

***The First Congregational Church
of Essex Junction***
United Church of Christ



***A Welcoming Community, Accepting and
Serving All in the Spirit of Christ***

The First Congregational Church of Essex Junction, United Church of Christ, is an Open and Affirming congregation, embracing diversity and affirming the dignity and worth of every person, because we are all created by a loving God. We seek to live Christ's call for compassion, justice, healing and wholeness in life. Therefore, we welcome into our community persons of every race, gender, age, sexual orientation, faith background, nationality, ethnicity, marital status, mental and physical ability, economic and social position, gender identity and expression, level of education and family structure. We invite all to share in the life, leadership, ordained ministry, lay ministry, worship, sacraments, responsibilities, fellowship, blessings, and joys of our congregation as we seek to grow together in faith and love.

**One Church Street
Essex Junction, VT 05452**

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The First Congregational Church of Essex Junction

A United Church of Christ

July 7, 2019

Fourth Sunday After Pentecost

A Welcoming Community, Accepting and Serving All
In the Spirit of Christ

Order of Worship

Prelude *A Special Arrangement* Carol Spradling

An Extravagant Welcome *No matter who you are
or where you are on life's journey,
you are welcome in this place.*

Welcome Greeting and Announcements

Our Ministers will welcome everyone to church and then highlight some events in our shared life, then the Deacon on Duty will welcome everyone and invite people to raise significant celebrations to the congregation or introduce yourself or a friend as a guest. We encourage everyone to sign the Friendship Book.

A Musical Introit *As We Gather At This Table* Daw/Chavez-Melo

Call to Worship** Psalm 30
Congregational responses are in bold

Deacon: Let us sing praises to God, all you faithful ones,
and give thanks to God's holy name.

God does not abandon us in our distress.
God's healing presence restores us to life.

Weeping may linger for the night, but joy comes with the morning.
**Indeed, God turns our mourning into dancing;
God takes off our sackcloth and clothes us with joy.**

Let the peoples praise you, O God, and not be silent.
O Lord, our God, we will give thanks to you forever!

A Time of Confession

Call to Confession

Deacon: On Communion Sundays, we practice the art of confessing our bad actions, aka sin, and asking for forgiveness. We practice confessing and forgiving in the presence of God, so we might learn to be comfortable with this act with the people in our lives.

We pour out our hearts to God in confession.

Prayer of Confession

Deacon: O God, we know that Jesus sent out his disciples without purse, luggage, or sandals. All too often, we find ourselves clinging to possessions we don't need, looking for safety by avoiding risk, and bearing heavy burdens that slow us down. Forgive us for our reluctance to travel lightly and heal us of our pain and guilt.**

Forgive us and heal us, O God.

Deacons: Holy One, the Apostle Paul encouraged the Galatians not to grow weary, but to use every opportunity to work for the good of all. And yet, hectic schedules, competing demands, cynicism, and doubt erode our commitment and leave us feeling burned out. Forgive us for any hollow excuses we are tempted to make and heal us of our exhaustion.**

Forgive us and heal us, O God.

Deacon: O God, in the silence of this moment, we confess silently our sins. [1 minute of silence] Forgive us for the things for which we confessed and heal us.

Forgive us and heal us, O God.

Assurance of Pardon

Pastor

Children's Message

Children, youth, and young at heart are welcome to come forward for the Children's Message. After the message, everyone is invited to stay in worship. Children three and under are welcome to use the Nursery where Jennifer is.

**God has made us all a rainbow.
Colors dancing 'round and 'round.
In our hair and skin and eyes, big and little, every size,
God has made us all a rainbow dancing 'round.**

Pastoral Prayer and Unison Lord's Prayer
A Time of Silence for Personal Prayer
Sharing Our Prayers with God and Each Other

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 trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil, for thine is the kingdom and the power and the glory forever, amen.

Musical Response *Guide My Feet* #497

Musical Anthem *Tradition!* Fiddler on the Roof

Scripture Readings

Old Testament Exodus 12: 1-14 page 45

New Testament Luke 22: 7-20 page 66

*Hymn *Spirit of the Living God* # 283
Each Sunday until the end of July, we sing Spirit of the Living God to center ourselves before the sermon.

Sermon *"Tradition!"* Rev. Simon

The Sacrament of Holy Communion

The Invitation

Words of Institution

Sharing the Bread and Cup

We will partake of communion by passing the bread and cup out to each person. Please wait for the minister to direct you to eat the bread together as one body and drink the cup as the Spirit moves each person; this symbolizes both the corporate and the individual nature of our relationship to our God.

