

# KOUNTZE MEMORIAL LUTHERAN CHURCH

## A CITY-WIDE CHURCH WITH A WORLD-WIDE MINISTRY

Olaf Roynesdal, Senior Pastor  
H. Ashley Hall, Associate Pastor  
Paul H. Moessner, Associate Pastor  
Inba Inbarasu, Visitation Pastor

2650 Farnam Street  
Omaha, NE 68131-3616  
402-341-7761  
[www.kmlchurch.org](http://www.kmlchurch.org)

June 3, 2018

9:00 & 11:00 AM

SECOND SUNDAY AFTER PENTECOST



*Deuteronomy makes clear that Sabbath-keeping is meant for the welfare of all. God delivered the Israelites out of slavery, so they should not ever work anyone else seven days a week. Even slaves should be able to rest; even resident aliens. Yet human beings can turn even the most liberating religious practice into a life-destroying rule. Jesus does not reject Sabbath-keeping, but defends its original life-enhancing meaning. Our worship and our religious way of life are to lead to the hungry being fed and the sick being healed.*



who was slain, whose blood set us free to be peo - ple of God.

*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 2 Pow - er, rich - es, wis - dom, and

strength, and hon - or, bless - ing, and glo - ry are his.

*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 3 Sing with all the peo - ple of

God, and join in the hymn of all cre - a - tion: Bless - ing, hon - or,

glo - ry, and might be to God and the Lamb for - ev - er. A - men.

*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 4 For the Lamb who was

slain has be - gun his reign. Al - le - lu - ia.

*Final refrain*  
This is the feast of vic - to - ry for our God.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

## PRAYER OF THE DAY

- P** Almighty and ever-living God,  
**C** throughout time you free the oppressed, heal the sick, and make whole all that you have made. Look with compassion on the world wounded by sin, and by your power restore us to wholeness of life, through Jesus Christ, our Savior and Lord. Amen.

## WORD

*(sit)*

### FIRST READING

**Deuteronomy 5:12-15**

*Part of the Ten Commandments, these verses instruct the Israelites to keep the Sabbath. The Israelites are to rest and they are to allow their slaves, their livestock, and the foreigners living among them to do the same. They were once slaves, and so they are to treat their own slaves justly.*

**O**bserve the Sabbath day and keep it holy, as the LORD your God commanded you. <sup>13</sup>Six days you shall labor and do all your work. <sup>14</sup>But the seventh day is a Sabbath to the LORD your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. <sup>15</sup>Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day.

**L** The word of the Lord.

**C** *Thanks be to God.*

## PSALM 81:1-10 (read responsively)

<sup>1</sup>Sing with joy to God our strength  
and raise a loud shout to the God of Jacob.

**<sup>2</sup>Raise a song and sound the timbrel,  
the merry harp, and the lyre.**

<sup>3</sup>Blow the ram's horn at the new moon,  
and at the full moon, the day of our feast;

**<sup>4</sup>for this is a statute for Israel,  
a law of the God of Jacob.**

<sup>5</sup>God laid it as a solemn charge upon Joseph, going out over the land of Egypt,  
where I heard a voice I did not know:

**<sup>6</sup>"I eased your shoulder from the burden;  
your hands were set free from the grave digger's basket.**

<sup>7</sup>You called on me in trouble, and I delivered you;  
I answered you from the secret place of thunder and tested you at the waters of Meribah.

**<sup>8</sup>Hear, O my people, and I will admonish you:  
O Israel, if you would but listen to me!**

<sup>9</sup>There shall be no strange god among you;  
you shall not worship a foreign god.

**<sup>10</sup>I am the LORD your God, who brought you out of the land of Egypt.  
Open your mouth wide, and I will fill it.**

## THE SECOND READING

## 2 Corinthians 4:5-12

*When we carry out God's ministry we do so not for our glory but for the sake of Jesus Christ whom we proclaim as Lord. The power for ministry comes from God, not us, so that we persevere no matter what, trusting in God's power and promises at work through us.*

**W**e do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. <sup>6</sup>For it is the God who said, "*Let light shine out of darkness,*" who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. <sup>7</sup>But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. <sup>8</sup>We are afflicted in every way, but not crushed; perplexed, but not driven to despair; <sup>9</sup>persecuted, but not forsaken; struck down, but not destroyed; <sup>10</sup>always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. <sup>11</sup>For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. <sup>12</sup>So death is at work in us, but life in you.

