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# UNITED CHURCH OF CHRIST, CONGREGATIONAL

217 E. Liberty St. Medina, Ohio 44256 330-725-4559

[www.uccmedina.org](http://www.uccmedina.org)



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**LIVE STREAMING OF THE SANCTUARY SERVICE IS AVAILABLE AT UCCMEDINA.ORG**

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## **“WELCOMING, LOVING, SERVING, WHERE GOD HAS NO LIMITS”**

*Please take a moment to sign the attendance pads, (located at the end of each pew) so that you know who is worshipping near you and you may greet them by name.*

### RINGING OF THE CHURCH BELL

### GREETINGS AND ANNOUNCEMENTS

### \*PASSING OF THE PEACE

PRELUDE “Brightest and Best” – arr. John M. Rasley

Cathy Fafrak, Organist

### \*CHORAL INTROIT

\***CALL TO WORSHIP** (written by Cheryl Lawrie and posted on <http://holdthinspace.org.au/>)

Leader: We gather:

**People: a community of faith in God’s subversive world.**

Leader: We gather to celebrate

**People: that no darkness can extinguish light,**

Leader: to remember

**People: that love will always be more powerful than death,**

Leader: and to trust that

**People: peace will always be stronger than violence.**

Leader: We gather,

**People: people of faith in the light of God’s world.**

Leader: Welcome to worship.

### \*OPENING HYMN

### “We Three Kings of Orient Are”

WORDS and MUSIC: John H. Hopkins, Jr. (1820-1891), alt.

KINGS OF ORIENT  
8.8.8.6.Ref.



1 We three kings of O - ri - ent are, bear - ing gifts we trav - erse a - far,  
2 Born a king on Beth - le - hem's plain, gold I bring to crown him a - gain,  
3 Frank - in - cense to of - fer have I, in - cense owns a de - i - ty nigh;  
4 Myrrh is mine; its bit - ter per - fume breathes a life of gath - er - ing gloom:  
5 Glo - rious now be - hold him a - rise, King and God and Sac - ri - fice;



field and foun - tain, moor and moun - tain, fol - low - ing yon - der star.  
King for - ev - er, ceas - ing nev - er o - ver us all to reign.  
prayer and prais - ing, voic - es rais - ing, wor - ship - ing God on high.  
sor - rowing, sigh - ing, bleed - ing, dy - ing, sealed in the stone - cold tomb.  
Al - le - lu - ia! Al - le - lu - ia! sounds through the earth and skies.



O star of won - der, star of night, star with roy - al beau - ty bright,



west - ward lead - ing, still pro - ceed - ing, guide us to thy per - fect light.

#### \*OPENING PRAYER

Leader: Just who are we, oh God?

People: **We are the young our lives are a mystery.  
We are the old who yearn for your face.**

Leader: We make resolutions, we sign up at the gym (again)

People: **We have been sung throughout all of history.**

Leader: We vow to be better people. But, "Who are you?" is a disturbing question.

People: **Some of us have a quick answer. Some define by job title.**

Leader: Some have been defined by unfair labels.

People: **Some just don't have a clue.**

Leader: Let us be gathered in, and hold to a rooted tradition.

People: **See in this space our fears and our dreamings  
Brought here to you in the light of this day. Amen.**

**\*PRAISE RESPONSE**

**"The First Noel"**

1. The first No - el the an - gel did say was to cer - tain poor  
 shep - herds in fields as they lay; in fields where they lay  
 keep - ing their sheep, on a cold win - ter's night that was so deep.  
 No - el, No - el, No - el, No - el, born is the King of Is - ra - el.

