Living Table United Church of Christ

*March 17, 2024, Fifth Sunday in Lent*

From Fear to Hope

**Singing:** “Loosen”

Loosen, loosen, baby

You don't have to carry

The weight of the world in your muscles and bones

Let go, let go, let go (x3)

**Greeting and Grounding** (words by Aly Halpert)

**Singing:** “Loosen”

Holy breath, and holy name

Will you ease, will you ease this pain (x3)

**Invoking Spirit Responsively**

One: God, Where are you now when darkness seems to win?

Where are you now when the world is crumbling?

We hear you say, look up child.

God, Where are you now when all we feel is doubt?

Where are you now when we can’t figure it out?

We hear you say, look up child.

One: God, Comfort our weary hearts.

Come Spirit, Come.

Come meet us here and fill

our bodyminds with your wisdom,

our hearts with your peace.

**All: Let our worship open us to the challenge**

**of your dream of wholeness for all.**

**Singing:** “Loosen, Loosen”

A: Loosen, loosen, baby

You don't have to carry

The weight of the world in your muscles and bones

Let go, let go, let go

B: Holy breath, and holy name

Will you ease, will you ease this pain (x3)

**Acknowledging our Need for God**

One: We pause and hold unashamed space for these days troubled with disappointments and grief.

**All: We confess that we have allowed our fear of loss to keep us from mourning, from holding each other and from moving closer to you.**

One: O Christ, you do not scorn our disappointment, but rather remind us that you are a God who took on human flesh and have felt salt run down your own divine face.

**All: Come near and be our deepest consolation now, God. Tend to our grief-stricken hearts, and lead us into the warmth of your relief, the tenderness of your word, and the deep peace of your presence.**

One: O Loving Maker, restore our belief that you redeem what is lost, but also, that our grief is safe with you, and that our lamenting is not a waste of our precious time.

**All: Call us once more to the way of wholeness, healing and reconciliation, and grant us the grace and courage to grieve and follow your ways.**

*silent reflection*

One: Friends, receive the good news: we are whole, we are loved and we are invited into new life.

**All: Through God’s grace we are set free in Christ to be the loving, gracious, hopeful, justice-filled people of God!**

**Sharing Love’s Peace**

**Singing:** “You are the Face of God”

You are the face of God.

I hold you in my heart.

You are a part of me.

You are the face of God.

**Learning with Young (and Old) Disciples**

**Considering the Word and the Sacred Texts**

Now Testament:

Sacred Readings: Amos Chapter 7, adapted by Ann King

*Message: “*From Fear to Hope: Moving from Grief to Wholeness*” Sana DelCorazon*

**Singing:** “More Than Enough”

There is more than enough in a universe that you created.

There is more then enough on a planet of sacred design.

There is more than enough humanity made in your image.

Why would I worry? Why would I doubt? Why would I ever think I'd go without?

Why would I worry? Why would I doubt? Why would I ever think I'd go without?

Your infinite love made me. Made everything I see and all that will ever be is your infinite love.

Let my soul know the truth. Whatever I choose to do

Your infinite love will prove more than enough.

There is more than enough in a universe that you created.

There is more then enough on a planet of sacred design.

There is more than enough humanity made in your image.

Why would I worry? Why would I doubt? Why would I ever think I'd go without?

Why would I worry? Why would I doubt? Why would I ever think I'd go without?

Your infinite love made me. Made everything I see

and all that will ever be is your infinite love.

Let the world know the truth. Whatever we choose to do

Your infinite love will prove more than enough.

Your infinite love made me. Made everything I see and all that will ever be is your infinite love.

Let my soul know the truth. Whatever I choose to do

Your infinite love will prove more than enough.

More than enough. More than enough.

**Praying Together**

**Prayers of Concerns and Joys**

For the world… For the country… For the wider community… For our selves…

After each spoken prayer, please respond by saying and gesturing:

**We release this prayer to You, Holy One.**

**Prayer of Jesus**  translated by Neil Douglas-Klotz

Source of Sound: in the roar and the whisper,

in the breeze and the whirlwind, we

hear your Name.

Your name, your sound can move us

if we tune our hearts as instruments

for its tone.