☐ The word of the Lord.

☑ Thanks be to God.



*(stand)***HYMN OF THE DAY***“O Day of Rest and Gladness”*

ELW 521

**PRAYERS OF THE CHURCH**

Response: **P** Lord, in your mercy,  
**G** hear our prayer.

*(In our prayers today, during a time of silence, pray for those listed below and for others according to their needs)*

**Illness:** Emalee Gardels, Jr Green, Eunice Grunberg, Howard Jensen, Lavern Larkowski, Marilyn Larkowski, Gary Rodene, Charlie Wachholtz, Evelyn Winther

**Other Prayers:** *Those serving in the military* – Amy Dyer, Brennan Hron, Michael McNeill, Daniel Milstead, Cody Ray, Sheldon Skovgaard, Michael Vutov, and Joel Woosley

**Other Prayers:** *Those serving in mission* – Rev. Chandran Paul Martin, India; Dr. Stephen & Jodi Swanson, Tanzania; Krystle Moraska & Ignacio Madrussan, Argentina; Meghan Brown Saavedra, Mexico; Our sister congregation, the American Church in Berlin

**THE PEACE IS SHARED**

**P** The peace of Christ be with you always.  
**G** *And also with you.*

**MEAL***(sit)***THE OFFERING IS RECEIVED**

*We glorify God in our giving. Our offering is an act of worship that makes the ministries of this church possible. We encourage everyone to give. If you are visiting with us today, please do not feel obligated to participate in this portion of worship. If you would like, use the QR code scanner on your smart phone to give online or use the giving kiosk in the Fellowship Hall.*

**THE TABLE IS PREPARED****OFFERTORY ANTHEM***“Jesus, Lover of my Soul”*

*Charles Wesley/Joseph M. Martin  
 Soloist, Paul Rath*

*(stand)***OFFERTORY HYMN***“Praise God, from Whom All Blessings Flow”*

**P** Praise God, from whom all blessings flow;  
 praise him, all creatures here below;  
 praise him above, ye heav'nly host;  
 praise Father, Son, and Holy Ghost.

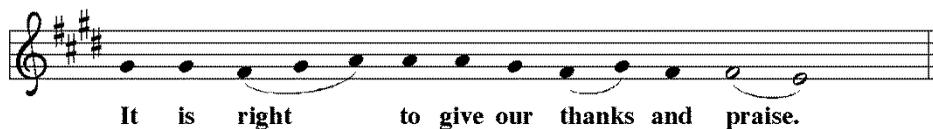
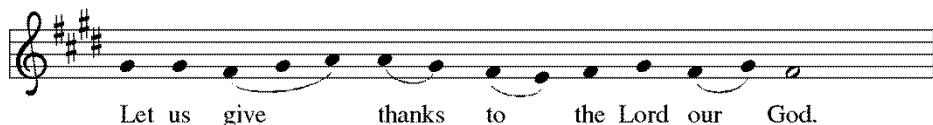
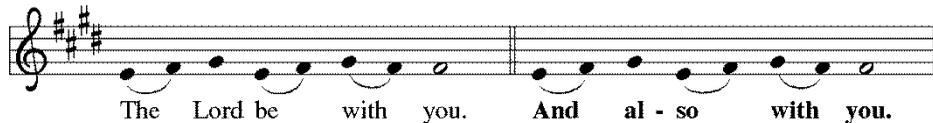
Text: Thomas Ken, 1637-1711

## OFFERING PRAYER

☐ Merciful God,

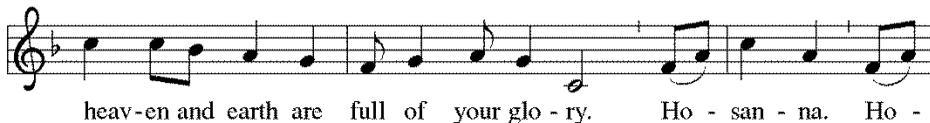
☑ you open wide your hand and satisfy the need of every living thing. You have set this feast before us. Open our hands to receive it. Open our hearts to embrace it. Open our lives to live it. We pray this through Christ our Lord. Amen.

