

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 with Holy Communion

Sunday, September 3, 2023, 10 am

Today's altar flowers are dedicated by Marieta Flores.

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

"I want to be a feather in the breath of God."
~ Hildegard von Bingen, the 12th-century German woman Christian mystic

"I am a hole in a flute that God's breath flows through."
~ Hafiz

*(*Please stand if you are able)*

Prelude

Morning Has Broken
Art. V. 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**

***Call to Worship**

Leader: Lord, open our lips and we will proclaim your praise.

People: We arise today, through God’s strength to power us:

Leader: God’s way to set us on the right path,

People: God’s loving gaze to affirm us,

Leader: God’s ear to hear us,

People: God’s wisdom to guide us,

Leader: God’s shield to protect us from snares of devils,

People: God’s hand to lift us when we fall,

Leader: God’s grace to sustain us,

All: **God’s host to bring us joy. Amen.**

***Gathering Song** *Sweet, Sweet Spirit* #334

Children’s Time “Breathing In and Out with God” Pastor John

Hebrew Reading **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.”

***Gospel Readings** **John 14:27**

“My peace (*shalom*) I give to you. I do not give to you as the world gives.
Do not let your hearts be troubled, and do not let them be afraid.”

John 15:5

“I am the vine; you are the branches.
Those who abide in me and I in them bear much fruit,
because apart from me you can do nothing.”

John 20:19-22

When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” 20 After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. 21 Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” 22 When he had said this, he breathed on them and said to them, “Receive the Holy Spirit.”

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

People: Thanks be to God!

Special Music *The Air That I Breathe* Jesse Martinez, Solo
by The Hollies, 1974

Breathe On Me

by Edward Hatch & Robert Jackson

Jesse is a resident of Aromas, California and an active member of the Aromas Community Grange. He is also the Concert Coordinator for the Aromas Community Grange Hall and a member of the Aromas Grange Performer's Circle. Jesse is a native Californian and was born in Gilroy, CA. He has been playing the acoustic guitar since 7th grade (about 125 years ago) and enjoys performing folk, Americana and soft rock covers for groups and special events in the Monterey Bay area.

Message

Breath Work:
Part 6) “**Coregulating with God**”

Rev. John Song

Hymn

God Is So Good

FWS #2056

Celebration of Holy Communion / Celebración de la Santa Comunión

The Lord be with you. / *El Señor sea con ustedes.* Spanish Reader: Laura Andrade Sorensen
And also with you. / Y también contigo.

Lift up your hearts. / *Elevemos los corazones.*

We lift them up to the Lord. / Demos gracias al Señor nuestro Dios.

Let us give thanks to the Lord our God. / *Demos gracias al Señor nuestro Dios.*

It is right to give our thanks and praise. / Es justo darle gracias y alabanza.

It is right, and a good and joyful thing, always and everywhere to give thanks to you.

Almighty God, creator of heaven and earth. You created light out of darkness and brought forth life on the earth. You formed us in your image and breathed into us the breath of life. When we turned away, and our love failed, your love remained steadfast. You delivered us from captivity, made covenant to be our sovereign God, and spoke to us through your prophets. In the fullness of time you gave your only Son Jesus Christ to be our Savior, and at his birth the angels sang glory to you in the highest and peace to your people on earth. And so, with your people on earth and all the company of heaven we praise your name and join their unending hymn:

(The Faith we Sing #2007, “HOLY, HOLY, HOLY”)

(The Faith We Sing #2007, “SANTO, SANTO, SANTO”)

Holy, holy, holy, my heart, my heart adores you!

My heart knows how to say to you: You are holy, Lord!

Santo, santo, santo, mi corazón te adora!

Mi corazón te sabe decir: ¡Santo eres, Señor!

Holy are you, and blessed is Jesus Christ.

Santo eres Tú, y bendito sea Jesucristo.

As your Word became flesh, born of Mary, on that night long ago so, on the night in which he gave himself up for us, he took bread, gave thanks, broke the bread, gave it to his disciples, and said:

Como tu Palabra se hizo carne, nació de María, en esa noche hace mucho tiempo, en la noche que se entregó por nosotros, tomó pan, dio gracias, lo partió y lo dio a sus discípulos diciendo:

“Take, eat; this is my body which is given for you. Do this in remembrance of me.”

“Tomen, coman; esto es mi cuerpo dado por ustedes. Hagan esto en memoria de mí”.

When the supper was over he took the cup, gave thanks, gave it to his disciples, and said:

Después de la cena, tomó la copa, y después de haber dado gracias, la dio a sus discípulos, diciendo:

“Drink from this, all of you; this is my blood of the new covenant, poured out for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.”