Offering Our Gifts to God

Invitation, Offering, and Prayer of Dedication

Anthem *Sunrise, Sunset*

Fiddler on the Roof

*The Doxology # 778

**Praise God from whom all blessings flow;
Praise God, all creatures here below;
Praise God for all that love has done;
Creator, Christ, and Spirit, One.**

Benediction

Pastoral Benediction

**Sung Community Benediction*

Go Now In Peace

**Go now in peace. Never be afraid.
 God will go with you each hour of every day.
 Go now in faith, steadfast, strong and true.
 Know God will guide you in all you do.
 Go now in love, and show you believe.
 Reach out to others so all the world can see.
 God will be there, watching from above.
 God now in peace, in faith and in love**

*Postlude:

Special Music today by...

Judy Pomainville, Jim Coates,
and Doug Olufsen (vocalists)
and Abigail Evans (violin)

**Please stand if you are able.*

**** Parts of today's service were from: A Harvest of Joy, Healing, and Peace: Service Prayers for the 4th Sunday after Pentecost was written by Rev. Heather A. Moody.**

The flowers on the altar are given to Terry & Heather Stein's family in honor of their parents.

First Church's Prayer Ministry

John A	Judy Janwich	Eric & Shannon
Carol Janwich	Richard Ansell	Joe Phenix
Mary Weltzin	Serena & Chris Baker	Linda Dudley
Mike K	Frank Polanshek	Carolyn
Judy	Mark McKenzie & family	Tib T
Nancy Hunt's Family	Tom McKenzie & family	Richard Bamford

Please let the office know if you would like a name added to our Prayer Ministry, you can write it on the Friendship Pad, call or email the office or send us a note, welcome@fcej.org. Additionally, prayer requests will be edited quarterly. If you find an unintended error or omission, please contact the Church office.

* * * **TODAY** * * *

Hannaford Cards & Reloads

Hannaford Gift Cards are available for purchase!

Today is your last chance to buy/reload a Hannaford Card until Sunday, July 22nd.

Heavenly Harmony, Rehearsal for July 21st Performance

Today (Sunday), July 7th @ 10:15am-11:15am

AND Thursday, July 11th, 6pm-7:30pm

We're singing two songs in 3-part harmony with piano:

- Let It Go (from Frozen)

- Ain't No Mountain High Enough (from Sister Act)

Former Bell Ringers

Please make an effort to return your maroon vest to the Church Office or to Carol Spradling. Thank you.

Faith Formation Sunday School Calendar

Please, donate items. Review the wish list at the black table.

Preschool – 8th grade

June 9th – September 1st ~ Intergenerational 9am Worship

Kids may bring a parent to FH and watch the service while you spend time being creative. Colored bin of activities - crafts, puzzle, etc. will be by the Nursery door.

September 8th ~ Welcome Back Sunday ~ Picnic & Bouncy House on the Lawn

2019-20 Faith Formation Family Calendar will be available in September

Spectrum Youth & Family Services

Remember to bring your offering each week, \$1 a week can go a long way! Please use the envelopes in the pews so your \$ goes to the right place.

Continue to Support JUMP

Part of our church's mission to JUMP (Joint Urban Ministry Project) is to provide feminine hygiene products. Our Red Tent Project has been very successful, but we need

Faith Formation Sunday School Offering:

Total for 2019 \$241.33

* * * **THIS WEEK** * * *

FCCEJ Heavenly Food Pantry

Monday, July 8th, 5:30pm-7pm

We are in need of egg cartons, in addition to fruit juice, tomato soup, spaghetti sauce and sample size toothpaste tubes. Please, ask your dentist the next time you have your teeth cleaned if they could donate a case!

Tuesday Morning Sermon Talkback

Join us on Tuesdays even through the Summer from 8:30-10am for coffee, baked goods and a lively discussion of the sermon (and other topics!) that was delivered on Sunday.

Join us for the conversation, the goodies, the camaraderie, or all of the above!

Junior and High School Youth Group Joint Event

Tuesday, July 9th from 10am-1:30pm

Youth will play some games (badminton anyone?), make sandwiches, and then deliver them people who are hungry in downtown Burlington (between First Congregational and the United Methodist Church). If we have time, we might stop for a cool treat. We'll return by 1:30pm. If you haven't signed up yet to attend, please email jsimon@fccej.org

Yoga @ First This Week

Jonah offers class on **Tuesdays** at 5:30-6:45pm in the Fellowship Hall. All levels from beginner to experienced welcome. You can bring your own mat or borrow one. Classes are free & donations are gratefully accepted for FCCEJ.