WORDS: Trad. English carol (Lk. 2:8-14; Mt. 2:1-12)  
MUSIC: Trad. English carol; harm. from *Christmas Carols New and Old*, 1871

THE FIRST NOEL  
Irr. with Refrain

**ANTHEM** "Come, Christians, Join to Sing" – arr. Stan Pethel

Chancel Choir

**CHILDREN'S MESSAGE**

Stacie Yates

**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.

**PRAYERS OF THE PEOPLE**

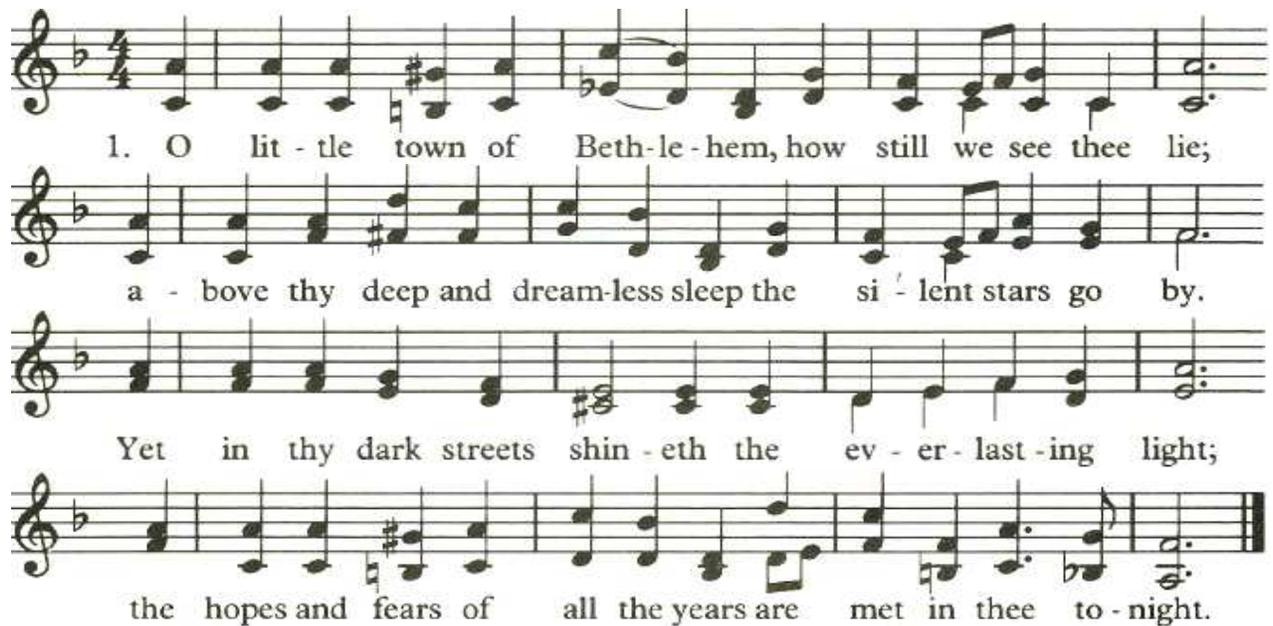
- Joys and Concerns
- Silent Prayer
- Morning Prayer

**PRAYER RESPONSE**

**"O Little Town of Bethlehem"**

WORDS: Phillips Brooks, ca. 1868  
MUSIC: Lewis H. Redner, 1868

ST. LOUIS  
86.86.76.86



1. O lit - tle town of Beth - le - hem, how still we see thee lie;  
a - bove thy deep and dream-less sleep the si - lent stars go by.  
Yet in thy dark streets shin - eth the ev - er - last - ing light;  
the hopes and fears of all the years are met in thee to - night.

**SCRIPTURE** Matthew 2:1-12 Deb Waldron, Liturgist

**SERMON** "Who Are You?: Follow Your Star" Rev. Luke Lindon

#### OFFERING OURSELVES AND OUR GIFTS

##### Offering Invitation

As the unnamed and unnumbered magi give gifts to Christ, so we too give in their stead. Not to be remembered. But to give to the needs of God who has freshly been born into our world.

**Offertory Music** "What Star Is this?" – arr. Thomas Gieschen Cathy Fafrak, Organist

**\*Doxology** Praise God from whom all blessings flow; Praise Him all creatures here below;  
Praise Him above ye heavenly host; Praise Father, Son and Holy Ghost. Amen.

**\*Prayer of Dedication** (written by Thomas Turner, and posted on Everyday Liturgy.

<http://everydayliturgy.com/prayer-for-epiphany/>)

God of all good gifts, who gives freely to us, have mercy on us and grant us the peace that only the Prince of Peace can provide.

