHIP**

by @enfleshed

Darlene Mathias

One Voice: All you overworked and underpaid

**All Voices: All you tied to a paycheck for survival**

One Voice: All you over the hustle, the grind, the doing more with less

**All Voices: All you fighting for rights and safety**

One Voice: All you scrambling for affordable housing

**All Voices: All you figuring out how to pay the grocery bill**

One Voice: All you weary in mind, body, and spirit

**All Voices: All you tired of being tired**

One Voice: Come! The Liberating God renounces systems of exploitation,

**All Voices: And longs for Their people to be free!!**

One Voice: And so we pray together:

**All Voices: Holy Spirit, work with us to subvert systems of harm in which  
we are complicit. Pour your strength over those striking, organizing,  
and demanding dignity for all beings and land. Undo within us  
the lie that our worth has to do with our productivity, and instead  
remind us of our non-negotiable belovedness. Amen.**

**\*CHANT**

**"Lay Me Low"**

Lucy Bledig

*This chant is new musical setting of a Shaker text by organist and composer Daniel Schwandt. It was written at a "Music that Makes Community" Composers Retreat in Brattleboro, VT in 2013.*

Lay me low, \_\_\_\_\_ where your love can find me. \_\_\_\_\_ Lay me  
low, \_\_\_\_\_ where your love can hold me. \_\_\_\_\_ Lay me  
low, \_\_\_\_\_ where your love can bless me. \_\_\_\_\_ Lay me  
low, \_\_\_\_\_ Love, lay me low. Lay me

Text: Shaker traditional  
Music: Daniel E. Schwandt

Music © 2013 Daniel E. Schwandt, admin. Augsburg Fortress. All rights reserved.

Used under OneLicense.net #A-718199

**TIME OF SILENT REST**

**PRAYERS OF THE PEOPLE**

Davi Weasley

**The Prayer of Jesus**

*We invite you to use the language for God that is most comfortable for you:*

*“Our Creator,” “Our Father” or “Our Mother.”*

**Our Creator**

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 and ever. *Amen.*

*If you have a prayer request you'd like to share confidentially with our pastors,  
have added to the confidential prayer list, or spoken aloud in worship,  
go to [www.fccb.net/contact-us/](http://www.fccb.net/contact-us/) to send a message or call the church to talk with a pastor.*

**SUNG RESPONSE**

“In Solitude”

LAND OF REST

The image shows two staves of musical notation in G major, 4/4 time. The first staff contains the melody for the first line of lyrics: "In sol - i-tude, in gath - er-ing, I come to God in prayer. In". The second staff contains the melody for the second line of lyrics: "si - lence and sim - pli - ci - ty, my spir - it blos - soms there." The lyrics are written below the notes.

Text by Ruth Duck, © 1992, GIA Publications, Inc.  
Tune, traditional United States melody, harm by Annabel Morris Buchanan, 1938.  
Used under OneLicense.net #A-718199

**A READING FROM SCRIPTURE**

Genesis 1:31-2:3

Darlene Mathias

Matthew 11:28-30

New Revised Standard Version

**SCRIPTURE RESPONSE**

Darlene Mathias

**One:** 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.

SUNG RESPONSE

"This Little Light of Mine"

THIS JOY

This lit - tlelight of mine, I'm gon - na let it shine.

5 This lit - tlelight of mine, I'm gon - na let it shine.

9 This lit - tlelight of mine, I'm gon - na let it shine,

12 let it shine, let it shine, let it shine.

The musical notation is written on a single treble clef staff in 4/4 time with a key signature of three flats (B-flat, E-flat, A-flat). The melody consists of quarter and eighth notes, with some phrases repeated. The lyrics are placed below the notes.

"This Little Light of Mine" Traditional Negro Spiritual.  
Tune: THIS JOY, Traditional Negro Spiritual.

SERMON

"Labor & Rest"

Sharon Benton

SONG

"What We Need Is Here"

What we need \_\_\_\_\_ is here. \_\_\_\_\_

What we need \_\_\_\_\_ is here. \_\_\_\_\_

The musical notation is written on a single treble clef staff in 2/2 time with a key signature of three flats (B-flat, E-flat, A-flat). The melody is simple, using quarter notes and rests. The lyrics are placed below the notes, with blank lines for the words 'need' and 'is'.

"What We Need Is Here" Tune by Amy McCreath © 2017 Augsburg Fortress. Text: "The Wild Geese" in *Selected Poems of Wendell Berry* © 1998 Wendell Berry. Used under OneLicense #A-718199.