Practicing Traditional Christian Spirituality

Wednesday, July 10th, 7pm

Starting Wednesday, July 10 and going through Wednesday, August 14, Pastor Josh is leading a Christian based spirituality group. From Christian tradition there are many different forms of practices that help a person connect more to God. For example, from the Ignatians, there is a practice called the Examen. It asks us to see where God is in our lives in a past moment and then where is God in the present moment. Join us each Wednesday at 7pm.

Coffee Clatter Fridays

This may seem like a foolish question, but if you like to talk and drink coffee, then come down to Martone's every Friday morning from 8-9 for an open conversation. Rev. Mark and/or Josh are there every week and we talk about everything from camping to politics, from deep theological questions to silly jokes, from village life to great vacation spots, from business deals to the best restaurants in town. We laugh, get serious and support each other. Everyone is invited!

* * * **VOLUNTEERING & SAVE THE DATES** * *

Got Donations? Heavenly Cents Thrift Shop

Regular Hours: 10am-3pm Tues & Wed, 4-8pm Thurs
& 1st & 3rd Saturday of each month, 9am-1pm

The Heavenly Cents Thrift Shop is looking for volunteers to work at the shop **every other Thursday from 6 to 8 PM** beginning on August 1. If you have never worked there before, the staff is most happy to show you the ropes of manning the shop. The activities such as running the cash register are quite easy. It's a fun, rewarding place with contact with the staff as well as the many community members who come in to shop. Our mission is to support local groups such as JUMP and COTS as they serve their clientele. Please, join us if the thrift shop is someplace you've been hoping to work.

Contact Elaine Raymond <ebraymond@gmail.com> or Sue Wood
<suewood@myfairpoint.net> for more details.

Additionally, you may call P# 1 802 879 6552

Donation Needs: All Men's Clothes

Essex Eats Out Ecumenical Community Dinner

Friday, August 2nd @ 5:30pm-7pm

This ongoing service project offers free, community-wide dinners open to all (with a special invitation to the needy & lonely) every Friday night throughout the Essex area. Donations (to help subsidize the cost of these meals) are solicited but not required of all dinner patrons.

Vacation Bible Camp 2019

To Mars and Beyond: Explore Where God's Power Can Take You!

We still need youth & adult volunteers for August 5-9

Wednesday Night Searchers

We finished "When They See Us" series on July 3rd. ...*Searchers* will not meet again until September.

MINISTRY AT FIRST CHURCH

Church Administrator: *Doug Ovitt* [welcome@fcej.org]

Music & Choir Director: *Carol Spradling* [cspradling@fcej.org]

Christian Education Director: *Laurie Chipman* [lchipman@fcej.org]

Associate Pastor: *Rev. Josh Simon* [jsimon@fcej.org]

Senior Pastor: *Rev. Mark Mendes* [mmendes@fcej.org]

Music Ministry

Cherub Music: *Jenny Bourn* [jennybourn4@gmail.com]

Currier Bell Choir Director: *Carolyn Harris* [899-6759]

Finally @ First Director: *Rick Dooley* [rickdooley5@gmail.com]

Joyful Noise: *Jessica Moos* [jessicamoosvermont@gmail.com]

Men At First Director: *Bill Bickford, Jr.* [bill.bickford@aol.com]

Sanctuary Choir/Heavenly Harmony Director: *Carol Spradling* [cspradling@fcej.org]

Committee / Church Officer Contacts

President, Chair Human Resources Committee: *Carl Wermer* [879-7650]

Vice President, Chair Finance & Pastoral Relations: *Maureen Evans* [879-7517]

Treasurer & Historian: *Ann Gray* [878-4088]

Asst. Treasurer: *Dan Petherbridge* [879-0261]

Financial Secretary: *Pat Seaver* [879-4445]

Clerk: *Alison Wermer* [879-7650]

Christian Education: *Jenny Bourn* [802-309-7441]

Communications: *Andrea Sharp* [879-0580] or *Judy McCullen* [878-9794]

Deacons: *Betsy Weischedel* [922-2094], *Peter Schmalz* [202-297-3625]

Hospitality: *Jim Glatz* [503-5076]

Missions: *Joanne Irwin* [878-2528], *Ed Steele* [871-5897]

Music: *Denise Keating* [345-8900]

Nominating: *Barb Smith* [878-6866]

Stewardship: *Jessica Moos* [399-8068]

Trustees: *Kevin Meilleur* [238-4041]

Ushering: *Jessica Moos* [399-8068]

