

Lake Merritt United Methodist Church

An Inclusive Christian Community of Oakland



LAKE PARK

UNITED METHODIST CHURCH

IN JOINT FELLOWSHIP

Sustaining a vibrant and growing congregation through Christian spiritual transformation, making our work and the church relevant and visible.

(510) 465-4793

www.lakemerrittumc.org

1255 First Avenue

Oakland, CA 94606

“One of the things that our whole world needs to work on more are ways to deal with anger.” - Fred Rogers



A Beautiful Day in the Neighborhood:

*“What Do You Do With
The Mad That You Feel?”*

Rev. Sunae Frances Cho, *Pastor*

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September 4th, 2022
Thirteenth Sunday after Pentecost
COMMUNION SUNDAY

WELCOME

Rev. Sunae Cho, *Pastor*

INTROIT

Fantasy in **A** minor (BWV 561) *Organ* Johann Sebastian Bach

OPENING PRAYER

Juliet Hamafin

God of welcome, God of embrace,
As ocean waves rise and fall,
as stormy clouds gather and clear,
as moving winds blow and subside,
So, too, does my anger move me.
Be my raft in stormy waters,
my stable rock, and my gentle breeze.
Receive and hold my feelings until they subside.
Grant me patience to withstand the waves,
peace to replace the turmoil, and
discernment to know how to respond in love and freedom.
Amen.

Excerpted from The Ignatian Guide to Forgiveness

OPENING SONG

(Please stand if able)

Come and **F**ind the **Q**uiet **C**enter TFWS 2128

verse 2 based on James 1:19-20 written by: Margaret LeWright

- 1. Come and find the quiet center in the crowded life 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.*
- 2. Quick to listen, slow to anger, Breathe in fully, slow to speak.
Human anger has no place here, Righteousness is what God seeks.
Live at peace with one another
calm your need to get revenge.
Defeat anger with the kindness
Jesus showed us 'til the end.*
- 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.*

CHILDREN'S MOMENT

Margaret LeWright

SCRIPTURE

Mark 11:15 (CEB)

Kathleen Bell

They came into Jerusalem. After entering the temple, he threw out those who were selling and buying there. He pushed over the tables used for currency exchange and the chairs of those who sold doves.

Matthew 23:33 (CEB)

You snakes! You children of snakes! How will you be able to escape the judgment of hell?

John 11:35 (CEB)

Jesus began to cry. The Jews said, "See how much he loved him!" But some of them said, "He healed the eyes of the man born blind. Couldn't he have kept Lazarus from dying?"

RESPONSE

What A Friend We Have in Jesus UMH 526

*1. What a friend we have in Jesus,
All our sins and griefs to bear!*

*What a privilege to carry
Everything to God in prayer!*

Oh, what peace we often forfeit,

Oh, what needless pain we bear,

All because we do not carry

Everything to God in prayer.

3. Are we weak and heavy-laden,

Cumbered with a load of care?

Precious Savior, still our refuge;

Take it to the Lord in prayer.

Do thy friends despise, forsake thee?

Take it to the Lord in prayer.

In His arms He'll take and shield thee,

Thou wilt find a solace there.

SERMON "What Do You Do With The Mad That You Feel?"

Rev. Sunae Cho, *Pastor*

A CELEBRATION OF WORD AND TABLE

Rev. Sunae Cho, Juliet Hannafin

Pastor: The grace of the Lord Jesus Christ be with you.

People: And also with you.

Pastor: The risen Christ is with us.

People: Praise the Lord.

Pastor: Blessed be the one, holy and living God.

People: Glory to God forever and ever.

***ALL:** O God, you have created the universe with such splendor that all of it rises up to praise you. We, the people you have called to be your own, join with sun and moon, stars and mountains, in singing hymns of glory to your wonderful Name. Through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.*

Pastor: Let us confess our sin in the presence of God and of one another:

ALL: *Gracious God, have mercy on us. In your compassion forgive us our sins, known and unknown, those things done and left undone. Uphold us by your Spirit so that we may live and serve you in newness of life, to the honor and glory of your holy name; through Jesus Christ our Lord. Amen.*

SILENCE IS KEPT FOR PRAYERS OF CONFESSION & HOPE

ASSURANCE OF GRACE

Pastor: In the name of Jesus Christ, we are a forgiven people. Glory to God!