## INVITATION TO OFFERING

Darlene Mathias

*There are several options for giving: 1) Give at our website, <https://fccb.net/giving/>.*

*2) Mail checks to First Congregational Church, 2401 Cornwall Avenue, Bellingham, WA 98225.*

*3) Use the GivePlus app. Download from your app store, set up an account, and give!*

*4) Give by text. Text a dollar amount to 208-516-2657, and set up your account. You're ready for easy giving by text! 5) Give by PayPal. Our easy link is [PayPal.Melfccbucc](https://www.paypal.com/Melfccbucc).*

**Offering Music**

Judy Widrig

## SACRAMENT OF HOLY COMMUNION

**Sung Invitation**

Tim Shepherd

***Come, Let Us Bring***

*By Billema Kwillia & Marty Haugen*

***Come let us bring our gifts to God in praise,  
So that we might minister in countless ways.***

***Come, let us bring the warm and fragrant bread,  
Broken here so all God's people might be fed.***

***Come, let us bring the sweet, abundant wine.  
In this cup, we taste the joy of grace divine.***

*If you're joining us from home, gather something to eat and drink;  
the risen Christ will meet us wherever we are.*

*If you're worshipping in person today, you may come forward to receive communion. Stay distanced, please; and remove your mask briefly. If you wish to remain seated, someone will come around to you in your seat. Just raise a hand or indicate that you would like communion as they come around, remembering that if you come forward you will be on the video.*

**Communion Music**

**"Parting Thoughts"  
by Tim Shepherd**

Tim & Doug Shepherd

\*BENEDICTION

Davi Weasley

POSTLUDE

Judy Widrig



**Parting Thoughts**  
by Tim Shepherd, 1989

*I came to meet you, I came to give.  
I came to die that others might live.  
But the time for parting soon will be.  
Will you remember me?*

*I'll leave you my body, broken from sin.  
And shed for you my blood within.  
When you pass my cup, when you take my  
bread,  
Will you think on the things I have said?*

*When I go I'll miss you and what we would  
share.  
The stories, the healings, the closeness in  
prayer.  
The walks on the shores of Galilee.  
But, will you remember me?*

*I'll leave you my body, broken from sin.  
And shed for you my blood within.  
When you pass my cup, when you take my  
bread,  
Will you think on the things I have said?*

*The hour is nearing, my time is at hand.  
There's only one teaching you need  
understand.  
I promise to love you for eternity.  
But, will you remember me?*

*I'll leave you my body, broken from sin.  
And shed for you my blood within.  
When you pass my cup, when you take my  
bread,  
Will you think on the things I have said?  
And remember the life I once led?*

**Open and Affirming (ONA):** As an Open and Affirming congregation believing in a loving God, all people are welcome in this church without regard to gender, race, ethnicity, economic or social status, sexual orientation, or gender identity.

**We Try To Use Language** which will help people feel included in our worship. Since not everyone is comfortable with the same language, we invite you to amend the words of the service as we sing and pray if they do not adequately express your faith. We invite you to assist us in creating new expressions of our common faith and life together.

**Technical Support:** If you need help streaming our worship services or connecting in other ways, please let us know.

### **APPOINTMENTS WITH PASTORAL STAFF**

Pastoral staff are available by appointment virtually, or in person with masks. Contact them by email or call the pastoral care line, 360-733-4255.

Sharon     **sharon@fccb.net**

Davi:       **davi@fccb.net**

You can also email our Office Manager Cydne at **office@fccb.net** and she'll pass your message on.

### **FIRST CONGREGATIONAL CHURCH United Church of Christ**

*An Open & Affirming Congregation*

2401 Cornwall Avenue, Bellingham, WA 98225

Church Office: 360-734-3720

**24/7 Emergency Pastoral Care: 360-733-4255**

office@fccb.net • www.fccb.net

Facebook: facebook.com/fccbucc

Twitter: @BhamUCC

*Office Hours: 9:00 am-5:00 pm*

**LEAD PASTOR: Sharon Benton—  
PASTOR FOR YOUTH, YOUNG ADULTS,  
& MISSION: Davi Weasley**

**INTERIM MINISTERS OF FAITH FORMATION:**

**Ted & Susan Huffman**

**MINISTER OF MUSIC: Lucy Bledig**

**ORGANIST: Judy Widrig**

**ACCOUNTANT: Erin Kennedy**

**OFFICE MANAGER: Cydne Cochran**

**CUSTODIAN/MAINTENANCE: Kurt Aagard**

**WORSHIP MEDIA COORDINATOR:**

**Georgia Drost**

**MODERATOR: Beth Tyne**

**VICE MODERATOR: Mark Schofield**

**PAST MODERATOR: Bill Henkel**

**CLERK: Janet Malley**

**TREASURER: Jen Sandoval**

**HISTORIAN: Stacy Miller**

OneLicense #A-718199

CCS #12615