

# Welcome to Watsonville First United Methodist Church

## *Open Mind, Open Heart, Open Door*

We are a publicly declared **Reconciling Congregation** and a member of the Reconciling Ministries Network that advocates and works for a truly all-inclusive church. As a Christian community, we lean in on radical inclusion welcoming to humans of all races, genders, and sexual orientations who are affirmed and accepted as a full participant in the life and work of this United Methodist congregation.

**Whoever you are...**  
whatever you've done,  
whoever you love,  
and **wherever you are in your journey of faith...**  
whatever you believe  
or whatever you don't believe,  
***You are welcome here!***

## Ordinary Time

Sunday, July 30, 2023, 10 am

**We welcome all visitors today!** Thank you for being here and gracing us with your presence. Please fill out the "**Visitation Card**" found in the pew and either place it in the offering plate or deposit into the *Suggestion Box* back in the narthex.

**Prayer Candles** are located back at the narthex for anyone who wants to light a candle for someone or something and offer it to God in prayer.

**Children** are invited to enjoy the resources in the **Children Learning Center** located at the back of the sanctuary during worship. Children are welcome to check out books and activity items to take home by signing the simple "*Check-out Sheet*" on clipboard there.

### Words of Meditation

"What will ultimately heal and transform us is not in our head knowing  
but experiencing it somatically in our bodies."

~ John Song

"Breath is the bridge which connects life to consciousness,  
which unites your body to your thoughts."

~ Thich Nhat Hahn

"May you have the courage to break the patterns in your life  
that are no longer serving you."

~ Andy Cope

(\*Please stand if you are able)

**Prelude**

*Home Across the River Medley*  
Arr Victor Labenske

Marina Thomas

## Bringing in the Light

### Welcome & the Life of the Church

Rev. John Song

**\*Passing of Peace** (Wave to your neighbors near you with “Peace of Christ be with you.”)

### \*Centering Breath

#### \*Opening Prayer (In unison)

Drop thy still dews of quietness  
till all our striving cease.  
take from our souls the strain and stress,  
and let our ordered lives confess,  
The beauty of Thy peace. Amen.

### \*Gathering Song

*Sanctuary*

FWS #2164 (2x)

### Children’s Time

“**Breathe and Live**”

Pastor John

### Hebrew Readings

**Genesis 1:1-2**

*In the Beginning*

“<sup>1</sup>In the beginning when God created the heavens and the earth, <sup>2</sup> the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters.”

**Genesis 2:7**

*Creation of Human*

“Then the Lord God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.”

Leader: The word of God for the people of God.

**People: Thanks be to God!**

### Special Music

*Just Breathe*

Eden Edell

Music & Words by Mia Suszko

*The Air That I Breathe*

by The Hollies, 1974

[Eden Edell grew up in the Bay Area, has been playing music for over twenty years, performing for ten, and has written more than a handful of songs. People are often moved when they hear Eden sing and the stories she tells in her music. Her musical style is Indie Folk but she also sings Blues and Jazz tunes. Her music is described as ethereal and grounding at the same time.]

### Message

**Breath Work:**

Rev. John Song

Part 1) “**Breathe and Live**”

### Hymn

*Sweet, Sweet Spirit*

#334

## Offering Our Gifts and Tithes

Leader: Let us respond to this word of grace and hope by the giving of our tithes and offerings, which support the varied ministries of the Watsonville First United Methodist Church, mission at home and throughout the world.

**Offertory** *In the Cross of Christ I Glory* Marina Thomas  
Ithamar Conkey

**\*Hymn to the Trinity** *Gloria Patri* (Glory Be to the Father) #70  
Glory be to the Father and to the Son and to the Holy Ghost;  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen. Amen.

### \*Offertory Prayer (In unison)

Accept our gifts from our hearts, O God, as we dedicate our lives in tipping the world toward love and justice by following the way of Jesus Christ. Amen.

**\*Recessional Song** *Let There Be Peace on Earth* #431

**\*Benediction** [\*This ends the Live Streaming]

## Prayers of the People

- a. Sharing of Joys & Concerns (Please raise your hand & mic will be given to you)
- b. Pastoral Prayer

### **The Lord's Prayer/Padre Nuestro** (You are invited to pray in the language of your choice)

- a. Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.
- b. Padre nuestro que estás en el cielo, santificado sea tu nombre; venga tu reino; hágase tu voluntad, en la tierra como en el cielo. Danos hoy nuestro pan de cada día. Perdona nuestras ofensas como también nosotros perdonamos a los que nos ofenden. No nos dejes caer en tentación y líbanos del mal. Porque tuyo es el reino, tuyo el poder y la gloria por siempre. Amen

**Postlude** *Trumpet tune* Marina Thomas  
H. Purcell

*We warmly invite everyone to a delicious cup of Coffee,  
refreshments and fellowship in the Social Hall following worship.*

Today's refreshments: Marjorie Martinez & Marieta Flores

\*If you want to bring Refreshments in the future  
you can sign up on the clipboard in the narthex or see Marjorie Martinez.

## Worship Leaders

Pastor	Rev. John Song
Pianist	Marina Thomas
Soloist	Eden Edell

Choir Leader	Carmelita Abenoja
Liturgist	Tahja Martinez, Febe Avitua
Greeters	Harry & Clarice Wiggins
Usher	Marieta Flores
Tech Team	Antonio Pantaleón, Lucila Pantaleón, Elizabeth Reitano
Nursery Attendants	Tatyana Martinez, Julissa Solis
Coffee Hour	Marjorie Martinez, Marieta Flores

## Calendar for the Week

Sun., July 30	10:00 am	<b>Worship Service</b>
	11:10 am	Coffee Hour, Social Hall
	11:30 am	<b>30 min Q&amp;A with the Pastor on Sermon</b> , St. Stephen's room
Mon., July 31	1-3 pm	<b>Sewing Group</b> , St. Stephen's room
Tue., Aug. 1	5 – 7 pm	<b>National Night Out</b> , Church Parking Lot
Thu., Aug. 3	4:00 pm	<b>Food for Children</b> , Church Parking Lot
Sun., Aug. 6	10:00 am	<b>Worship Service</b> (Backpack Giveaway Sunday)
	11:10 am	Coffee Hour, Social Hall
	11:30 am	<b>30 min Q&amp;A with the Pastor on Sermon</b> , St. Stephen's room

## Opportunities

### **30 min Q&A with the Pastor on Sermon during the Summer**

(Every Sunday from 11:30 am – 12 noon, St. Stephen's room)

#### **30 min Conversation with the Pastor:**

*All Things Pertaining to Christian Faith & Life*

(Resume on Oct. 1)

### **Free Backpacks and/or School Supplies**

Sunday, August 6, 2023 during in-person 10 am Worship

(Children must be present)

To donate to the project, make your check payable to Watsonville FUMC & write "*Backpack Project*" on the Memo line. Questions? (831) 724-4434

## ***National Night Out***

**Tue. Aug. 1, 5 pm – 7 pm**

Church Parking Lot

Outdoor dinner provided with petting zoo, pony rides, prizes for children.

This is an annual big event that draws nearly 200 people from the community to recognize our local Police Department and Fire Department with local leaders and agencies attending.

Church Website: [watsonville1stumc.org](http://watsonville1stumc.org)

Email: [office@watsonville1stumc.org](mailto:office@watsonville1stumc.org) | Phone: (831) 724-4434

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*Baptism, Membership, Wedding, Funeral, and Pastoral Counseling are available*