

Anxiety

a worship series on mental health





UNITED CHURCH OF CHRIST, CONGREGATIONAL

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

*****Assisted Listening Devices Available – Please Ask Your Usher*****

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

- During the service, Jesus Vibes Sunday School is available for ages 3-8th grade

“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.

**Those who are able please stand*

RINGING OF THE BELL

PRELUDE “Great Is Thy Faithfulness” – arr. Larry Shackley

Cathy Fafrak, pianist

PASSING OF THE PEACE

*OPENING HYMN

“There’s a Spirit of Love in this Place”

Words & Music: Mark A. Miller

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1. There's a
spir - it of love in this place, there's a spir - it of love in this
pres - ence of peace in this room, there's the pres - ence of peace in this
place.
room. You can't see it, but it's there, just as
In God's ten - der - ness is found peace that

pre-cious as the air. There's a spir - it of love in this
pass - es hu - man bounds. There's the pres - ence of peace in this

1. place. 2. There's the room. O al - le -

-lu - ia, sing al - le - lu - ia! We

bless your ho - ly name. O al - le -

-lu - ia, sing al - le - lu - ia! There's a

spir - it of love in this place.

*CALL TO WORSHIP

"Do not be afraid" the Bible says, and "Do not worry"

From Moses, from the prophets, from the psalms, and from Jesus himself.

It has been called the most frequent command in the Bible, but what if we worry anyway?

What if faith feels out of reach, because of our anxiety?

Speak the truth, even if your voice shakes. You are God's beloved.

When we are open with our struggles, then we can really learn how to live better in community.

SPECIAL MUSIC

"You Are Mine" – David Haas/arr. Lloyd Larson

Alleluia Ringers

SCRIPTURES

Isaiah 58:1-12 (O.T. pg. 647)
1 Corinthians 2:1-12 (N.T. pg. 156)

Deb Waldron, Liturgist

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, Pastoral Prayer

SERMON

“Heavy Burdened: Anxiety, With Much Trembling”

Rev. Meghan Malone

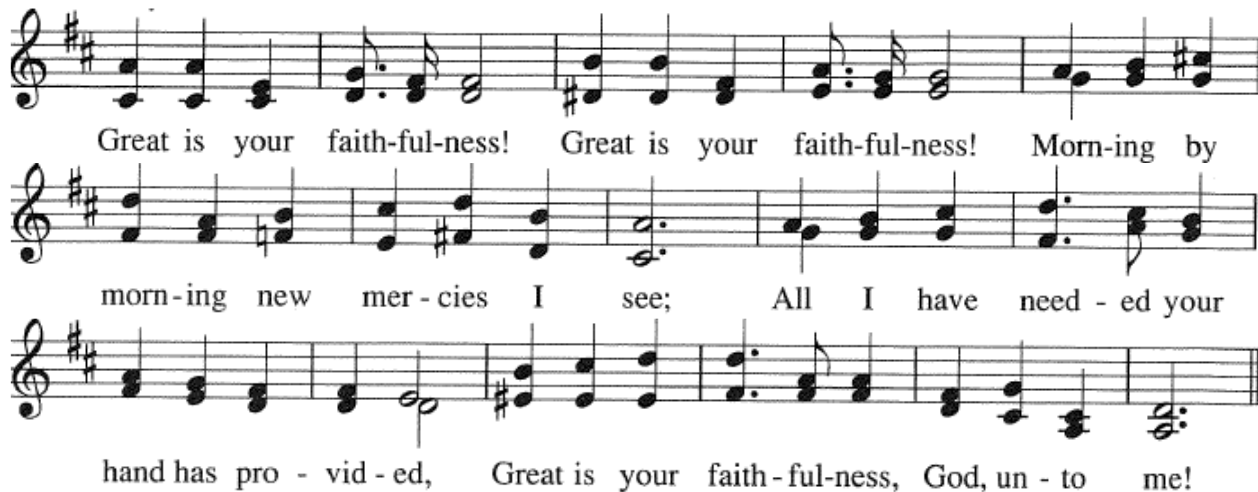
COMMUNION HYMN

“Great Is Your Faithfulness”

Thomas O. Chisholm, 1923; alt.

