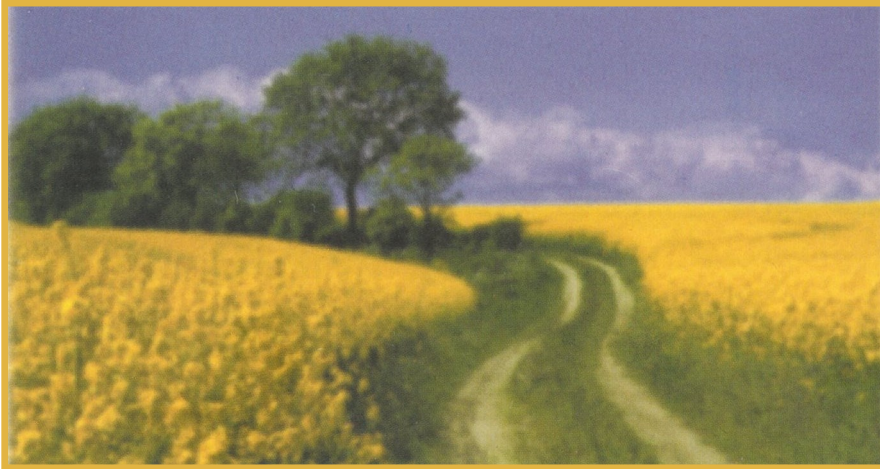


First Wednesday in Lent

March 9, 2022 | 5:30 pm



“Rest”

*Holden Evening Prayer Service, with readings from Hebrew and Christian scriptures
and the book Sabbath: Finding Rest, Renewal, and Delight in our Busy Lives*

Gathering Music

Sharon Neuenfeldt

*You are invited to quietly greet others as you settle into sacred time and space
Candles represent the light of Christ among us*

Words of Welcome

Pastor Clare Gromoll

Holden Evening Prayer Service

*You are invited to join in singing the parts marked “all”
As we repeat this liturgy each Wednesday, it will become familiar to us*

Psalm 23

**God, you are my shepherd –
I want nothing more.
You let me lie down in green meadows;
you lead me beside restful waters:
you refresh my soul.
You guide me to lush pastures
for the sake of your Name.
Even if I'm surrounded by shadows of Death,
I fear no danger, for you are with me.
Your rod and your staff –
they give me courage.
You spread a table for me
in the presence of my enemies,
And you anoint my head with oil –
my cup overflows!
Only goodness and love will follow me
all the days of my life,
And I will dwell in our house, God,
for days without end.**

From Sabbath, by Wayne Muller

“We do not feel how much energy we spend on each activity, because we imagine we will always have more energy at our disposal. This one little conversation, this one extra phone call, this one quick meeting, what can it cost? But it does cost, it drains yet another drop of our life. Then, at the end of days, weeks, months, years, we collapse, we burn out, and cannot see where it happened. It happened in a thousand unconscious events, tasks, and responsibilities that seemed easy and harmless on the surface but that each, one after the other, used a small portion of our precious life. And so we are given a commandment: Remember the Sabbath...

The invitation to rest is rooted in an undeniable spiritual gravity that allows all things to settle, to find their place. There comes a moment in our striving when more effort actually becomes counterproductive, when our frantic busyness only muddies the waters of our wisdom and understanding. When we become still and allow our life to rest, we feel a renewal of energy and gradual clarity of perception.” (p. 25-26)

“There is yet one more aspect of the Sabbath that I find particularly delicious. God creates the world in six days, and on the seventh day, God rests. But a closer reading of Genesis reveals that the Sabbath was not simply a day off. It says ‘On the seventh day God finished God’s work.’ How can this be? Wasn’t the seventh day when God, exhausted, took time off and rested, satisfied with the laborious work of creation?

The ancient rabbis teach that on the seventh day, God created *menuha* –tranquility, serenity, peace, and repose–rest, in the deepest possible sense of fertile, healing stillness. Until the Sabbath, creation was unfinished. Only after the birth of *menuha*, only with tranquility and rest, was the circle of creation full and complete.” (p. 37)

Mark 1: 32-35

That evening, at sunset, they brought to Jesus all who were sick or possessed with demons. And the whole city was gathered around the door. And he healed many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

In the morning, while it was still very dark, Jesus got up and went out to a deserted place, and there he prayed.

Benediction

Parting Music

We carry the light of Christ with us in all times and spaces

All are invited to a soup supper downstairs, immediately following this service and to a discussion on the topic of rest, downstairs and Zoomed at 6:30pm



We support the work of our church with financial gifts as we have means to do so. Please consider leaving a gift in the offering plate as you depart or scanning this QR code to give electronically. We also gladly receive checks mailed to the church office.



Easter Flowers

Let's create a beautiful garden in our Sanctuary on Easter Sunday!

Please place your order on line. We will take our flowers home or to a loved ones after worship on April 17th.

THE LAST DAY to order is today, March 9.


To place an order for Easter flowers:

1. Go to www.gertensfundraising.com
2. Enter the Store ID code (63) and click 'Enter ID to Continue'.
3. Choose from among 11 different flowering plants!
4. After you placed your order, please contact Kimberly to name any loved ones you wish to remember or honor with your flowers.

Thank you for all who made today wonderful: Music Dir. Michael Bjork, Worship Accompanist Sharon Neuenfeldt & Cheri Schwartz (beautiful music), Mary Ann Litfin (liturgist), Jenni Shaller (Chancel decoration), Paul Spilseth, Bob Dickie & Mark Stephan (tech), Carol Dusbabek & Sharri Kinkead (6 pm soup supper hosts) & Walt Richey (6:30 topical discussion co-host)



People's Congregational Church

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Credits & Permissions | *Sabbath: Finding Rest, Renewal and Delight in your busy lives*, Wayne Muller. | **Psalm 23**: The Inclusive bible. | Mark 1: 32-35 - NRSV | **Holden Evening Prayer Service**, Marty Haugen