Grant that our lives would be an offering, and that our work would be a good gift, just as the gifts that the magi brought, pleasing to you and fit for the king of all creation.

We look to you, our Prophet, Priest and King, to rule the world with justice, and to give salvation to all who call upon you. Amen

# SACRAMENT OF HOLY COMMUNION

All are welcome at the Lord's Table. You do not need to be a member of the United Church of Christ to partake in the Holy Sacrament.

Invitation to the Table

The Words of Institution

Distribution of the elements

Prayer of Thanksgiving

## \*SENDING HYMN

### "Angels from the Realms of Glory"



1. An - gels from the realms of glo - ry, wing your flight o'er  
2. Shep-herds, in the field a - bid - ing, watch-ing o'er your  
3. Sa - ges, leave your con - tem-pla - tions, bright - er vi - sions  
4. Saints, be - fore the al - tar bend-ing, watch-ing long in



all the earth; ye who sang cre - a - tion's sto - ry  
flocks by night, God with us is now re - sid - ing;  
beam a - far; seek the great De - sire of na - tions;  
hope and fear; sud - den - ly the Lord, de - scend - ing,



now pro - claim Mes - si - ah's birth:  
yon - der shines the in - fant light: Come and wor - ship,  
ye have seen his na - tal star:  
in his tem - ple shall ap - pear:



come and wor - ship, wor - ship Christ, the new - born King.

WORDS: James Montgomery, 1816 (Lk. 2:8-20; Mt. 2:1-12; Mal. 3:1)  
MUSIC: Henry T. Smart, 1867

REGENT SQUARE  
87.87.87

**\*BENEDICTION**

Leader: The Wise Ones found what they were looking for by following the lighted path.

**People: May we trust the star that God has hung for us.**

Leader: Let us follow the star.

**People: That leads us to the Christ child.**

Leader: We will find power in a baby, not in a king;

**People: and being so transformed we will come home be another route.**

Leader: Go with the blessings of God who created you, Jesus who loves you, and the Spirit who guides you, One God! Forever and ever.

**People: Amen!**

**\*CONGREGATIONAL RESPONSE "God Be with You"**

**God be with you 'til we meet again; By His counsels guide uphold you;  
With His sheep securely fold you; God be with you 'til we meet again.**

**\*POSTLUDE "March of the Three Kings" – arr. Kenneth T. Kosche Cathy Fafrak, Organist**

**"MORE THAN CHURCH ON SUNDAY"**

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\*All who are able please stand.

***Ushers:** Darlene Fazekas, Julie Gilliland, Pete Benson, John Sandora*

*\*\*\*Please join us for Coffee Hour in Fellowship Hall following the service\*\*\*  
Today's coffee hour is hosted by **Beth Hari.***

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**PASTORAL STAFF**

Rev. Luke Lindon, Senior Minister – email: [luke@uccmedina.org](mailto:luke@uccmedina.org)

**OFFICE STAFF**

Cindy Korecky, Office Manager – email: [office@uccmedina.org](mailto:office@uccmedina.org)  
Kelly Charnley, Financial Manager – email: [financial@uccmedina.org](mailto:financial@uccmedina.org)

**PROGRAM STAFF**

Stacie Yates, Director of Christian Education  
Nicole Rubino, Co-Director of Youth  
Jim Kiser, Director of Music  
Cathy Fafrak, Organist  
Rebecca Rosen, Nursery Supervisor  
Xanthe Phillips, Director of Hobby Horse Preschool  
Jack Sharpe, Maintenance

# THE PILGRIM MESSENGER

## JANUARY 5, 2020

**“WELCOMING, LOVING, SERVING, WHERE GOD HAS NO LIMITS.  
MORE THAN CHURCH ON SUNDAY!”**

Live streaming of the Sanctuary Service is available at [uccmedina.org](http://uccmedina.org)

