



Edmonds United  **Methodist Church**

August 11, 2019 - 9:00 a.m. & 10:30 a.m.



Foundry

On June 9th, EUMC began a new worship service called Foundry that meets on Sunday evenings at 7:00 p.m. The idea behind it was to start a new service that differed from our Sunday morning worship and offered something new and unique to the community. Ultimately, we decided to develop a service that had a modern aesthetic but was rooted in traditional liturgical form and ancient spiritual practices. But what does that mean? How are these services different than a typical Sunday morning at EUMC?

The most central element of Foundry is that the gatherings are practice-based. That is to say the service does not revolve around a sermon, as is often the case, but instead revolves around spiritual practices. The same way one might practice a musical instrument or a golf swing, we want to provide our community with the tools and space to practice their Christian faith.

In our first few weeks, we gave very practical examples of what some of those practices might be; contemplative prayer, Lectio Divina, the Examen, guided meditation, etc. During the month of July, we gave short examples of how those practices could be used to develop specific qualities or characteristics like forgiveness, gratitude, loving-kindness, and lament. Now, as we head into the month of August, we will start an extended focus on one topic with the intention of working on it for a number of weeks, and we will start with gratitude.

This morning we are giving you a sample of what a typical Foundry service is like! It is our hope that this type of service could be something to supplement to our already rich experiences on Sunday mornings, but also to provide something new for those who desire it. May this liturgy be a blessing to you all and give you something to take with you and practice in your day to day lives as you leave this place!

Order of Service

Welcome! We invite you to complete the tear-off 'I Am Here' form at the back of this bulletin and pass it to the outside aisle where it will be collected by the ushers. Hearing assistance devices are available. Please ask an usher if you would like to try one this morning. As a courtesy to other worshipers, please turn your cell phone's ringer off. We encourage congregants to speak quietly during the prelude so the music can help us center ourselves on worship. Thank you!

Welcome

CALL TO WORSHIP

We come as those hungry...

hungry for God's word.

We come as those thirsty...

thirsty for God's spirit.

We come as those broken...

seeking the healing that God provides.

We come as those in need...

needing reminders of God's love.

We come as those longing...

longing for God's kingdom to come.

(Quiet space to open ourselves to God's presence)

Come Away With Me

Words: Mary Nelson Keithahn | Music: David Hendrix

**Come away with me to a quiet place
Apart from the world and its frantic pace
To pray, reflect, and seek God's grace.
Come away with me, come away.
(repeat)**

Singing Bowl

Rev. Malcolm Guite

**Come away with me to a quiet place
Apart from the world and its frantic pace
To pray, reflect, and seek God's grace.
Come away with me, come away.**

Be Still My Soul

Words: Katharina von Schlegel & David Hendrix |

Music: Jean Sibelius, arr. Jesse Erickson

**Be still, my soul; the Lord is on your side.
Bear patiently the cross of grief or pain; leave to
your God to order and provide;
in every change, he faithful will remain.
Be still, my soul: your best, your heavenly friend
through thorny ways leads to a joyful end.**

**Be still, my soul: your God will undertake
to guide the future, as in ages past.
Your hope, your confidence let nothing shake;
all now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
the Christ who ruled them while he dwelt below.**

CONFESSION AND ASSURANCE

In a spirit of honesty and vulnerability, let us confess our sins against God and our neighbor:

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

(Quiet space to name our failings and to wait in God's presence)

Let us receive these words of God's assurance from Psalm 103:
"I am compassionate and gracious, slow to anger, abounding in love. I will not always accuse, nor harbor anger forever; I will not treat you as your sins deserve or repay you according to your iniquities. For as high as the heavens are above the earth, so high is my love for you. As far as the east is from the west, so far have I removed your sins from you."

PASSING OF THE PEACE

The peace of Jesus Christ be with you all.

And also with you.

Let us exchange signs of peace and love with one another, in the name of Christ.

**Be still my soul; God meets us in the silence.
and grants the grace and peace we long to know.
Here in God's love and presence that surrounds us
we lift our prayers of praise and need and woe.
Be still my soul; O God, whom we adore,
Give us your ear, and hear our prayers, O Lord.**

Children's Moment

PRAYERS OF THE PEOPLE

Here My Prayer, O Lord

Words & Music: Carl-Eric Tangen

**Hear my prayer O Lord,
and give ear to my cry for mercy. (repeat)**

In your faithfulness, answer me.
In your righteousness.

**Hear my prayer O Lord,
and give ear to my cry for mercy. (repeat)**

The refrain is sung at the end of each petition:

**Hear my prayer O Lord,
and give ear to my cry for mercy.**

Following the final prayer:

In your faithfulness, answer me
In your righteousness, answer me
Lord, have mercy.

**Hear my prayer O Lord,
and give ear to my cry for mercy. (repeat)**

(Quiet space to offer our unnamed prayers to God and to listen in God's presence)

**Come today with thoughts of the countless ways
that God's steadfast love blesses all our days,
and join with me in silent praise.
Come away with me, come away.**

SCRIPTURE

Psalm 139: 1-14, 23-24

The Word of the Lord.

