

**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](http://www.lakemerrittumc.org)

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*The Cup of Our Life*

**Rev. Sunae Frances Cho, *Pastor***

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**Jim Meredith, *Music Director***

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October 9<sup>th</sup>, 2022  
**Eighteenth Sunday after Pentecost**  
**CELEBRATION OF DIVINE WORSHIP**

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WELCOME

Rev. Sunae Cho, *Pastor*

INTROIT

Fill My Cup, Lord

Richard Blanchard arr. Gene Roberson

OPENING PRAYER [*RESPONSIVE*]

Fran Cooper

Leader: We come seeking Jesus, the Light of the world!

**People: Shine in our hearts Lord Jesus!**

Leader: We believe in the strength of God to illuminate dark places.

**People: The light shines in the darkness, and the darkness shall not overcome it.**

Leader: Lord, in this hour of worship, kindle in us the light of your love.

**People: Let your light shine through us, now and forever. Amen.**

*Carolpenner.typepad.com*

OPENING SONG

(Please stand if able)

All Things Bright and Beautiful UMH 147

All things bright and beautiful  
All creatures great and small  
All things wise and wonderful  
The Lord God made them all

1. Each little flower that opens  
Each little bird that sings  
God made their glowing colors  
And made their tiny wings

All things bright and beautiful  
All creatures great and small  
All things wise and wonderful  
The Lord God made them all

2. The purple headed mountains  
The river running by  
The sunset and the morning  
That brightens up the sky

All things bright and beautiful  
All creatures great and small  
All things wise and wonderful  
The Lord God made them all

**3. The cold wind in the winter  
The pleasant summer sun  
The ripe fruits in the garden  
God made them every one**

**All things bright and beautiful  
All creatures great and small  
All things wise and wonderful  
The Lord God made them all**

**4. God gave us eyes to see them  
And lips that we might tell  
How great is God Almighty  
Who has made all things well**

**All things bright and beautiful  
All creatures great and small  
All things wise and wonderful  
The Lord God made them all**

## CHILDREN'S MOMENT

Margaret LeWright

## SCRIPTURE

John 15:4 (NIV)

Fran Cooper

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

## 2 Corinthians 4:5-12 (MSG)

Remember, our Message is not about ourselves; we're proclaiming Jesus Christ, the Master. All we are is messengers, errand runners from Jesus for you. It started when God said, "Light up the darkness!" and our lives filled up with light as we saw and understood God in the face of Christ, all bright and beautiful.

If you only look at us, you might well miss the brightness. We carry this precious Message around in the unadorned clay pots of our ordinary lives. That's to prevent anyone from confusing God's incomparable power with us. As it is, there's not much chance of that. You know for yourselves that we're not much to look at. We've been surrounded and battered by troubles, but we're not demoralized; we're not sure what to do, but we know that God knows what to do; we've been spiritually terrorized, but God hasn't left our side; we've been thrown down, but we haven't broken. What they did to Jesus, they do to us—trial and torture, mockery and murder; what Jesus did among them, he does in us—he lives! Our lives are at constant risk for Jesus' sake, which makes Jesus' life all the more evident in us. While we're going through the worst, you're getting in on the best!

## RESPONSE

*Sweet, Sweet Spirit* UMH 334

There's a sweet, sweet Spirit in this place,  
And I know that it's the Spirit of the Lord;  
There are sweet expressions on each face,  
And I know they feel the presence of the Lord.

Sweet Holy Spirit, Sweet heavenly Dove,  
Stay right here with us, filling us with Your love.  
And for these blessings we lift our hearts in praise;  
Without a doubt we'll know that we have been revived,  
When we shall leave this place.

SERMON

*"The Cup of Our Life"*

Rev. Sunae Cho, *Pastor*

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.*

PASSING THE PEACE OF CHRIST

*Let us offer one another signs of peace and love.*

LIVING AS THE CHURCH

OFFERING

THANKSGIVING SONG    *Fill My Cup, Lord*, UMH 641 (sing 2x)

Fill my cup, Lord

I lift it up, Lord

Come and quench this thirsting of my soul  
Bread of Heaven, feed me 'til I want no more  
Fill my cup, fill it up and make me whole

CLOSING SONG    *Forth In Thy Name, O Lord* UMH 438 (*Organ*)

(Please stand if able)

1. Forth in thy name, O Lord, I go,  
my daily labor to pursue;  
thee, only thee, resolved to know  
in all I think or speak or do.

2. The task thy wisdom hath assigned,  
O let me cheerfully fulfill;  
in all my works thy presence find,  
and prove thy good and perfect will.

3. Thee may I set at my right hand,  
whose eyes mine in-most substance see,  
and labor on at thy command,  
and offer all my works to thee.

4. For thee delightfully employ  
what e'er thy bounteous grace hath given;  
and run my course with even joy,  
and closely walk with thee to heaven.

CLOSING PRAYER [UNISON]

Fran Copper

Lord Jesus...

Help us to be, to share, and drink from

Cups of Transformation

Help us to be Cups of Resurrection

Cups of Restoration

Cups of Healing and Wholeness

Safe to drink from

We are stained and broken, chipped and cracked...

And some may say we are not the favorite one in the cupboard or on the shelf,

But you Jesus, Love us just as we are!

And use us just the same.

Fill us, Jesus, with your Living Water!

Help us to share Living Water with those around us!

And bring refreshment and great flavor to our world!

AMEN.

*@lillylewin and freerangeworship.com*

POSTLUDE

Give To Our God Immortal Praise! [Organ]

John Hatton

arr. David Cherwien