January 5, 2020 thru January 12, 2020

### **WEEK AT A GLANCE**

<b>Sun</b>	<b>EPIPHANY SUNDAY</b>
	8:15 am Chapel Worship
	9:00 am Gathering Worship
	9:15 am Choir Rehearsal
	10:30 am Traditional Worship
	11:30 am Un-decorate the Church
	4:00 pm Youth Group
	Post New Year's Party
<b>Mon</b>	Cook for Cups
<b>Tues</b>	
<b>Wed</b>	10:30 am Quilters
	6:15 pm Youth Bell Choir rehearsal
	6:45 pm Adult Bell Choir rehearsal
	6:45 pm Youth Choir rehearsal
<b>Thurs</b>	<b>Garfield Deliveries</b>
	<b>7:00 pm Financial Peace University</b>
<b>Fri</b>	1:30 pm JMM @ Evergreen
<b>Sat</b>	
<b>Sun</b>	<b>BAPTISM OF CHRIST</b>
	8:15 am Chapel Worship
	9:00 am Gathering Worship
	9:15 am Choir Rehearsal
	10:30 am Traditional Worship
	<b>11:30 am Safety &amp; Security Meeting</b>
	3:00 pm Confirmation Class

### **COMMUNION**

The bread being served during Communion today was baked by the loving hands of our Breadmakers' Ministry.

*"And though we are many, we all eat from one loaf of bread, showing that we are one body."*

- Corinthians 10:17

**Worship Highlights:** 8:15, 9:00 & 10:30 am

Scripture: Matthew 2:1-12

Sermon: "Who Are You?: Follow Your Star"

-Rev. Luke Lindon

**Altar Flowers:** The altar flowers are given this week by the church in honor of Pastor Luke's birthday.

### **BLANKET SUNDAY ~ 1/26/20**

Church World Service (CWS) has distributed thousands of blankets around the world in 2019. Your congregation can be part of an even greater response in 2020. You will reach families fleeing their homes, recovering from disaster and more. Share blankets, warmth and comfort with your neighbors. Your contributions go a long way to help families in need so please be generous in your support for Blanket+ Sunday. Thank you!

### **2020 BUDGET UPDATE**

We are still waiting on 60 or so 2020 pledge cards, which means we are \$84,000 short for the proposed budget. Online givers and monthly and bi-monthly EFT givers should still submit an updated pledge card for the records to be current and up to date. Pledge cards are available in the pew racks.

Call or email Kelly in the office at 330-725-4559 or at [financial@uccmedina.org](mailto:financial@uccmedina.org).

**OUR ANNUAL BUDGET MEETING WILL BE  
ON JANUARY, 26<sup>TH</sup> AT 11:30 A.M.  
PLEASE PLAN TO ATTEND FOR THE  
PURPOSE OF VOTING TO PASS THE 2020  
BUDGET.**

## **PILGRIM MESSENGER MAILING**

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We will resume mailing again on  
Thursday, January 9<sup>th</sup>, 2020.

### **UNHANGING OF THE GREENS**

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What goes up must also be taken down. We need to carefully label and pack the Christmas decorations that have beautifully adorned our church during the Advent Season. **Please join us today at 11:30 am if you would like to help.**

### **CHECK OUT THE BULLETIN BOARD IN THE EAST ROOM HALLWAY!**

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We have several signup sheets on the bulletin board for you to check out! We have lots of open spaces on the **Flower Chart** for you to sign up to sponsor the altar flowers, you can sign up to be a Sunday worship **greeter**, volunteer to host a **coffee hour** or sign up to be a **liturgist!** There are several volunteer opportunities for you to check out. If you would like to find out more about any one of these things, you may call the church office at 330-725-4559. We also have **signup sheets for church activities** throughout the year hanging on this board so check them out!

### **GOSPEL GALLEY MEDITATIONS LAUNCHES TODAY!**

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Interested in writing? Sign-ups for January, February, and March are available on the sign-up bulletin board. Choose a Sunday date that fits best with your schedule. Article size is 350 words maximum. Please note the deadline date/time of **Sunday by 5:00 pm**. You may submit your article to the church office via email [office@uccmedina.org](mailto:office@uccmedina.org) OR turn in a sheet copy to the mailbox of Cindy Korecky. May the wind be at your back and you experience red skies at night, sailor's delight. Thank you for writing!