“Beban de ella, todos ustedes; ésta es mi sangre del nuevo pacto, derramada por ustedes y por muchos para el perdón de los pecados. Hagan esto todas las veces que la beben, en memoria de mí”.

And so, in remembrance of these your mighty acts in Jesus Christ, we offer ourselves in praise and thanksgiving as a holy and living sacrifice, in union with Christ’s offering for us, as we proclaim the mystery of faith.

Y así, recordando tus actos poderosos en Cristo Jesús, nos ofrecemos en alabanza y agradecimiento como un sacrificio santo y vivo, en unión con la ofrenda de Cristo por nosotros, mientras proclamamos el misterio de la fe.

Christ has died; Christ is risen; Christ will come again.

Cristo ha muerto; Cristo ha resucitado; Cristo vendrá de nuevo.

Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. Make them be for us the body and blood of Christ, that we may be for the world the body of Christ, redeemed by his blood. By your Spirit make us one with Christ, one with each other, and one in ministry to all the world, until Christ comes in final victory, and we feast at his heavenly banquet. Through your Son Jesus Christ, with the Holy Spirit in your holy Church, all honor and glory is yours, Almighty Creator, now and forever. Amen.

Sharing of the bread and the cup

(The congregation is invited to come forward to share in communion of the bread and the cup.

The United Methodist Church practices open Communion. All are invited, including children, to come forward in the middle isle in two lines to receive the Communion. If you wish to receive the Communion at your seat, please raise your hand or ask one of the ushers.)

Se comparten el pan y la copa

(Se invita a la congregación compartir la comunión del pan y de la copa.)

Giving of Our Tithes and Offerings

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

Interlude

Marina Thomas

***Doxology** Praise God, from whom all blessings flow; #95
Praise him, all creatures here below;
Praise him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. Amen.

Presentation of Offering

***Unison Prayer of Dedication**

We come before you, O Lord, dedicating our gifts and our lives in your service.
In gratefulness for calling us as your own, we offer you our thanks and praise.
Receive our pledges and the gifts of our hands, and use them to bring light
to the darkness and hope to places of despair and suffering, through our Risen Lord, Jesus
Christ. Amen.

***Recessional Song** *Spirit Song* #347

***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 *God of Our Fathers* Marina Thomas
A. Bock

*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
Choir Leader	Carmelita Abenoja
Liturgists	Tahja Martinez, Febe Avitua, Mark Sorensen
Spanish Reader	Laura Andrade Sorensen
Greeters	Harry & Clarice Wiggins
Head Usher	Marieta Flores

Communion Stewards
Tech Team
Nursery Attendants
Coffee Hour

Marieta Flores, Laura Andrade Sorensen
Antonio Pantaleón, Lucila Pantaleón, Elizabeth Reitano
Tatyana Martinez, Julissa Solis
Marjorie Martinez, Marieta Flores

Calendar for the Week

Sun., Sep. 3	10:00 am	Communion Sunday
	11:10 am	Coffee Hour, Social Hall
	11:30 am	30 min Q&A with the Pastor on Sermon , Social Hall Table
	11:40 am	Choir Rehearsal, Sanctuary
Mon., Sep. 4		Happy Labor Day!
	1-3 pm	Sewing Group , St. Stephen's room
Thu., Sep. 7	4:00 pm	Food for Children , Back Church Parking Lot
Sun., Sep. 10	10:00 am	LEGO Sunday / Guest Preacher: Eli Holliday
	11:10 am	Coffee Hour, Social Hall
	11:30 am	30 min Q&A with Eli Holliday , Social Hall Table
	11:40 am	Choir Rehearsal, Sanctuary

Opportunities

Meals for Pajaro Flood Recovery Volunteers

The volunteer team from our Conference to help with the recovery effort for the flood victims in Pajaro will be staying with us again on **Friday, September 8** and **Saturday 9**; then again on **Friday, September 22** and **Saturday 23**.

If you would like to prepare breakfast, lunch or dinner for a group of 6 workers please contact Carol Parker at [\(831\) 728-3852](tel:8317283852) or lomasslough@gmail.com.

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

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

Journey to Hope Foundation Board Meeting

Sunday September 17 @ 11:45 am in the St. Stephen's room

Crop Hunger Walk

Sat. Sep. 30, 8:30 am @ front of Watsonville First UMC

Day Workshop on Forgiveness

By Dr. Peter Coster

Oct 7, 10 am – 3:30 pm, Social Hall

(Members: \$20, Students: FREE)

Church Website: watsonville1stumc.org

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

229 Stanford Street, Watsonville, CA 95076

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