



## Worship Service for May 1, 2022 Communion Sunday

<b>Prelude</b>	Marshall Davies
<b>Chiming of the Hour</b>	Judy Walden
<b>Welcome</b>	Pastor Mak
<b>Centering Moment</b>	Pastor Mak
<b>Call to Worship</b>	Judy Walden

LEADER: Whoever you are,

**ALL: wherever you are on life's journey;**

LEADER: you are welcome here.

**ALL: We are all welcome here.**

LEADER: Gathering spirit to spirit

**ALL: we open our hearts.**

LEADER: Come, let us be open to all that is sacred and beautiful!

**ALL: Blessed be all the names of Love.**

<b>Hymn</b>	Congregation
Sing! # 82 "You Are Holy" (2x)	
You are holy, you are whole.	

You are always ever more  
than we ever understand.  
You are always at hand.

Blessed are you coming near.  
Blessed are you coming here  
to the church in wine and bread,  
Raised from soil, raised from dead.

You are holy. You are wholeness.  
You are present,  
let the cosmos praise you, God!  
Halleluia, halleluia, halleluia  
Halleluia our God.

You are holy, you are whole.  
You are always ever more  
than we ever understand.  
You are always at hand.

Blessed are you coming near.  
Blessed are you coming here  
to the church in wine and bread,  
Raised from soil, raised from dead.

You are holy. You are wholeness.  
You are present,  
let the cosmos praise you, God!  
Halleluia, halleluia, halleluia  
Halleluia our God.

**Pastoral Prayer**

Pastor Mak

**Sung Lord's Prayer**

Congregation

**Our Father, our Mother, hallowed be your name. Your Kingdom come, Your will be done on earth, as in Heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil: For the kingdom, the power, and the glory are yours. Now and forever.**

**Invitation to Offering**

Judy Walden

Plymouth's General Fund &  
"UCC Mental Health Network" - Loose Offering

**Offertory Music**

Marshall Davies

**Doxology**

Marshall Davies

**Offertory Prayer**

Judy Walden

LEADER: Some of us give out of our abundance.

**ALL: Others give out of our scarcity.**

LEADER: For all of these gifts we seek your blessing.

**ALL: To be a source of healing.**

LEADER: To be a resource of freedom for the oppressed.

**ALL: To proclaim good news that all are loved and cherished by God.**

**Special Music**

“Fear Not”

Plymouth Choir

**Biblical Witness**

Pastor Mak

Proverbs 24:3-6

By wisdom a house is built, and by understanding it is established; by knowledge the rooms are filled with all precious and pleasant riches. Wisdom is mightier than muscle, and those who have knowledge than those who have strength; for by wise guidance you can accomplish much, and in an abundance of counselors there is victory.

**Contemporary Witness**

Judy Walden

“Self-Care Cheat Sheet” (excerpt) by Rev. Megan Snell  
UCC Mental Health Network Blog

In a wider-culture that can seem obsessed with self-care, it can be a bit shameful to admit that you might not be “good” at it. For some, that means not taking the time to get off the hamster-wheel of non-stop activity, meetings, and work. For others though, not being “good” at self-care can look more like a person who is trying out a new activity, in this case self-care, and finding that they just don’t have the skills to get started. If this rings true to you, I want you to know that you are not alone. Many people are with you in the bewildering moments in which you do have time for

self-care, but just can't figure out what to do. In today's blog post, I bring you a few notes on self-care that I hope can operate as a cheat sheet and get you started on your self-care journey.

Remember that not all self-care is about bubble baths and meditation. Self-care is also about taking care of the systemic aspects of your life. Paying your bills. Getting your license renewed. Making an appointment for your annual physical. These are all forms of self-care. If you need some reminders of the different realms of your life that might need some care, consider these: physical, mental, social, relational, financial, spiritual, domestic.

**Reflection**

“Self-Care”

Dr. Marcia Baker

**Hymn**

Congregation

Sing! #73 “Like a Healing Stream”

Like a healing stream in a barren desert,  
 Spirit water bringing life to dusty earth,  
 God is trickling through our lives  
 As in a dream unfolding,  
 Promising revival and rebirth  
 Like a healing stream. (1)

Like a gentle rain on a thirsty garden,  
 Spirit water come to nourish tiny seed,

God is bubbling through the soil  
 To coax a new creation,  
 Yearning for an end to want and need  
 Like a gentle rain. (2)

Like a river strong with a restless current,  
 Spirit water rushing on to distant shore,  
 God is carving out a channel  
 In a new direction,  
 Calling for an end to hate and war  
 Like a river strong. (3)

Like a mighty sea reaching far horizons,  
 Spirit water with a love both deep and wide,  
 God is working in our hearts  
 To shape a new tomorrow:  
 God will always challenge and provide!  
 Like a mighty sea, like a river strong,  
 Like a gentle rain, like a healing stream. (4)

**Communion**

Pastor Mak

**Prayer of Thanksgiving**

Pastor Mak

**Benediction**

Pastor Mak

**Song Of Parting**

Congregation

Sing! # 213 "Wherever You Go"

Wherever you go, God is with you;  
 Wherever you go, God is there.

Wherever you go,  
Whatever you do,  
You are in God's care.

Wherever we go, God is with us;  
Wherever we go, God is there.  
Wherever we go,  
Whatever we do,  
We are in God's care.

**Postlude**

Marshall Davies