People: Alleluia! Amen.

PASSING THE PEACE OF CHRIST

Let us offer one another signs of peace and love.

THE GREAT THANKSGIVING

Pastor: The Lord be with you.

People: And also with you.

Pastor: Lift up your hearts.

People: We lift them up to the Lord.

Pastor: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

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 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 the prophet.
And so,
with your people on earth
and all the company of heaven
we praise your name and join their unending hymn:

[Please sing along TFWS 2257-b]

***ALL: Holy, Holy, Holy Lord, God of power and might
Heaven and earth are full of your glory.***

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest!

Holy are you, and blessed is your Son Jesus Christ.
Your Spirit anointed him
to preach good news to the poor,
to proclaim release to the captives
and recovering of sight to the blind,
to set at liberty those who are oppressed,
and to announce that the time had come

when you would save your people.

He healed the sick, fed the hungry, and ate with sinners.
By the baptism of his suffering, death and resurrection
you gave birth to your Church,
delivered us from slavery to sin and death,
and made with us a new covenant
by water and the Spirit.

When the Lord Jesus ascended,
he promised to be with us always,
in the power of your Word and Holy Spirit.
On the night in which he gave himself up for us,
he took bread, gave thanks to you, broke the bread,
gave it to his disciples, and said:
“Take, eat; this is my body which is given for you.
Do this in remembrance of me.”

When the supper was over, he took the cup,
gave thanks to you, gave it to the disciples, and said:
“Drink from this, all of you;
this is my blood of 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.”

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.

[Please sing along TFWS 2257-c]

ALL: Christ has died, Christ is risen, Christ will come again!

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, might God,
now and forever.

[Please sing along TFWS 2257-d]

ALL: *Amen, Amen, Amen.*

Hosanna in the highest! Hosanna in the highest! Hosanna in the highest!

SHARING IN THE BREAD AND CUP

PRAYERS & GRATITUDES

THE LORD'S PRAYER

Ecumenical Version (UMH 894)

*Please feel free to use the name of your choice for God that speaks to your soul.

*Our *Creator in heaven, 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. Amen.*

LIVING AS THE CHURCH

OFFERING

THANKSGIVING SONG Give Thanks TFWS 2036 (sing 2x)

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given

Jesus Christ, His Son

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given

Jesus Christ, His Son

And now let the weak say, "I am strong"

Let the poor say, "I am rich"

Because of what the Lord has done for us.

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given

Jesus Christ, His Son

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given

Jesus Christ, His Son

And now let the weak say, "I am strong"

Let the poor say, "I am rich"

Because of what the Lord has done for us.

Give thanks

Give thanks

CLOSING SONG

Stand By Me UMH 512

(Please stand if able)

1. *When the storms of life are raging,
stand by me; (stand by me)
when the storms of life are raging,
stand by me. (stand by me)
When the world is tossing me
like a ship upon the sea,
thou who rulest wind and water,
stand by me. (stand by me)*
3. *In the midst of faults and failures,
stand by me; (stand by me)
in the midst of faults and failures,
stand by me. (stand by me)
When I've done the best I can,
and my friends misunderstand,
thou who knowest all about me,
stand by me. (stand by me)*

CLOSING PRAYER [RESPONSIVE]

Kathleen Bell

Go out into the world in peace; have courage, hold on to what is good; return no one evil for evil;

strengthen the fainthearted, support the weak, and help the suffering; honor all people; love and serve the Lord, rejoicing in the power of the Holy Spirit.

May the Lord bless you and keep you

May the Lord be kind and gracious to you

May the Lord look upon you with favor and give you peace. Amen.

Pcwoodbury.com

POSTLUDE

Fugue in A minor (BWV 561) Organ

J.S. Bach