

March 4, 2018



Community United Methodist Church

950 Gould Avenue Northeast

Columbia Heights, MN 55421

763-788-9009

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

## **This Week at a Glance**

### **Sunday, March 4, 2018**

MN Food Share Month

10:00 a.m. Worship

11:00 a.m. Fellowship – Social Hall

### **Monday, March 5, 2018**

4:30 p.m. Women's Meal at Culver's

### **Tuesday, March 6, 2018**

4:30 p.m. Game Night!

### **Wednesday, March 7, 2018**

9:45 a.m. Adult Bible Study

5:30 p.m. Lenten Supper at Northeast UMC

6:15 p.m. Lenten Service at Northeast UMC

7:30 p.m. Choir Rehearsal

### **Thursday, March 8, 2018**

2:30 p.m. Finance Committee Meeting

5:30 p.m. NO Bell Choir Practice

### **Friday, March 9, 2018**

10:00 a.m. Chair Yoga led by Sarah Good

### **Sunday, March 11, 2018**

Daylight Savings Starts

10:00 a.m. Worship

11:00 a.m. Fellowship – Social Hall

11:15 a.m. Blood Pressure Clinic

11:15 a.m. Trustees Meeting

# Community United Methodist Church

March 4, 2018 – 10:00 a.m.

*A time of quiet reflection is appreciated as we gather for worship. During this time, you may wish to use one of the prayer slips at the end of each pew to request a prayer to be lifted up during the service.*

## Chimes

## Prelude

-Nelda Hart, musician

## Welcome and Announcements

### \* Call to Worship

We come to a place where the love of God, the journey through Lent, a time of internal Examen continues for us.

**God, help us to stop the frenetic, over-scheduled, over-committed pace of life! May we slow during this season to begin to empty.**

If we are always over-filled, over-driven, over-functioning, we don't take time to slow down for the understanding and meaning of what God would have for our individual lives.

**May our bodies, minds and spirits recognize when we are too-full to make room for more. We need to let the emptying begin this season.**

God, help us to be readying for new fillings after we empty.

**Let us begin today, realizing all we hold and begin to let go where we need to in our respective lives and faith journeys. Amen.**

### \* Hymn

*"All Who Hunger"*

Black Hymnal #2126

\* Please rise in body or spirit, as you are able

## Prayer to Begin

God, bless our feet that we might stand against injustice. Bless our hands that we might reach into the world with healing. Bless our ears to prepare for sacred silence. Bless our eyes to see all the beauty surrounding our world. Bless our mouths that we might use them to edify others, speaking truth in love for those around us. Remove our judgmental tendencies and impulsive ways that critique those around us. Bless our souls that we may dance, sing, love and hope as your people. May we give love and receive love with courage and enthusiasm. May we embody the spirit of gratitude! Amen.

## Silent Prayers

### Anthem

“Empty of Me”

S. Bentall Boersma/D. Lantz III

## Children’s Time

Our children are invited to use the activity tables in worship, or the activity bags. Please consider joining Sunday School downstairs.

## Hearing the Word

Scripture Reading

Ruth 1:21

Psalm 127:1-2

Acts 14:15

*Reader: These words inspired by God for the people of God.*

**Congregation: Thanks be to God.**

## Sermon

Gifts of the Dark Wood: “*Gifts of Emptiness*”

-Reverend Linda McCollough

**\* Hymn**

*"You Satisfy the Hungry Heart"*

Red Hymnal #629

**Our Time of Prayer**

Sharing of the Prayers of the People  
Pastoral Prayer

**Offertory**

-Nelda Hart, musician

**Call to Communion**

*"Let Us Be Bread"*, refrain only

Black Hymnal #2260

**The Great Thanksgiving**

We share in the elements that are gluten and dairy free. All are welcome at the Open Table. We come to the communion rail and unite in our faith.

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them up to God.**

Let us give thanks to God.

