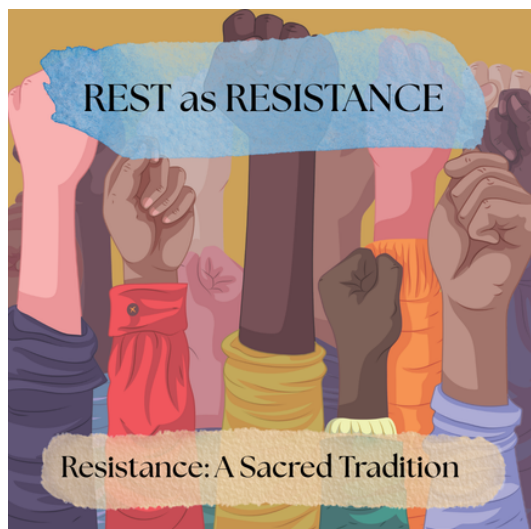




Prelude		Tatiana Loisha
Welcome & Announcements		
Introit	"Give Me Jesus"	NBUMC Choir
Opening Words		
*Call to Worship & Opening Prayer		Monica Dean
As Abraham welcomed the strangers, so God welcomes us. God greets us with joy and says, "rest here for awhile." God brings out water to wash our dusty feet. God prepares a meal to nourish our weary spirits. So let us receive the gracious hospitality of our God. Let us rest in this holy place, where we have safety and hope, along with peace and laughter.		
*Opening Hymn	"Come and Find the Quiet Center"	TFWS 2128
Word for All Ages		Tsitsi Sithole
Anthem	"If Now My Mind Was Still" (Estelle White)	NBUMC Choir
Scripture Readings	Deuteronomy 5:13-15 Mark 6:30-46	Monica Dean
Message		Rev. Kara

Prayer of Confession & Assurance of Pardon

Forgive us, Holy One, for we have neglected your gift of rest, believing it is a luxury, rather than an act of faith. We confess that in our busyness, we have forgotten the sacred rhythm you set from the beginning—work and rest, labor and renewal, Creation and Sabbath. Forgive us when we try to prove our worth through endless effort, productivity, and achievement. Forgive us for our unquestioning participation in systems that dehumanize others and rob them of their bodily autonomy and their right to rest. Teach us to honor rest as a form of resistance against the forces of the world that seek to disconnect us from our own bodies, each other, and you. Free us, we pray, for joyful obedience. Through Christ our Lord, Amen.

Time of Rest

Prayers of the People

"In God Alone"

Offertory

*Doxology

"Give Me Jesus" v. 1



W&S 3135

QR Code
for Online
Giving

W&S 3140

*Unison Prayer

Generous God, we give not to prove our worth, but to witness to your truth of abundance. We offer these gifts not so that we can buy your love, but because we know we are already loved, and we respond with generosity. Bless our gifts and the ministries that they fund, so that all Creation may experience liberation, restoration, and Sabbath. Amen.

*Closing Hymn

"My Life Flows On"

TFWS 2212

*Blessing

Postlude

*Indicates rising in body and/or spirit.

Our Resistance sermon series concept and liturgy are by Rev. Holly Jackson.

Take Note!

- Next Sunday, October 4th, is **World Communion Sunday**, a time when we remember that Holy Communion is a global celebration, and that we share the honor of being the Church with people all around the world. If you are a native speaker of a language other than English and would like to participate in our Communion liturgy, please contact Rev. Kara. We will also have an "International Potluck" at Coffee Hour: everyone is invited to bring a favorite snack to share.
- It's time to show our college students some love with a **care package!** Throughout October, you're invited to bring any of the following items to a basket in the Narthex: Homemade treats that ship well; Hand sanitizer; Pens/Highlighters; Cough Drops; Gum; Chapstick; Gift Cards; Tea/hot chocolate packets/instant drink mixes; Dorm-friendly foods. We'll sign cards and pack the boxes together during Coffee Hour after worship on November 1st.
- The **Women's Book Group** will be starting up this month for our first book conversation in October. Discussions are once a month on Sunday at 11:30 in the church Parlor, unless specified otherwise. No commitment necessary - read and join when you can. Suggestions for book titles are welcome. The next meeting will be on October 11th, when we will discuss *Remarkably Bright Creatures* by Shelby Van Pelt. Please contact Monica Dean (monicakmonica@yahoo.com) or Linda Hall (auntlinda@verizon.net) to be added to the contact list.
- We are excited to host our next **Kina Mama ("Strong Women") fellowship breakfast** on October 24th at 9:00 a.m. in the Fellowship Hall. Sisters of all ages are welcome! Save the date and be on the lookout for sign-up sheets in the coming weeks.
- Save the date for **Arts Committee movie night** on Saturday, October 17th at 5pm! We will be showing *The Sound of Music*, and everyone is invited to sing along!
- **Francis Asbury** was the most important person in the development and spread of Methodism in the American Colonies. Joye Jones will present a talk about this remarkable man in Johnson Hall on Sunday, October 18th, following the worship service.

Staff Contacts

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