FAITHFULNESS 11.10.11.10. with refrain
William M. Runyon, 1923 © 1923, Renewed 1951 by Hope Publishing Company

1 Great is your faith-ful-ness, O God, Cre-a-tor,*
2 Sum-mer and win-ter, and spring-time and har-vest,
3 Par-don for sin and a peace so en-dur-ing,
with you no shad-ow of turn-ing we see.
sun, moon, and stars in their cours-es a-bove,
your own dear pres-ence to cheer and to guide.
You do not change, your com-pas-sions they fail not;
Join with all na-ture in man-i-fold wit-ness
Strength for to-day and bright hope for to-mor-row,
all of your good-ness for-ev-er will be.
to your great faith-ful-ness, mer-cy, and love.
bless-ings all mine with ten thou-sand be-side.



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. All bread served is gluten free.

Invitation

The Words of Institution

Distribution of the Elements

Prayer of Thanksgiving

OFFERING OURSELVES AND OUR GIFTS

There is an offering plate if you feel led to deposit your envelope or an offering there. You can also give through our Realm app or get the link to give by texting UCCMEDINA to 73256. Thank you for your prayerful consideration!

Offertory Invitation

When your mind and heart are racing, interrupt anxiety with gratitude. Look around, find three things that are beautiful, ground yourself. You are strong, you are enough, and we are in this together. As we rise for the doxology, let us sing out our gratitude for this community who helps us to find grace on the days we cannot see it for ourselves.

***Doxology** (words, Ruth Duck, ©2005, GIA Publications)

**Praise God, the Source of life and birth; Praise God, the Word, who came to earth;
Praise God, the Spirit, holy flame; All glory, honor to God's Name! Amen.**

*Prayer of Dedication

Holy One, you see us in ways we cannot see ourselves. You see our worth, our capabilities, and how we bless the people around us. Help us to manage the worries, the shoulds, and the self-doubts that overwhelm us. They are a part of us, but so is the courage to keep finding our way together. Amen.

*CLOSING HYMN

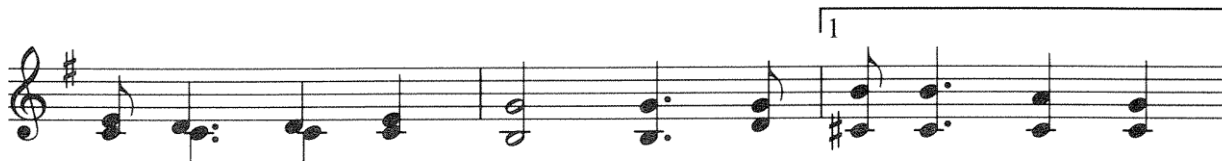
African-American spiritual

"I've Got Peace Like a River"

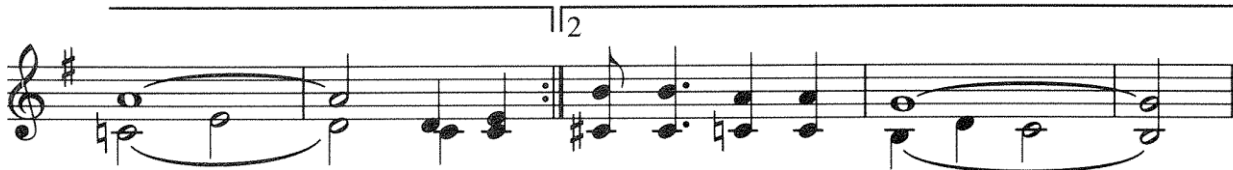
PEACE LIKE A RIVER 7.7.10.D.



