

Order of Worship: “The Right Tempo”

Let us be as open vessels that God’s spirit may enter.

The Community Gathers: Experience God’s presence in the assembly. Please greet one another with joy and welcome new friends into our community of love.

You are welcome here...come and worship!

Focus: “The Sun shines not on us but in us. The rivers flow not past, but through us. Thrilling, tingling, vibrating every fiber, and cell of the substance of our bodies, making them glide and sing. The trees wave and the flowers bloom in our bodies as well as our souls, and every bird song, wind song, and tremendous storm song of the rocks in the heart of the mountains is our song, our very own, and sings our love.”

-John Muir

9:55 Preparation for worship:

Opening:

Rev. Paula Norbert

Gathering Music: Come and Find, verse 1

Come and find the quiet center in the crowded lives 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...

(Tune: Beach Spring, Hymn #498)

Welcome:

Responsive Call to Worship: Prayer for Clearing Out

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

All: Let us *make* room for You.

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

All: Let us *find* room for You.

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

All: Let us *be* room for You.

L: In the name of Jesus, who invites us to wholeness. **Amen.**

Opening Hymn: Breathe on Me, Breath of God

#286

Invocation:

Lord’s Prayer:

Awakening: *Slipping Through My Fists* (by David Wilcox)

-Cheryl Sager & Neal Zweig

Message for the children and the child in each of us:

Thoughts on Lent

Scripture: Matthew 11:28-30, Slow me Down Lord by

Wilfred A. Peterson

Eve McPheeters

After the reading, you may respond with “Thanks Be to God” if you choose.

Sermon: Becoming Unbusy

Rev. Paula Norbert

Sermon Response: *Meditative/Improvisational Instrumental* ~ Neal Zweig

Musical call to Prayer: (two times) Hush now in quiet peace, be still your mind at ease. The Spirit brings release, so wait upon the Lord.

Prayers of the People

Quiet Reflection in Prayer Chair

Silent Prayers

Pastoral Prayer

The God Box and The Serenity Prayer:

Music: Come and Find, verse 2

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.

Offertory Invitation: *You Raise Me Up* (by Brendan Graham/Rolf Lovland)

-Cheryl Sager & Neal Zweig

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.

Prayer of Dedication:

Closing Hymn: It Is Well with My Soul

#840

Children's Sharing Time:

Benediction

Rev. Paula Norbert

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. **Amen**

Recessional: Come and Find, Verse 3

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.

Thank you to our Guest Musicians today: Cheryl Sager & Neal Zweig,
and to our Children's Minister, Gail Quinney.

Worship Materials by Worship Design Studios, Marcia McPhee
Words for the theme song, "Come and Find the Quiet Center" by
Shirley Erena Murray. Tune: Beach Spring.

Union Church

Biddeford Pool

...a place of peace and Presence by the sea



First Sunday in Lent
You are welcome here
March 10, 2019 – 10:00 A.M.