Create your reign of unity now--

through our fiery hearts

and willing hands.

As we find your love in ours,

let heaven and nature form

a new creation.

Grant what we need each day in bread and insight.

Forgive our hidden past, the secret shames,

as we consistently forgive

what others hide.

Deceived neither by the outer

nor the inner--free us to

follow your way with joy.

From you is born all ruling will,

the power and life to do, the song that beautifies all--

from age to age it renews.

Amen.

**Invitation to Offering**

**Gathering At Love’s Table**

**Invitation**

One: God is with you!

**All: And God is with us all.**

One: Open wide your hearts.

**All: We open them completely to the Spirit of God.**

One: May God’s love nurture our wandering spirits each day.

**All: May God’s light sustain our souls each night.**

**Singing:** “Do It Afraid”

Sometimes, we just do it afraid

When the fear won’t go away

Then we just do it anyway

Sometimes, when the fear’s still there

Then we offer up a prayer

For a way to be brave

And just do it afraid, do it afraid

Do it afraid, do it afraid

**The Great Thanksgiving**

One: This is a season of wilderness-
**All: The season we seek to understand the Divine just a little more.**
One: This is the time for us to reach inward to find the self we hide, even though we cannot hide from God.
**All:** **This is the chance for us to also turn our attention outward, caring for the Christ in our midst.**

One: The Lenten roads are long
**All: Yet full of gifts.**One: The Lenten paths often seem chilly
**All: Yet warm with the winds of the Spirit.**One: The Spirit of God is the light that guides us in times of fear and days of hope.

**All: The Christ is our companion on the journey when we are lost in the depths of fear and when we have hold of hope.**

One: We remember Jesus’ time in the wilderness…take and drink and always remember me.

*Blessing and Sharing the Feast*

**All:  May the Spirit who traveled with Christ in the wilderness and fills us with grace surround these elements. May the Spirit draw us near in this season of wilderness, become our strength on this journey, and fill our lives with hope. Amen.**

**Singing:** “Give Us Bread for the Journey”

Give us bread for the journey, give us bread.

Give us bread for the journey, give us bread.

When our legs are getting heavy and we’re hanging down our heads,

give us bread for the journey, give us bread.

**Communing Together**

**Singing:** “Give Us Bread for the Journey”

Make us one with each other, make us one.

Make us one with each other, make us one.

All the walls we’ve built around us, may we learn to tear them down.

Make us one with each other, make us one.

**Prayer of Thanksgiving**

**All:** **Holy One, receive our gratitude for this time at your table. We are strengthened and encouraged for the journey ahead. With your grace, our fears will be transformed into hope. We thank you for the Love that fills us and makes it possible to move from the falseness of our fears to the new life your hope gives us. In gratitude we will carry your grace and mercy out into the world. Amen.**

**Announcements**

**Singing:** “Together in This”

[Verse 1]

We’re together in this.

Sure, we’ve got our own politics.

Sure, we’ve got our own religions.

But we’re still together in this.

[Verse 2]

We’re together in this.

Sure, we’ve got our own set of problems.

Sure, we’ve got our own things we wanna change.

But we’re still together in this.

[Chorus]

I’ll carry your weight, brother and you’ll carry mine.

We’ll leave the battle far behind.

Let love and peace become all that we need.

Oh, ‘cause we’re still together in this.

[Verse 3]

We’re together in this.

Put away your blood and your violence.

Rest in solitude and silence

‘Cause we’re still together in this.

[Chorus]

I’ll carry your weight, sister, and you’ll carry mine.

We’ll leave the battle far behind.

Let love and peace become all that we need.

Oh, ‘cause we’re still together in this.

[Bridge]

I’ll carry yours, you’ll carry mine.

We’ll leave the battle far behind.

I’ll carry yours, you’ll carry mine.

We’ll leave the battle far behind.

[Chorus]

I’ll carry your weight, and you’ll carry mine.

We’ll leave the battle far behind.

Let love and peace become all that we need.

Oh, ‘cause we’re still together in this.

**Benediction**

*Resources Used*

Invoking: inspired by Lauren Daigle’s “Look Up Child”

Communion Liturgy: michelletorigian.com, adapted