## HOLY COMMUNION



## THE PREFACE FOR SUNDAYS

### SANCTUS



## THE WORDS OF INSTITUTION

### THE LORD'S PRAYER

- ☞ Our Father, who art in heaven, hallowed be thy name,  
thy kingdom come, thy will be done, on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses, as we forgive those who trespass against us;  
and lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

### INVITATION TO COMMUNION

- ☞ The gifts of God for the people of God.  
☞ Jesus Christ is holy, Jesus Christ is Lord, to the glory of God the Father.

### THE DISTRIBUTION

*All baptized Christians who confess Jesus Christ as Lord and his Real Presence in, with and under the bread and wine, are welcome to the Lord's Supper. We believe that this is the Lord's table and is he who invites you. So you who are strong in faith, come with gratitude. You feel weak in faith, come to be strengthened. And you who feel you have no faith, come so that the God of steadfast love will touch your heart with hope and joy.*

*The form of distribution is **intinction**, you will receive the consecrated bread and you may then dip it in the wine. Gluten free bread is available; simply request it*

(sit)

### AGNUS DEI

Lamb of God, you take a - way the sin of the world; have  
mer-cy on us. Lamb of God, you take a-way the sin of the  
world; have mer-cy on us. Lamb of God, you take a - way the  
sin of the world; grant us peace.

(sit)

## HYMNS DURING COMMUNION

*“There Is a Balm in Gilead”*

**ELW 614**

*“O Jesus, I Have Promised”*

**ELW 810**

(stand)

## PRAYER AFTER COMMUNION

- ☞ Jesus Christ,  
☞ **host of this meal, you have given us not only this bread and cup, but your very self, that we may feast on your great love. Filled again by these signs of your grace, may we hunger for your reign of justice, may we thirst for your way of peace, for you are Lord forevermore. Amen**

## SENDING

## DISMISSAL OF EUCHARISTIC MINISTERS

### BLESSING

- ☞ May God, whose power working in us can do infinitely more than we can ask or imagine, grant you the gifts of faith and hope. Almighty God, Father, ☩ Son, and Holy Spirit, bless you now and forever.  
☞ **Amen.**

## HYMN

*“God Be with You Till We Meet Again”*

**ELW 536**

## DISMISSAL

- ☞ Go in peace. The Spirit sends us forth to serve.  
☞ **Thanks be to God!**

## POSTLUDE

✠   ✠   ✠

## KOUNTZE STAFF

Pr. Olaf Roynesdal	Senior Pastor
Pr. Paul Moessner	Associate Pastor
Pr. Ashley Hall	Associate Pastor
Pr. Inba Inbarasu	Visitation Pastor
Kristin Boe	Christian Ed Coordinator
Debbie Bogue	Office Manager
Lauri Askew	Staff Treasurer
Sheri Rose	Financial Secretary
Jim Smejkal	Bldg. Super./Dir. of Cong. Activities
Søren Johnson	Custodian
Barbara Carlsen	Dir. of Music & Fine Arts
Donna Moessner	Dir. of Children's Music
Danny Bos	Handbell Director/Custodian
Mark Jones	Organist
David Gerard	Saturday Accompanist
Sheri Lynn Tipton	Night Security Manager
Norma Pafford	Nursery Superintendent
Joyce Palmer	Urban Ministries Coordinator

## WORSHIP ASSISTANTS

### SATURDAY, 5:00 PM

Ushers	Kathy Englert
	Theresa Gruber

### SUNDAY, 9:00 AM

Comm. Asst.	Lorie Groenjes
-------------	----------------

Lector	Robin Perkins
Ushers	Bob Woodworth
	Glenn Anderson
	Dan Collett
	Marcy Madison
	Mark Mahaffey
	Gary Westerman
	Ted Kaasch
Greeters	Karen Wolf
	Sharon Anderson
	Bev Troxel
Crucifer	Bailey Gittler
Acolytes	Anna Kidder
	Cameron Miller