1 I've got peace like a riv - er, I've got peace like a
2 I've got joy like a foun-tain, I've got joy like a
3 I've got love like an o - cean, I've got love like an
4 I've got faith like an an - chor, I've got faith like an



1
riv - er, I've got peace like a riv - er, in my
foun-tain, I've got joy like a foun-tain, in my
o - cean, I've got love like an o - cean, in my
an - chor, I've got faith like an an - chor, in my



2
soul. I've got riv - er in my soul.
soul. I've got foun-tain in my soul.
soul. I've got o - cean in my soul.
soul. I've got an - chor in my soul.

*ANNOUNCEMENTS

*BENEDICTION

As you go from this place, may your light shine forth like the dawn.

Let our voices rise to speak words of healing.

May you take care and give your garden plenty of water this week.

Let us give our bodies the care and attention they need.

May you give yourself the same compassion that you give to the people around you.

Let us take the time to repair our hearts, and restore our relationships with each other.

Go in peace, for this service has ended,

And our service now begins!

*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.

“MORE THAN CHURCH ON SUNDAY”

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****Please join us for Coffee Hour following the Annual Meeting in Fellowship Hall****
Coffee Hour is hosted this week by Pete Metzloff.

PASTORAL STAFF

Rev. Dr. Luke Lindon, Senior Minister - luke@uccmedina.org
Rev. Meghan Malone, Associate Pastor of Youth & Mission - meghan@uccmedina.org
Karen Brocco-Kish, Visitation Pastor – karen@uccmedina.org
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Jennifer Vilimonovic, Director of Hobby Horse Preschool – jen@uccmedina.org
Rebecca Rosen, Nursery Supervisor
Jack Sharpe, Maintenance
Sharon Perry, Custodian

THE PILGRIM MESSENGER

FEBRUARY 5, 2023

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

Live streaming of the Sanctuary service is available at www.uccmedina.org/live

February 5, 2023 thru February 12, 2023 WEEK AT A GLANCE

Sun	8:15 am	Chapel Worship
	9:00 am	Gathering Worship
	9:30 am	3 rd Grade Bible Class
	9:45 am	Children's Choir
	10:30 am	Sanctuary Worship
	4:30 pm	ALL CHURCH GAME NIGHT
	4:30 pm	Men's Group
	4:30 pm	Youth Group
Mon	Cook for Cups	
	7:00 pm	New Member Class
	7:00 pm	Evangelism Team
Tues	8:00 am	Men's Breakfast
	2:00 pm	Defense Against the Dark Arts
	7:00 pm	Defense Against the Dark Arts
Wed	10:30 am	Quilters
	6:15 pm	Bell Choir rehearsal
	7:00 pm	Discipleship & Education Team
	7:00 pm	WISE Team
	7:30 pm	Choir rehearsal
Thurs	7:00 pm	Hobby Horse Preschool Team
Fri		
Sat	9:00 am	All Teams Retreat
Sun	FOUNDER'S DAY	
	8:15 am	Chapel Worship
	9:00 am	Gathering Worship
	9:45 am	Children's Choir
	10:30 am	Sanctuary Worship
	11:45 am	Caring Team Meeting
	11:45 am	Mission Team Meeting
	3:00 pm	Confirmation Class

Worship Highlights: 8:15 am & 10:30 am

Scriptures: Isaiah 58:1-12 and
1 Corinthians 2:1-12

Sermon: "Heavy Burdened: With Much
Trembling: Anxiety"
Rev. Meghan Malone

9:00 am "Place"

Communion Table: The flowers are given by
Darlene Fazekas in honor of Marilyn Koehler's
birthday.

DEFENSE AGAINST THE DARK ARTS

Final Class: February 7th

In this class, Pastors Luke and Meghan will instruct you one how to defend yourself against the Dark Arts of using scripture to support acts of homophobic cruelty. Join us as we practice reading the Bible with flexibility and curiosity together on Tuesday at 2pm and 7pm. All youth and adults welcome!