Recognized Groups at First Church

Heavenly Cents Thrift Shop [879-6552] *Sue Wood* suewood@myfairpoint.net

Heavenly Food Pantry Contact: *Valerie Gabert* [879-0109]

Called To Care Contact: *Beth Volker* [238-2713]

Nepali Christian Community Contact: *Dan Raut* [310-4371]

Craft Fest Committee Contact: *Linda Bogardus* [lbogardus@myfairpoint.net]

mission
M O M E N T S
UNITED CHURCH OF CHRIST

July 7, 2019
Fourth Sunday after Pentecost
Surprising Prophets
2 Kings 5:1-14

There once was a young woman who realized alcohol had become a problem in her life, and so she began to attend twelve step recovery meetings. There she found the courage and community she needed to get sober and healthy. But it wasn't always an easy path. In the early days, she explained to a sponsor at an AA meeting that she was getting stuck on her recovery every weekend when she washed her car, because she was accustomed to washing the car while drinking a beer.

"What am I supposed to do?" the young woman asked earnestly, expecting a wordy and complicated answer.

"Get an iced tea."

"What? I can't just drink iced tea instead! This is a serious problem!" The young woman protested. Surely there was something long and boring to read, an expensive workshop to attend, perhaps a complicated extra step devised just for her.

"If my idea was hard, would you do it? Just get the tea."

This is a human problem, not a modern one. People told this story way before we drank iced tea. Eons ago, there was this guy named Naaman who had a pretty good life. He was an advisor to the king on the winning side of a war. The only thing that bugged him was this terrible rash he had all over his body. A slave girl in his house, a prisoner of war from the enemy side, suggested he go visit the prophet from her side, the enemy side. It took some doing, but finally he heard from the great prophet himself. This was the message:

"Go and dip in the Jordan River seven times and you will be healed."

The Jordan River is little, muddy and unimpressive. Naaman was offended.

"Why should I bathe in this little stream? The rivers in my country are much grander than this one!"

He was about to storm off in a huff, when his advisors stopped him.

"Look, man, if it was difficult, wouldn't you do it? Just try."

He tried it. And he was healed.*

Are you looking for a complicated or expensive answer to each of life's simple problems? Maybe you are looking too hard. Maybe God's grace is right here, right now, waiting for you. Maybe the healing you seek is as simple as taking one step at a time into the river of life that is flowing right now past your door. Just this once, try this. Try immersing yourself in the powerful simplicity of God's healing grace.

This story is adapted from "Swim, Ride, Run, Breathe: How I Lost a Triathlon and Caught My Breath" by Jennifer Garrison Brownell, published by The Pilgrim Press, 2015.

THIS WEEK: July 7th - July 13th

- SUNDAY: **9:00 am Worship Service / Sanctuary**
1:00 - 2:00 pm Brown Bag / Fellowship Hall
6:00 – 8:00 pm Cub Scout Meeting / Marvin Lounge
- MONDAY: 12:00 - 1:30 pm Brown Bag / Fellowship Hall
1:30 - 4:00 pm Food Pantry Stocking / Fellowship Hall & Gym
5:30 - 6:30 pm Group Victory / Marvin Lounge
5:30 - 7:00 pm Food Pantry / Fellowship Hall & Kitchen
- TUESDAY: **8:30 - 10:00 am Sermon Talk Back / Marvin Lounge**
10:00 am-3:00 pm Heavenly Cents Thrift Store
12:00 - 1:30 pm Brown Bag / Fellowship Hall
5:30 - 6:45 pm Yoga w/ Jonah / Fellowship Hall
- WEDNESDAY: **10:00 am-3:00 pm Heavenly Cents Thrift Store**
12:00 - 1:30 pm Brown Bag / Fellowship Hall
7:00 - 9:00pm Practicing Traditional Christian Spirituality / Marvin Lounge
7:00 - 8:30pm Boy Scouts / Fellowship Hall
- THURSDAY: 12:00 - 1:30 pm Brown Bag / Fellowship Hall
3:00 - 4:00 pm Easter Seals Clinician Meeting / Third Floor
4:00 - 8:00 pm Heavenly Cents Thrift Store
- FRIDAY: 12:00 - 1:30 pm Brown Bag / Fellowship Hall
6:30 – 10:30 pm Scrapbooking / Marvin Lounge*
- SATURDAY: 9:00 - 11:00 am Nepali Community Worship & Meal / Sanctuary & Fellowship Hall
1:00 - 2:00 pm Brown Bag / Fellowship Hall

* = Tentative

BOLD FONT = FCCEJ Activity