**It is right to give our thanks and praise.**

Blessed are you, our Alpha and Omega, whose strong and loving arms encompass the universe . . .

*(words to be read by Pastor)*

. . . And so, with your people on earth and all the company of heaven we praise your name and join their unending hymn:

**Holy, holy, holy, Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord, Hosanna in the highest.**

Pastor's Blessing

And so, we share the words:

**“Our God/Mother/Father/Creator who ... “**

**The Lord’s Prayer**

**Red Hymnal #895**

**\* Hymn**

*“He Leadeth Me”*

Red Hymnal #128

**\* Benediction**

**Postlude**

-Nelda Hart, musician

**Worship Team**

**Pastor:**

Rev. Linda McCollough

**Greeters:**

Our Friends at CUMC

**Liturgist:**

Our Youth

**Music Leaders:**

Guest Organist – Mrs. Hart

Bell Choir - Karen Schneider

Music Director – Elaine Hill

**Sound System:**

Andy Bixler/James Bordewick

## **Examen and Prayer**

The examen is a time of prayer. The dangers of an empty self-reflection or an unhealthy self-centered introspection are very real. On the other hand, a lack of effort at examen and the approach of living according to what comes naturally keep us quite superficial and insensitive to the subtle and profound ways of God deep in our hearts. The prayerful quality and effectiveness of the examen itself depend upon its relationship to our continuing contemplative prayer. Without this relationship examen slips to the level of self-reflection for self-perfection, if it perdures at all.

### **NOTES**

## Lenten Schedule

Our Lenten Wednesday evenings will include a 5:30 p.m. Soup Supper with our “Cluster” churches. (Cluster churches are Northeast UMC, Faith UMC, and Community UMC). Following the soup supper, there will be a service from 6:15-7:00 p.m., ending in time for our respective choirs to return to their home churches.

3/7 Northeast UMC

3/14 Community UMC

3/21 Faith UMC

## Walleye Dinner Fundraiser

Please join us for our 2nd annual Walleye Dinner on **Friday, March 23, from 4:30-7:00 PM**. Our meal will include Red Lake Walleye, wild rice, salad, dessert and a beverage. An extra serving of walleye is available for \$5.

Tickets can be purchased for: \$20 per adult; Kids ages 4 to 12 are \$5 each; Children under age 3 eat free!



## **Community Dinner**

We are offering a community dinner to the public every ***second and fourth*** Monday of the Month. Please spread the word and let people know about this great opportunity. If you are interested in helping prepare, serve or clean up, please talk with Jim Reinholdson about what opportunities are available. **Supper starts at 5:30PM.** We look forward to seeing you there!

## **School Volunteer Opportunity**

Valley View is reaching out to us for volunteers. In the classroom, students need help with assignments and testing math and reading skills. Contact Stephanie Bisanz with your availability, interests and grade level you would like to work with. (763)528-4219 or [Bisanzs@colheights.k12.mn.us](mailto:Bisanzs@colheights.k12.mn.us)

Volunteers are also needed when Big Brothers and Sisters are meeting at Valley View once a week. Time commitments is one hour, assistance with games, arts and crafts is welcome. Contact Paula; [plien@bigstwincities.org](mailto:plien@bigstwincities.org) or by phone at (651)491-1278

*Please act now as school background checks are required and can take up to 8 weeks to complete.* You can find background check request forms for Valley View Elementary located outside the church office.

### Our Vision

We are an urban, intergenerational, inclusive and welcoming Christian fellowship woven into the fabric of our community.

### Our Staff

Pastor	Linda McCollough
Ministers	All the Congregation
Office Manager	Karyn Naber
Music Director	Elaine Hill
Organist	Sharon Ruhnke
Bell Choir Director	Karen Schneider

**Church Office: 763-788-9009**

**Pastor Linda's cell phone: 612-978-2917**

Visit us online at

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

or find us on Facebook

**Pastor Linda's Email:**

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