

# Healing at the Table

February 4, 2024



FIFTH SUNDAY OF EPIPHANY

February 4, 2024

10:00 am

*"Joy is the gift of love. Grief is the price of our love. Anger protects that which is loved. And when we have reached our limit, wonder is the act which returns us to love." ~ Valerie Kaur*

PRELUDE

Judy Widrig

WELCOME & ANNOUNCEMENTS

Davi Weasley

RINGING THE BELL

WELCOME SONG

"God Welcomes All"

by John Bell

*Energetically*

God wel - comes all, strang - ers and friends;  
God's love is strong and it ne - ver ends.

The musical score is written for piano in 4/4 time with a key signature of one sharp (F#). It consists of two systems of music. The first system has a vocal line and a piano accompaniment. The vocal line starts with a quarter rest, followed by the lyrics 'God wel - comes all, strang - ers and friends;'. The piano accompaniment consists of chords and single notes. The second system also has a vocal line and a piano accompaniment. The vocal line starts with a quarter rest, followed by the lyrics 'God's love is strong and it ne - ver ends.'. The piano accompaniment continues with chords and single notes.

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*\*Rise in body or spirit*

## THE STORY

### TIME WITH CHILDREN

Meg Best

*Children may go with Josh to church school in the social hall  
or remain in the sanctuary as they choose.*

### MUSIC FOR CONTEMPLATION

*Have you ever found healing at a table? When has hospitality changed your experience of a place?  
Who might you be called to invite to your table?*

### WE ARE A NURTURING BELOVED COMMUNITY.

### \*COMMUNITY PRAYER

Lyz Staman

One: So many things keep us from the table;

**All: We're too tired, we're too broken-hearted, we've got too much to do.**

One: Still God calls us in the hunger —

**All: Hunger for bread, hunger for community, hunger for justice.**

One: We gather with every hungry body

**All: Bring us healing, O God. Feed us with the Bread of Life!**

### \*HYMN 349 (black hymnal)

"I Come with Joy"

DOVE OF PEACE

### SUNG PRAYER

"With Sighs Too Deep for Words"  
by Anne Krentz Organ. Used with permission.

Leader:

This is the sound of our Prayers And the Spirit in - ter - cedes for us

All:

with sighs, with sighs too deep for words. With sighs, with sighs too deep for words.

**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.*

**WE ARE GROWING AUTHENTIC CHRISTIAN FAITH.**

**A READING FROM SCRIPTURE**

Mark 5: 21-43

Lyz Staman

New Revised Standard Version

**SCRIPTURE RESPONSE**

Lyz Staman

**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.

**SERMON**

“Healing at the Table”

Davi Weasley

**MUSICAL MEDITATION**

“Come Before the Table”  
by Karen Marroli  
Soloists: Kay Marsh & Kris Johnson

Chancel Choir

**WE ARE LIVING CHRIST-INSPIRED ACTION.**

**SACRAMENT OF HOLY COMMUNION**

**Invitation**

**Sung Invitation**

*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.*

**Sharing the Elements**

*You may come forward to receive communion or if you wish to remain seated, someone will come around to you in your seat. Raise a hand or indicate that you would like communion as they come around. If you come forward you will be on the video stream.*

*You may either dip your bread in the communal cup  
or take a single-serving of juice from the center server.*

*If you're worshipping at home, gather something to eat and drink:  
the risen Christ will meet you right where you are.*

**\*BENEDICTION**

**POSTLUDE & SHARING**

Judy Widrig

*After the postlude we encourage you share with someone your response to today’s question:  
Have you ever found healing at a table? When has hospitality changed your experience of a place?  
Who might you be called to invite to your table?*

*You may make an offering either in the plates at the door or online.*



*Your generosity allows the work of this place nurture beloved community,  
grow authentic Christian faith, and live Christ-inspired action. Thank you! .*

*There are several other ways to give: 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 Breeze app. Download from your app store, set up an account, and give!*

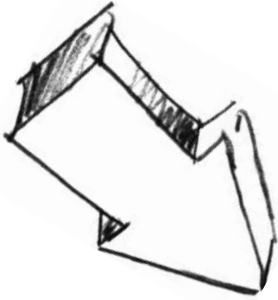
*4) Give by text. Text a dollar amount to (360) 205-1297, and set up your account.*

*5) Scan the QR code above or on the back cover of the bulletin.*

**COMMUNION ELEMENT INGREDIENTS:**

*Communion loaf— whole wheat flour, molasses, yeast, salt. Juice— grape juice, vitamin C.*

*Gluten free bread—sorghum, tapioca, millet & rice flours; sea salt, honey, canola oil, water, ginger ale, egg.*



## **Congregational Conversation Today!**

**Sunday, February 4:**

Join us after worship for an opportunity to talk about where we are with the budget, what the bylaw changes mean, and other items to be addressed at the **February 11 Annual Meeting**.

**The Annual Meeting will be held after worship,  
Sunday, February 11.**



**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.

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**

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Facebook: facebook.com/fccbucc

*Office Hours: 10:00 am-5:00 pm*

**LEAD PASTOR: Sharon Benton, she/her**

**PASTOR: Davi Weasley, they/them**

**CHURCH SCHOOL COORDINATOR:**

**Josh Marchand, they/them**

**MINISTER OF MUSIC: Lucy Bledig, she/her**

**ORGANIST: Judy Widrig, she/her**

**OFFICE MANAGER: Cydne Cochran, she/her**

**CUSTODIAN/MAINTENANCE:**

**Kurt Aagard, he/him**

**BOOKKEEPER:**

**Eric Bowen**

**WORSHIP MEDIA COORDINATOR:**

**Georgia Drost, she/they**

**MODERATOR: Mark Schofield**

**VICE MODERATOR: Scott Ward, he/him**

**PAST MODERATOR: Beth Tyne**

**CLERK: Janet Malley, she/her**

**TREASURER: Craig Jennings**

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