Thanks be to God.

**Come and say, in words whispered from your soul,
the feelings and actions you can't control.
Your spirit needs to be made whole.
Come away with me, come away.**

PRACTICE

The Examen

In his Spiritual Exercises, Ignatius Loyola urged that all be taught the Examen, a daily prayerful reflection on our responses to the events of the day. The purpose of this reflection was to see God's presence and to discern God's direction for us. Ignatius believed that the key to a healthy spirituality is to find God in all things and to work constantly to cooperate with God's will.

According to Ignatius, our responses to daily events fall into two categories: our consolations (what connects us with God, others, and ourselves) and desolations (what disconnects us). Ignatius believed that God would speak to us through these two feelings.

The Examen helps us:

- Acknowledge sad or painful feelings and hear how God is speaking to us through them.
- Overcome a pessimistic outlook by encouraging us to notice the good in each day.

- Tell the truth about who we truly are and what we need, rather than who we think we should be.

- Become aware of seemingly insignificant moments that ultimately can give direction for our lives.

Be Still My Soul (Psalm 131)

Words & Music: Sandra McCracken

COMMUNION

Eucharistic Prayer

The Lord be with you.

And also with you.

Lift up your hearts!

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

Sanctus

Words and Music: Matthew Redman

Bless the Lord Oh my soul, Oh my soul

Worship God's holy name.

Sing like never before, Oh my soul

I worship your holy name,

I worship your holy name,

I worship your holy name.

Words of Institution

Great is the mystery of faith

Christ has died

Christ is risen

Christ will come again.

Invitation

Communion is freely open to all. We invite you and everyone to come forward through the center aisle at the direction of the ushers and to open your hands to receive a portion of the bread. After receiving the bread, you may dip it into the cup and then return to your seat by the side aisles. A gluten-free station is at the middle. It is our custom to substitute grape juice for wine for the sake of those who prefer not to consume alcohol.

Come All Ye Pining

Words: Anne Steele | Music: Brian T. Murphy

Prayer After Communion

**Come away with me to a quiet place,
apart from the world with its frantic pace,
to pray, reflect, and seek God's grace.
Come away with me, come away.**

**Come away with me to a quiet place,
to God's loving arms waiting to embrace
all those who come in hope of grace.
Come away with me, come away.**

SENDING

Announcements

Benediction

Doxology

**Praise God, from whom all blessings flow;
Praise God, all creatures here below;
Praise God above, ye heavenly hosts;
Creator, Christ and Holy Ghost.
Amen.**

One of the most important reasons for centering our Foundry liturgies on a practice is that it hopefully gives you a chance to try a spiritual exercise or experience that you can then take and do on your own! When you discover what practices feel most beneficial to you and then make time to integrate those practices into your day to day lives, we believe meaningful and lasting transformation can occur. If this morning's Examen prayer was engaging for you and if you would like to make this part of your own practice, here is a step by step guide to help you try it on your own after today!

Try it out:

The Prayer of Examen takes about fifteen minutes, and involves three parts. Find a place you can relax and be comfortable. You may want to light a candle to remind you of the presence of God with you.

1. Ask God to bring to your awareness the moment today for which you are most grateful.
 - If you could relive one moment, which one would it be?
 - When were you most able to give and receive love today?
 - Ask yourself what was said and done in that moment that made it so good.
 - Breathe in the gratitude you felt and receive life again from that moment.
2. Ask God to bring to your awareness the moment today for which you are least grateful.
 - When were you least able to give and receive love?
 - Ask yourself what was said and done in that moment that made it so difficult.
 - Relive the feelings without trying to change or fix it in any way.
 - Take deep breaths and let God's love fill you just as you are.
3. Give thanks for whatever you have experienced. If possible, share as much as possible of these two moments with a friend. It is also helpful to record your thoughts in a journal. Rereading these notes will help you see God's grace at work in your life even when things seemed impossible.

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(www.upperroom.org/resources/the-examen)

Beyond Sunday Morning

Audio-Visual Volunteers Needed

Our dedicated crew of the Audio-Visual Team enjoys assisting in this critical part of worship, it's become apparent they'd like more volunteers assisting in worship services. The AV Team is highly skilled and will train congregants interested in being part of their team, no previous experience is necessary. Contact Jessica Pair at jessicap@edmondsumc.org.