ENDOWMENT FUND GIVING

Every February, the ENDOWMENT FUND asks our church family to consider sharing in the growth of the FUND by making a caring donation in honor or in memory of a loved one. What better way to show your love of a family member or dear friend than by honoring them with a donation in their name. Please stop by the *Endowment Giving Tree* near the elevator and take a heart reminder off the tree. Consider a donation to the FUND so that those dollars can be used for projects throughout the mission life of the UCC Church.

CHURCH WIDE GAME NIGHT!

February 5, 4:30-6:00pm

Everyone is invited tonight to the Fellowship Hall for game night! Bring your favorite card/board game and snacks to share (chips, cookies, etc.) or just bring yourself to enjoy a game that someone else brought!

MENTAL HEALTH SUPPORT GROUP

Beginning on Friday, March 3rd from 7:00-8:30 pm, we will hold our first Mental Health Support Group in Fellowship Hall. This is a peer-to-peer support group where vulnerability is encouraged. This is a safe space to share our pain, our tears and our hopes for deep healing in our lives. A sign-up sheet is on the bulletin board in the East Room Hallway. See you there!

ALL TEAMS RETREAT

Want to have a say in what direction our church is heading? Have an opinion you'd like to share? Just want to have some fun and fellowship with the leadership of the church? Come join us for our Church's Goals and Growth Retreat on February 11th at Krabill Lodge by Chippewa Lake (7597 Ballash Rd., Medina, OH 44256).

This is an all teams retreat with Luke, Meghan, the Moderators and (at least) one member from each church team. We will meet from 9-3. Please RSVP if you plan on attending as we will be providing lunch and need to know how many people to provide for.

RSVP by registering through [REALM](https://www.realm.org) or email Dan Daubner at DDaubner@zoominternet.net

When you register through REALM, please be sure to hit *Register* in the upper right corner after answering the lunch question.

A VERY SPECIAL BUILD

It's that time of the year again! The Costa Rica Mission Team will be heading south in just about a month. Every family and build are special, but this year will be exceptional! Let me introduce you to the family we are building for. The father, Gabriel, is 70 years old. He has some significant health issues including diabetes. His wife is Marta, and they have two sons. The oldest son, Lusito, is 50 years old and confined to a wheelchair with cerebral palsy. We do not know much about the second son other than his name is Juan Gabriel and he is 20 years old. Marta is the primary care giver for Lusito, taking care of his daily needs, transferring him in/out of bed and bathing. Maximo said the house conditions are very bad. We will not only be providing the family a new home, but we will also be providing them a wheelchair accessible home! This will be something very new to our team and Mercy Home Ministries.

We would like to thank the Church Mission Team and the Congregation for your very generous support to the Team and the Mission! That being said, we would like to reach out one more time for some additional help. Now that we understand the very difficult situation the family is in, trying to manage the care of Lusito, we have found a simple and portable Hoyer Lift that can drastically improve the life of Marta and her son. **If you would like to help us fund the Lift**, please send your donation to the Church office and indicate it is for the Costa Rica Mission Team. We would need to have the funds by Feb. 15th to give us time to get the lift purchased and delivered. As always- thank you for your support, prayers, and good wishes! We will keep the Congregation updated on the Church Facebook page.



CALLING ALL INTERESTED MUSICIANS!

I have so enjoyed my first term with you as Music Director! I know we have all enjoyed hearing the rousing, and energized sounds of the bells and choirs, both adult and children's.

We have some members who are "snowbirds" and away for a while. This would be a great time to welcome some new members who love to make music, whether it be ringing bells or singing! Our rehearsal schedule is listed below. The Chancel Choir sings 2-3 times a month, plus a few special events; the Alleluia Ringers usually play once a month, and sometimes at a special event, and the Children's Choir has been providing one special musical offering monthly-bimonthly.

