

# Central United Methodist Church

*A Reconciling Congregation*

Organized 1810 Incorporated 1822 Sanctuary completed 1867



March 10, 2019  
**First Sunday in Lent**

## **OUR WELCOMING STATEMENT**

Central United Methodist Church is a Reconciling Congregation. Regardless of your race, ethnicity, immigration status, gender identity, sexual orientation, socioeconomic situation, age, ability, belief, or background, whether you are single or partnered, you are God's beloved and you are welcome here.

## **OUR MISSION STATEMENT**

We envision Central United Methodist Church as a vital, diverse, River of Life nurtured by the light of Christ, rooted deeply in and living the scriptures, a holy presence in the center of the City of Detroit, transforming individuals, institutions, and the world, advocating peace and justice in all we do.

\* Indicates when to stand, if able in body or in spirit.

Hymnal Guide: UMH = The United Methodist Hymnal; TFWS = The Faith We Sing; SOZ = Songs of Zion

## **TAKING A BREATHER**

As we gather together, we will use the first part of our service to slow down, to settle our souls so that we might reconnect with an "unhurried God."

## **GATHER**

### **PRELUDE**

*Berceuse* by Faure

Caen Thomason-Redus

### **WELCOME**

## **SLOW IT DOWN**

### **HYMN**

*Come and Find the Quiet Center*

TFWS # 2128

**Come and find the quiet center in the crowded life we lead, find the room for hope to enter, find the frame where we are freed: Clear the chaos and the clutter, clear our eyes that we can see all the things that really matter, be at peace, and simply be.**

WORDS: Shirley Erena Murray, MUSIC: Attr. To B.F. White, Words Hope Publishing Co., CCLI 2815228

## CATCHING OUR BREATH

### PRAYER FOR CLEARING OUT

ONE: Let us pray a “prayer for clearing out. Spacious God, we come today hoping for tools to sweep away the stress.

**ALL: Help us *make* room for You.**

ONE: Nudge us in this time of worship to seek the things that really matter.

**ALL: Help us *find* room for You.**

ONE: Help us to claim our own selves as a holy sanctuary where you dwell.

**ALL: Let us *be* room for You.**

ONE: In the name of Jesus, who invites us to wholeness.

**ALL: Amen.**

### \*OPENING HYMN

*Lord (God) of All Hopefulness*

TFWS # 2197

**1. God of all hopefulness, God of all joy, whose trust, ever child-like, no cares could destroy: Be there at our waking, and give us, we pray, your bliss in our hearts, God, at the break of the day.**

**3. God of all kindness, God of all grace, your hands swift to welcome, your arms to embrace: Be there at our homing, and give us, we pray, your love in our hearts, God, at the eve of the day.**

**2. God of all eagerness, God of all faith, whose strong hands were skilled at the plane and the lathe: Be there at our labors, and give us, we pray, your strength in our hearts, God, at the noon of the day.**

**4. God of all gentleness, God of all calm, whose voice is contentment, whose presence is balm: Be there at our sleeping, and give us, we pray, your peace in our hearts, God, at the end of the day.**

WORDS: Jan Struther, MUSIC: Irish folk melody, Words by permission of Oxford University Press, CCLI 2815228

### TAKING NOTE

The second part of our service invites us to “take note” of what God is saying to us this day, through the children, through the music and through the sermon.

### HANGING OUT

#### HYMN

*Take Time to Be Holy*

UMH #395

**Take time to be holy, speak oft with our God; abide in God always, and feed on God’s Word. Make friends of God’s children, help those who are weak, forgetting in nothing, God’s blessing to seek.**

WORDS: William D. Longstaff, ca. 1882 (1 Pet. 1:16), MUSIC: George C. Stebbins, 1890, CCLI 2815228

### TIME FOR CHILDREN

Rebecca Wilson

## RECONNECTING

### \*GOSPEL READING

*Matthew 11:28-30*

“Come to me all you who are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

### MESSAGE

Rev. Dr. Jill Hardt Zundel

## FOCUSING ON THE MAIN THING “The Right Tempo”

### TAKING CARE

The third part of our service is our response to having listened for God’s word. We “take care” to focus through prayer and offering on what’s really important, really essential, to lives lived with depth.

## “TIME OUT” IN THE PRAYER CHAIR

### HYMN

*Come and Find the Quiet Center*

TFWS # 2128

**Silence is a friend who claims us, cools the heat and slows the pace, God it is who speaks and names us, knows our being, touches base. Making space within our thinking, lifting shades to show the sun, raising courage when we’re shrinking, finding scope for faith begun.**

### PRAYER

ONE: For the times when we have run ourselves and others ragged...forgive us. For the times when we have asked of ourselves too much or too little...forgive us. Help us find the right tempos for the right times, O God. Help us be gentle in our learning and growing – with ourselves and with others. Help us step back when the toxic and overbearing pace of life that we believe we must adhere to in order to live up to some external ideal threatens to tear down our connections of life, love and to you. In this moment we hear your promise: “My yoke is easy, my burden is light.” You do not ask us to destroy ourselves in order to please you. We are your children, created by you, with whom you are pleased...Just. Because. We bring our petitions to you this day, O God, here are the people and things we are worried about and yet know that we cannot control...

### SILENT MEDITATION

### LORD’S PRAYER

**Blessed One, our Mother and our Father, Holy is your name. May your love be enacted in the world. May your will be done on earth as in heaven. Give us today our daily bread And forgive us our sins as we forgive those who sin against us. Save us in the time of trial and deliver us from evil. For all that we do in your love, and all that your love brings to birth, and the fullness of love that will be are yours, now and forever. Amen.**

## NOTICING WHAT'S IMPORTANT

### INVITATION TO OFFERING

**OFFERTORY**                      *God, for the Tender Mercies' Sake* by Farrant                      Chancel Choir

### \*DOXOLOGY

**For time to savor God's good gifts, for space to breathe and hearts to lift,  
for ways to reach out and to give, we offer thanks and vow to live!**

### TAKING IT OUT

The final movement of our service is a time of committing to take a bit of this serenity and peace out into the busy world. We are reminded to "keep the main thing the main thing."

**\*CLOSING HYMN**                      *The Spirit Sends Us Forth to Serve*                      TFWS #2241

**1. The Spirit sends us forth to serve; we go in Jesus' name to bring glad tidings to the poor, God's favor to proclaim.**

**3. We go to be the hands of Christ, to scatter joy like seed and all our days, to cherish life, to do the loving deed.**

**2. We go to comfort those who mourn and set the burdened free: where hope is dim, to share a dream and help the blind to see.**

**4. Then let us go to serve in peace, the Gospel to proclaim. God's Spirit has empowered us; we go in Jesus' name.**

WORDS: Delores Dufner, OSB, MUSIC: USA folk melody, Words©1993, CCLI 2815228

### INVITATION TO LENTEN PRACTICES

#### BLESSING FOR THE UNHURRIED LIFE

May the tempo of your journey be "just right." May you seize the day, but also savor the moment. May your life be the one you live and not just watch passing by. And may you be reacquainted each day with an unhurried God who is calling you to dive deeply into love.

**BENEDICTION HYMN**                      *Come and Find the Quiet Center*                      TFWS #2128

**In the Spirit let us travel, open to each other's pain, let our loves and fears unravel, celebrate the space we gain: There's a place for deepest dreaming, there's a time for heart to care, in the Spirit's lively scheming there is always room to spare.**

**POSTLUDE**                      *When I Survey the Wondrous Cross* arr. Colvin

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