

# First United Methodist Church

Building A Village of Faith

January 16, 2022 – 11:00 AM



## Worship Theme: Handling the Stress in our Lives

Today we will look at the ways Jesus told us to manage the day-to-day stresses of living. We are not promised a life free from stress, and in many ways stress is good for us. The problems arise when we allow stress to control our lives.

*“So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.” - Jesus, in Matthew 6:34 [NRSV]*

**Contemporary Worship – 9:00 AM (no printed worship order)**  
**Traditional Worship – 11:00 AM**

\* It is customary to stand at these times; however, please feel free to remain seated if you prefer.

**Words of Welcome & Greeting / Introduction of Today’s Theme** Larry Beckner

**Prelude Music to Set the Tone for Worship**  
“I Will Arise and Go to Jesus” – African/American Spiritual Herbert Colvin  
Karen Ray, organ/piano

**\* Call to Worship** Lisa Burns

**Leader:** Come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation.

**People:** **Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise.**

**Leader:** Come, let us worship and bow down, let us kneel before the Lord our maker.

**People:** **For he is our God, and we are the people of his pasture, and the sheep of his hand.**  
Selected from Psalm 95

**\* Hymn of Celebration** “When Morning Guilds the Skies” UMH #185

**\* Opening Prayer – Shared Aloud by All** Lisa Burns

**Dearest Lord, we turn to you often as we seek through prayer to find the meaning of life. Sometimes it’s a fervent prayer in the midst of serious mediation, but more often it is a fleeting prayer on the run. We pray for patience when there are too many things to be done. This morning we pause to pray that you will awaken us to hear the cries of the poor, the homeless, the broken-hearted. Help us to redirect more of our resources to clothe the naked and feed the hungry. Mold us, O God, and open our hearts and minds to be willing vessels of your spirit. Amen.**

**\* The Gloria Patri** “Glory Be to The Father” UMH#70

**Children’s Message** Video Clip Anna Aleksa

**Choral Anthem** “How Beautiful” Twila Paris/Craig Courtney  
Sanctuary Choir

<b>Scripture Reading</b>	Matthew 6:25-34 [NRSV]	Lisa Burns
<b>Message</b>		Larry Beckner
	"THE VALUE OF A SMALL PIECE OF FLANNEL, DANCING LIKE A TODDLER, AND TGIT"	
<b>Time for Reflection &amp; Response</b>	"Deep River" - African/American Spiritual Karen Ray	Mary Ellen Kedrick
<b>* Doxology</b>	"Praise God from Whom All Blessings Flow"	UMH #95
<b>Prayer of Thanksgiving &amp; Lord's Prayer</b>		Lisa Burns
<b>Living Our Faith</b>	Prayer Concerns and Community-building Opportunities	Jeannie Lewis
<b>* Going Forth in Song</b>	"Standing on the Promises"	UMH#374
<b>* Benediction</b>		Larry Beckner
<b>Postlude</b>	"When Shall I See Jesus?" - African/American Spiritual Karen Ray	Don Hustad

**Organist, Karen Ray's Tidbit:** In honor of Martin Luther King Junior's birthday, the organ music today emphasizes African/ American Spirituals. These unique songs combine complicated rhythms brought from Africa by slaves with simple melodies. The words are repetitive and easy to memorize, and the subject matter is always straight from the Bible. Since slaves were not allowed to read or write, spirituals are how they shared the gospel.

### Prayers for Our People & Beyond



- For Bette Martin who was in the hospital over Christmas time. She is now recovering at The Center at Foresight. Cards can be sent to her there at 606 Foresight Cir East, GJ 81505.
  - For Corky Backlund who is in the VA Hospital with health issues. Cards can be sent to him at 811 Alyssum Ct., Fruita, CO 81521.
  - For Wil Liwanag who is recovering at home. Cards can be sent to him at 2861 Duke Dr., GJ 81501.
  - For Sherry Blackwell, who fell (12/25) and is now recovering at home. Cards can be sent to her at 626 ½ Mt. Julian Dr., GJ 81504.
  - For those who are grieving and struggling to come to terms with the fires that ripped through Louisville and Superior, Colorado this past week.
- **Praying for our District Churches** (1 every week) – Our prayers this week are for Hilltop United Methodist Church which is in Sandy, Utah, and is led by Rev. Lynn Miller Jackson

*To add someone to the phone prayer chain, please call Peggy Price at 970-242-4206*

*Thank you for participating in our worship service today.  
We hope you continue to be with us!*