LAKE MERRITT
UNITED METHODIST CHURCH
CHRIST COMMUNITY CAUSE

An Inclusive Christian Community
feeding the spiritual and physical hunger of Oakland.

(510) 465-4793 www.lakemerrittumc.org
1255 First Avenue, Oakland, CA 94606

Rest, Play, and Dance with God

Rev. Sunae Cho, Lead Pastor
pastor@lakemerrittumc.org

Jim Meredith, Music Director
jimmeredith@mac.com

Sean Hyland, Church Operations Manager
office@lakemerrittumc.org

September 13, 2026
Sixteenth Sunday after Pentecost
CELEBRATION OF WORSHIP

Prelude Be Thou My Vision LMUMC Bell Choir

Welcome Pastor Sunae

Opening Prayer (responsive) Grant Tompkins

Leader: Come, find a time of peace.
People: We don't think we have time.
There are many demands on us.

Leader: Come, find a time of rest.
People: There is so much that we have to do,
places to go, people to see, needs to be met.

Leader: Come, find a time of healing.
People: Our lives are fractured and bleeding.
We give of ourselves and yet there is still much to be done.

Leader: Come, find a time of hope.
People: We can't accomplish everything. Look around you.
See how the cries of the world scream in our ears;
how the hands of need reach out, pleading for our help.

Leader: You cannot serve if you do not rest.
You need a time of quiet to re-gather your strength and spirits.

People: Lord, help us to slow down,
even if it is for just a little while.
Leader: Come, find this place of peace.
Let the spirit of God gently refresh and heal you.
All: We come and will find our rest in God's steadfast love. Amen

Ministry Matters

Opening Song (organ) (Please stand if able)

Come and Find the Quiet Center
TFWS 2128

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. Silence is a friend who claims us, cools the heat and slows the pace,
God it is who speaks and names us, knows our being, touches base,
making space within our thinking, lifting shades to show the sun,
raising courage when we're shrinking, finding scope for faith begun.**

**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 *Ecclesiastes 3:1-13* Margaret LeWright

Scripture *Mark 6:30-32 (NIV)*

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place.

Leader: The Word of God for the people of God.
All: Thanks be to God. Amen

Response Turn, Turn, Turn

Pete Seeger
arr. Linda Palmer
LMUMC Choir
Stephanie Gameros, soloist

Sermon Rest, Play, and Dance with God Pastor Sunae

Prayers & Gratitudes

Were You There

Words by Lexi Cheng
(Sung to UMH 288)

Leader: Were you there when the World Trade Center fell?
All: Were you there?
Leader: Were you there when the World Trade Center fell?
All: Were you there?
O sometimes it causes me to tremble! tremble! tremble!
Leader: Were you there when the World Trade Center fell?
All: Were you there?

Leader: Did you scream when they jumped on your TV?
All: Were you there?
Leader: Did you scream when they jumped on your TV?
All: Were you there?
O sometimes it causes me to tremble! tremble! tremble!
Leader: Did you scream when they jumped on your TV?
All: Were you there?

Leader: Did you choke when the ash ate up the sun?
All: Were you there?
Leader: Did you choke when the ash ate up the sun?
All: Were you there?
O sometimes it causes me to tremble! tremble! tremble!
Leader: Did you choke when the ash ate up the sun?
All: Were you there?

Leader: Did you weep at the hole it left downtown?
All: Were you there?
Leader: Did you weep at the hole it left downtown?
All: Were you there?
O sometimes it causes me to tremble! tremble! tremble!
Leader: Did you weep at the hole it left downtown?
All: Were you there?

Leader: Were you scared that it might have been your dad?
All: My dad too.
Leader: Were you scared that it might have been your dad?
All: My mom too.
O sometimes it causes me to tremble! tremble! tremble!
Leader: Were you scared that it might have been your dad?
All: Were you there?

Leader: Are you mad that for flags they waved our blood?
All: Not their shirt!
Leader: Are you mad that for bombs they used our dead?
All: Not their dead!
O sometimes it rouses me to anger! anger! anger!
Leader: Are you mad that they used our pain like that?
All: Were you there?

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

In the Lord I'll Be Ever Thankful

TFWS 2195 (3x)

In the Lord I'll be ever thankful,
in the Lord I will rejoice!
Look to God, do not be afraid.
Lift up your voices, the Lord is near,
lift up your voices, the Lord is near.

Closing Song

(Please stand if able)

God Will Take Care of You

UMH 130 vs. 1 and 4

1. Be not dismayed whate'er betide,
God will take care of you;
beneath his wings of love abide,
God will take care of you.

God will take care of you,
through every day, o'er all the way;
he will take care of you,
God will take care of you.

4. No matter what may be the test,
God will take care of you;
lean, weary one, upon his breast,
God will take care of you.

God will take care of you,
through every day, o'er all the way;
he will take care of you,
God will take care of you.

Closing Prayer (responsive) Grant Tompkins

Leader: God, may we pause to rest in You.
All: When our lives feel unbalanced,
may we have the courage to step away
to seek You in wholehearted prayer.
In You, we find true rest. In Jesus' name, Amen.

proverbs31.org

Postlude Lord of the Dance 19th Century Shaker Tune
adapted by Sydney Carter
arr. Joey Raney