REHEARSAL SCHEDULE

Wednesday Evenings: **6:15-7:15 p.m. Alleluia Ringers & 7:30 - 8:30 p.m. Chancel Choir**

Sunday Mornings: Bells and Choir usually practice before the 10:30 a.m. service.

Children's Choir meets from 9:45-10:15 most Sundays.

INSTRUMENTALISTS NEEDED FOR EASTER!

We are calling all instrumentalists for the Easter Sunday 10:30 Service! Let me know if you would like to play and you will receive music from me in February. Stay tuned for several rehearsal dates prior to Easter. Make a joyful noise unto the Lord! Email Jenny Cochran at jenny@uccmedina.org.

SERVE DINNER AT HOPE RECOVERY: February 25th

The mission team is signed up to provide Saturday night dinner for the Hope Recovery Community in Medina on February 25th. Dinner is served at 5:30pm, and all are welcome to stay if they like. Signups to contribute food, drinks, and paper products will be out on February 12th at all services!

DONATION OF THE MONTH

Can you believe it is February already! The next item we will be collecting is.... **Dish Soap!**

If you would like to donate an item, place it in the bin by the elevator in the lobby and the Mission Team will distribute the items to the organizations in need! We collected rolls of paper towels in January! Thank you for your generosity!

OPERATION HOMES UPDATE

Thank you to all who made our last visit with our Operation Homes friends such a success! Please keep the families who have stayed with us in your prayers. There are a few items that one family is in need of: baking trays, oven mitts, a knife set, plates and a vacuum. They have also asked for read-a-long books for a four-year-old. If you would like to donate any of these items, please place them in the tote by the elevator marked "Operation Homes."

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

CHURCH OFFICE HOURS: 9:00 am – 3:00 pm MONDAY THRU FRIDAY



Upcoming Events



Church Wide Game Night, 4:30 p.m.



All Team Retreat, Krabill Lodge, 9 a.m. to 3 p.m.



Founders Day, New Members Received



Hobby Horse Sunday, Kindergarten Bibles



PANCAKE PARTY! Fellowship Hall, 6 p.m.



Ash Wednesday Worship: Sanctuary, 7 p.m.



SMASH YOUR IDOLS! Lent series begins



Serve Meal at Hope Recovery Community, 5 p.m.



Pray for Costa Rica Mission Trip



Matthew 5:13-20

Restoring Beauty

“There are very few real emergencies. This doesn’t mean truly terrible things don’t happen. But if we can do things like breathe, delay gratification, feel our feelings in real time, keep ourselves from too much impulsivity, and reach for the right practice or people, we can survive—we can emerge-and-see—through disaster. And with spiritual hindsight, many of our disasters might turn out to be Holy Spirit portals: the way God gets in.

Life as it stands will keep trying to shake us up or smash our boat onto the rocks. This is not because God is a jerk. It’s because Nature throws novel viruses and earthquakes and worse into our path. It’s also because humans are inventive and wonderful, but then we dream up things that ruin lives, like crystal meth, hypercapitalism, and high-waisted jeans (not a good look for anyone).

If we think we are safe, we are wrong. Nothing can insulate us from loss. But safe was never the point. There are fates worse than death—like not ever really living.

If you are lucky, you are currently between emergencies. Maybe you’ve had a rare chance to get off the roller coaster entirely. Your legs have just stopped shaking, and you think, “I’m never doing that again.” You are sitting in the sun, eating something delicious and terrible for you: fried dough, a corn dog, a caramel apple that will pull out your crown. Enjoy the moment. It’s not going to last.

And if you are in the middle of a fast-moving or slow-motion emergency—a sick toddler, a wayward teen, a relationship at a crossroads, a dance with addiction, a mental health crisis—only time will tell if it really was a true emergency. Because with the right kind of attention, ruptures can reveal us, emerge us, and help us evolve faster than any virus.”

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