## **NEW MEMBER CLASS**

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Would you like to join our church family!? Join us for our next new member class! We are trying something new with our class to start the New Year! We will have only ONE class that will include covering all aspects of membership. It will also include filling out all your paperwork and having your photo taken in this one and only class. Please come expecting to have your picture taken!

Our one class will be held: **Monday, January 13<sup>th</sup> from 7 pm – 9 pm**. This class will also include a tour of the church and access to the many people who are involved in our Leadership Teams, Committees and activities in the church. You will have the chance to interact with them and ask questions to see what you might like to get involved in! Childcare is provided if needed.

**New members will join the church on Sunday, January 26<sup>th</sup>**. Please contact the Church Office at 330-725-4559 if you are interested and let us know if you will be in need of childcare.

### **HELP WITH GARFIELD FAMILIES SIGNUP**

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We are looking for a few good souls to man the Garfield Families food table on Sunday mornings. You should be there from 10:00 to 10:25 am to assist those signing up for donations. There will be a sign up list on the Garfield table by the elevator.

Thank you, Kathy Goodwin.

### **Upcoming Youth Events:**

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- \*January 12 – Confirmation 3:00-4:30
- \*January 19 – Youth Group 4:00-6:00
- \*January 24 – Confirmation Trip to Temple Israel  
6:00 pm in church parking lot
- \*January 26 – Confirmation 3:00-4:30

## FINANCIAL PEACE UNIVERSITY

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Spoiler alert: The Joneses are broke. That means keeping up with them will only get you into MORE debt! It's time to run fast and hard in the other direction, and Financial Peace University will show you how. Join us for our next class at Medina UCC starting Thursday, January 9<sup>th</sup> at 7:00 pm. Feel free to contact Rob Kaiser at 330-421-9636 or [robkaiser3@gmail.com](mailto:robkaiser3@gmail.com) with any questions or sign up at [www.fpu.com/1107564](http://www.fpu.com/1107564).

## WINTER WEATHER POLICY

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Level 1: Roadways are hazardous with blowing and drifting snow. Roads are also icy. Drive very cautiously.

\*\* Scheduled Boards, Committees, Groups: Check with your chairperson, leader or facilitator of group.

\*\* Worship Services: Will be held

Level 2: Roadways are hazardous with blowing and drifting snow. Only those who feel it is necessary to drive should be out on the roadways.

\*\* NO Church meetings or gatherings and CHURCH CLOSED

\*\* Worship Services: CANCELLED

Level 3: All roadways are closed to non-emergency personnel. No one should be out during these conditions unless it is absolutely necessary to travel.

\*\* CHURCH CLOSED

\*\* Worship Service: CANCELLED

## SUGGEST HOW WE CLOSE OUR BICENTENNIAL YEAR

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Our 365 days of celebration began on Founder's Day 2019, and concludes on Founder's Day, February 23, 2020. On that Sunday our choir will premiere a specially-commissioned anthem with an easy-to-learn melody (hint, hint) and we will place a time capsule in a very well-remembered location as our fond bequest to a future generation who unlocks it 25 years from now.

What will they discover in that time capsule? For starters, a stack of archive-quality "Memory Cards" currently being collected by Jan Coleman, also a copy of our most recent photo directory, along with our congregational portrait taken last summer.

What else will our descendants discover? You are invited to submit your suggestion for that *One Item* which will lead them to being delightfully-flabbergasted and react with some familiar utterances: "Oooh..." and "Ah-ha!" and "Huh??" and [*gasp/sigh...*] "Awwwww..."

In early February we will post the results and conduct a congregational poll to prioritize your ideas. The "Bicentennial Time Capsule Suggestion Box" now in the East Room, is ready and waiting to receive your suggestions.

-Harry Buch (Mr. Bicentennial Guy)

## BICENTENNIAL "TIME CAPSULE"

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The yearlong observance of our 200<sup>th</sup> anniversary will culminate on Founders Day with the ceremonial dedication/deposition of the Time Capsule. Memory Cards are available near the drop off collection box (not the actual time capsule box) in the East Room. Members are asked to fill out this form with pertinent family information, as well as favorite memories, stories, or experiences that connect you to this church. They are printed on non-acetone paper so that the ink will not fade after the first 25 years. Please do not simply discard this form. Fill it out and drop into the box. Cards will be collected through the last week of January.