Sunday Morning Drivers Needed

Volunteer drivers for those that can no longer drive are needed to bring people to morning 10:30 a.m. worship service and to take them home at the conclusion of service. All training will be provided and our van is nearly new and easy to drive. Our current need is for the third and fifth Sunday of every month, though back ups and part time drivers are also needed. There is no special licensing needed. To serve as a member of this important team, contact April Judge, Church Administrator, at aprilj@edmondsumc.org

UMW Game Nights | Aug 15 & 22 | Aldersgate

It is a come and go event. We would like to share this fun pastime with others in the church family. Some games have been donated, and there are card games to learn. Hope you will come and check us out. Contact person is Gay Johnson. gayadele@comcast.net

STOP... LOOK... LISTEN

STOP - could you offer a "little light" of yours to give to someone else? LOOK at your calendar - can you provide a half hour to hold a hand of someone who is in need? LISTEN to your heart - is there a calling to become a Lay Pastor? If you have answers to any of the above, please contact Sylvia Hustad (sylviamhfrontier.com or 425-776-6888).

Sunday Prayer

If you are wanting a quiet place to pray, the Prayer Area in the Chapel is open every Sunday. If you'd like someone to pray with you, a prayer partner is available after the 1st and 2nd services. If you prefer to pray alone let the prayer partner know and they will honor your privacy.

Bikes needed for 2019 Toy Shop!

The Toy Shop is always on the hunt for bikes and we need your help! If you have a like-new bike or you see good deals on bikes, please let us know. We can only accept bikes in like-new condition (no rust at all) as our budget for repairs is limited. Contact Christine Harris at 206-310-0566 or Christine.harris@comcast.net. Thanks in advance for helping us keep bikes as a highlight of the Toy Shop.

Blue Vest Team Members Needed

We are looking for additional people to volunteer on Sunday mornings to help our Blue Vest Team maintain the security of the congregation, staff and volunteers. If interested, contact April Judge, Church Administrator at aprilj@edmondsumc.org. The fall orientation/training session will be held on Tuesday, September 17 at 7:00 PM in the Wesley Room. More information to follow.

Christ Care/Small Groups

Sunday Gathering in small groups is so important in keeping us connected as a church family. Have you wondered about starting a new Adult Spiritual Formation/ Christ Care group and didn't know how to get started? We can help you! Please Contact: Peggy Frazier (frazier.margaret@gmail.com), Carol Megenity (carolmegenity@gmail.com) or Julie Boyd (Julieb51@icloud.com).

In Our Thoughts & Prayers

Those experiencing grief:

Family of Ramon Gould

Those with health & prayer concerns:

Judy Lambert
Phyllis Rice
Cheryl Burwell
Jim Gaven
Carol Townsend

Peoples from the Ecumenical Prayer Cycle:

Burkina Faso, Chad, Mali, Mauritania, Niger

A simple prayer you may use:

We pray for all people. Bring peace to those who fear, bring healing to those who suffer, bring comfort to those who grieve, and grow the joy of those who celebrate. We pray these things in the name of your Son. Amen.

If you have an emergency (hospitalization, death) you may dial this number: 425-778-2119 ext. 102. Please leave your name, phone number, and a brief message.

I Am Here

August 11, 2019

First Name

Last Name

Street Address

City

State

Zip

Phone

Email

- Newcomer (fewer than 5 visits)
- I'm Visiting with/for:

- Edmonds UMC is my church home
- This information is a change
- I would like to receive a name tag
- I would like information about becoming a member of this church
- Please add me to the email list: Weekly Announcements & Guidelights (electronic)
- Please add me to the mailing list: Guidelights (paper)

Please check all the boxes that apply for more information on a ministry or volunteer opportunity listed below...

Grow...

I would like information about:

- Children's & Youth Ministries
- Adult Spiritual Formation
- Music & Arts Ministry
- Reconciling Team
- Advocates for Justice
- Having a Stephen Minister

Serve...

I would like to learn about serving:

- Sunday Bus Drivers
- Sunday Office Volunteer
- Welcome Committee
- Adult Spiritual Formation
- Blue Vest Team
- AV Team
- Foundry Service Volunteer
 - Usher
 - Greeter
 - Audio/Visual
 - Coffee hour

Sign-Ups...

I would like information about:

- Reading Scriptures
- Assist in Communion

Leading Worship Today

Interim Lead Pastor Rev. Jerry Poole

Interim Pastoral Associate Ann Jacob

Director of Worsohip Arts David Hendrix

Musicians Hayley Gaarde, Amos Hendershott

Office Volunteer Carolyn Malnes, Joyce Wright

Family Ministry Director Jen McLaughlin

Scripture Readers Denny Balascio

Ushers Paul Hawley, Deb Hawley, Tom Hutto, Dean Averill, Steve Black

Blue Vest Team Ron Heitritter, Claude Carlson

Altar Flowers In Memory of Ramon Gould

Coffee Hour Vanessa Bishop, Eileen Kelliher, Mark & Tamara Sutton

Visitor Flowers Marge Johnson

Welcome Desk Nora Carlson, Virginia Lowe

Sound & Projection Ken Pickle, Pat Cross, AP Van Meter, Marilyn McKinnon

Van Driver Shannon Speight



Edmonds United Methodist Church is a Reconciling Congregation, welcoming all LGBTQ persons. If you'd like more information, please contact the church at 425-778-2119 or office@edmondsumc.org

Edmonds United Methodist Church
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