Help Wanted – No Experience Necessary!! Building a HOUSE may sound a little intimidating and you may feel that you don't have the skills or experience – but let me assure you, there is no experience necessary. If you know which end of a hammer hits the nail and you know how to work a drill you are as experienced as anyone on the trip. If you don't know those things it's a great time to learn! If power tools aren't your thing then there is tons of painting to do. The first two days of the trip are usually spent building the panels for the house. We fit 4x8 frames together that will become walls, doors or windows. When the frame is completed we attach the sheetrock and cut out the doors and windows as required. The next step is painting the panels. The end of the second day we load the whole house (panels, roofing material, etc.) into the bed of a truck and off we go (looking a lot like the Beverly Hillbillies). Day three is putting up the panels to form the exterior walls and an interior divider. The last day is putting on the finishing touches – the windows (one side sheet glass and one side screen), roof, electricity, plumbing, roof, etc. On these trips I have been a roofer, electrician, rock pile mover, panel builder and reluctant painter (I'm very messy). I panic at the thought of nailing in the window frames and possibly breaking the glass – so I stay away from that job ☺. There is something for everyone and everyone contributes to the best of their abilities. Magically, as the end of four days there is a house standing sturdy!

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**GOSPEL GALLEY****Epiphany**

by Alice Metzloff

JANUARY. The month of beginnings and firsts. A New Year. A clean slate. Keeping resolution promises made to oneself on New Year's Eve. Babies born. Hope renewed.

EPIPHANY. The "AHA" moment when one is struck with life-changing realization. Satori-Buddhist Zen Enlightenment – seeing into one's nature. What does the month of January have to do with Jesus? Lots! Jesus had so many beginnings and firsts by his one-month birthday! People from all walks of life were stopping by his birthplace to ogle him. Wise Men-Magi visiting from afar, confirm their Epiphany "AHA" moment with recognition of who Jesus was. And paid homage with gifts of frankincense, gold, and myrrh. The terrified "AHA" moment of the Jewish puppet King Herod, who recognized that someone more powerful than he came into the world. The "AHA" moment of a dying old man who was watching and waiting at the temple door...realizing he has lived long enough to see God incarnate in an 8-day old infant. January is the month of firsts. What will be your Epiphany-Enlightenment moment? Will you believe the New Year is a clean slate, free from encumbrances of the past? Will you remember the promises made whatever they were? Will you pledge to keep what Jesus is about with your time, talents and tithing? Will you accept challenges? Continue keeping *faith* when it is sorely tested. Earnestly have *hope* when it seems hopeless! Show *love* to self and others. Be willing to change. Are you ready? Embrace new-ness. Learn to be with others who are not the usual. What will January mean to you? Listen, for in the stillness of the night, a special new-born cry fills the air.

Epiphany is: Joy! Awe! New! Unique! Alive! Real! Yeshua!

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**SENIOR SPOT****Safe Driving**

Stay aware of changing physical and perceptual abilities and adjust driving habits.

Do not drive too slowly (this can be as unsafe as speeding).

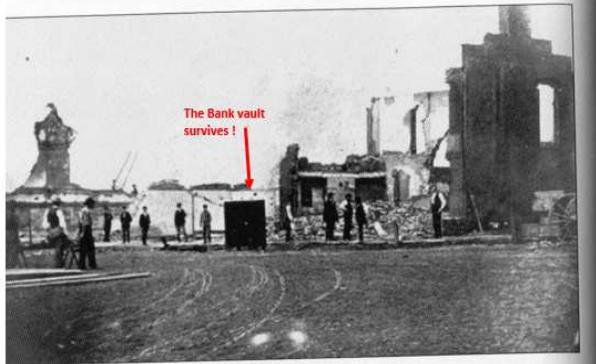
Avoid busy roadways and rush hours whenever possible.

Ask the doctor or pharmacist if medicine you take could affect your driving.

Take a class in defensive driving, particularly one geared toward older drivers at Medina County Office of Older Adults. 330-723-9514

# Bicentennial Tidbits – FIRE!

There were three major fires in Medina – in 1848, 1870 and 1877.



**THE MEDINA FIRE.** From the ruins of Medina, April 15, 1870. The photograph shows the Medina Public Square, which the entire business district around the square was destroyed. Practically the entire business district around the square was destroyed. In the photograph taken the day after the fire (above), the charred remains of H. G. Blake's Phoenix Bank and his large safe are all that remain of his Phoenix Bank. Blake convened a meeting of townspeople on the steps of the courthouse the following day and urged them to rebuild. By July of that year, the framework for a substantial new business district was already in evidence. (Courtesy of MCHS.)

On the night of April 14, 1870, fire broke out again on Medina's Public Square. After the fire burned itself out the next morning, 45 buildings including stables and barns, were totally destroyed. Practically the entire business district around the square was destroyed. In the photograph taken the day after the fire (above), the charred remains of H. G. Blake's Phoenix Bank and his large safe are all that remain of his Phoenix Bank. Blake convened a meeting of townspeople on the steps of the courthouse the following day and urged them to rebuild. By July of that year, the framework for a substantial new business district was already in evidence. (Courtesy of MCHS.)



In 1877, the Medina Village Council authorized the issuance of \$3,000 worth of bonds for the purpose of buying a fire engine. A two horse engine, No. 4 Silsby Steam fire engine was purchased from its manufacturer in Seneca Falls, New York. According to the local newspaper, the *Gazette*, an exhibition was staged for the village: "The court house bell was tapped, the Hunt's delivery horses were hitched to the engine, the fire started in the furnace, and the machine was driven around the square. At the courthouse reservoir, the suction cup was put into the cistern, the hose coupled on, and the water was thrown from two pipes in precisely eight minutes." It was a far cry from the bucket brigades of the recent past. The No. 4 Silsby Steam fire engine was decommissioned in 1919 and sold at auction for \$350. (Courtesy of MCHS.)

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**The deadline for submission of articles for NEXT Sunday's *Messenger* is this Sunday at 11:30 am**  
**Please submit articles to the church office at [office@uccmedina.org](mailto:office@uccmedina.org)**  
**\*\*\*\*\*CHURCH OFFICE HOURS: 9:00 am – 3:00 pm MONDAY THRU FRIDAY\*\*\*\*\***

John 1:(1-9), 10-18

### Another Road

In the United Church of Christ, we often say that we take the Bible too seriously to read it literally. Once we have determined to take the Bible both seriously and not literally, how do we approach this sacred text? One way is through the practice of Lectio Divina, which is Latin for "divine reading." Lectio Divina, an ancient way of reading the Bible, was introduced by a gentle and loving theologian named Gregory of Nyssa (c. 330-395). Lectio Divina is not complicated. A scripture passage is read four times, and each time the experience of the passage is deepened. You can practice Lectio Divina on your own, with a prayer partner or in a small group. This week set aside twenty minutes to try Lectio Divina with the passage from today.

*In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it. John 1:1-4*

**Prepare** Find a quiet place where you will be comfortable. You might want to light a candle, play some inspirational music, or spend a few minutes with a beautiful or sacred image. Invite God to join this reading with you, by praying a short prayer like "Meet me here, God."

**Lectio (Read)** You may want to read the passage aloud. On the first read, listen carefully for any words or phrases that jump out at you. What do you notice? What catches your attention? What surprises you?

**Meditatio (Reflect)** Read a second time. This time ask yourself if you can imagine being part of this story or passage. What does it look, sound, taste, smell, feel like to be part of this scripture? How does the passage remind you of themes, thoughts or feelings in your own life or in the world today?

**Oratio (Respond)** Read a third time. Ask, "From what I've heard and shared, what do I believe God wants me to do or be? How is God inviting me to change? From the lens of scripture, what transformation might be possible in my life?" You may want to record your thoughts in a journal.

**Contemplatio (Rest)** After the final reading, I spend a few moments in silent contemplation, to listen for the voice of the still-speaking God.