### SUNDAY, 11:00 AM

Comm. Asst.	Steve Pera
	Ruth Pera
Lector	Bruce Anderson
Ushers	Ken Johnson
	Ken Johnson
	Lee Johnson
	Norm Sack
Greeters	Rosemary Tessin
	Julie King
Crucifer	Nicole Campbell
Acolytes	Charlie Campbell
	Torin Edwards



# KOUNTZE

## Memorial Lutheran Church

2650 Farnam Street  
402-341-7761

Omaha, NE 68131  
[www.kmlchurch.org](http://www.kmlchurch.org)

June 2 & 3, 2018

*Kountze Memorial Lutheran Church is a vibrant, historic faith community that welcomes all and provides ministries for all ages and walks of life. We are a "City-wide Church with a World-wide Ministry" and have been worshiping, growing, and serving in downtown Omaha for nearly 160 years. If you are new to Kountze Memorial, we invite you to visit the Welcome Desk in Fellowship Hall for more information about who we are and what we do.*

## TODAY AT KOUNTZE

**KOUNTZE CAFÉ** Then join us each Sunday for a hot breakfast buffet served from 8-11 AM prepared by Jim West and the kitchen crew. The suggested donation for the hot breakfast is \$5 adults, \$2.50 children 12 and younger.

**ADULT FORUM** Join us on Sunday mornings in the Fellowship Hall from 10:10-10:50 AM. **THIS WEEK:** Global Missions Committee **NEXT WEEK:** Pancake Breakfast; **Special Congregational Meeting** followed by an update on the Pantry and Clinic (*Joyce Palmer*), and the Art & Landscaping Committee for Kountze Commons (*Tim Holland*)

**ALTAR FLOWERS** are given to the glory of God in memory of Edward Bock & Marie (Lamprecht) Bock given by Richard Bock; and in honor of grandparents & parents by Jeba & Pr. Inba.

**ETERNAL CANDLE** is given to the glory of God in honor of grandparents & parents by Jeba & Pr. Inba.

## CHILDREN & YOUTH MINISTRIES TODAY

**SUMMER SUNDAY SCHOOL** Beginning June 17 through July 15, join us each Sunday on the 2<sup>nd</sup> floor for Summer Sunday School. Preschool 1 (2-4 yrs) meets from 9—10 AM (child care for those too old for the nursery). Sunday School (2 yrs—8<sup>th</sup> grade) is held from 10:10—10:50 AM. Watch for more information regarding our Summer Music Program. Our program will focus on Holy Communion and use the curriculum "Fed and Forgiven".

**HIGH SCHOOL FORUM** Join us each Sunday in the Youth Center at 10:10 AM.

**June 3 Sunday**

Homebound Communion  
 No Sunday School (Summer SS begins 6/17)  
 8:00 AM - 11:00 AM Breakfast  
 9:00 AM & 11:00 AM Worship  
 9:00 AM Nursery (0-2 yrs)  
 10:10 AM Adult Forum  
 10:10 AM Youth Forum (gr 9-12)

**June 4 Monday**

10:00 AM Pantry

**June 5 Tuesday**

9:00 AM Staff Meeting  
 12:00 PM Yesterday's Youth

**June 6 Wednesday**

9:30 AM LYSO Planning Meeting  
 12:15 PM Worship  
 6:30 PM MS/HS Hangout in Youth Center

**June 7 Thursday**

4:00 PM Healing Gift Free Clinic

**June 9 Saturday**

5:00 PM Worship

**June 10 Sunday**

8:00 AM Pancake Breakfast Fundraiser  
 9:00 AM & 11:00 AM Worship  
 9:00 AM Nursery (0-2 yrs)  
 10:10 AM Adult Forum  
 10:10 AM Youth Forum (gr 9-12)  
 12:00 PM Book Group

**HOLY COMMUNION** All who are baptized and trust in Christ's presence in Holy Communion are invited to commune at the Lord's Table. Children not yet communing will receive a blessing. Instructions will be provided during worship. It is the understanding of the universal Church that those who wish to commune with bread only (especially for health reasons) have communed fully.

**CHILDREN IN WORSHIP** We believe that all are welcome in worship and encourage families to worship together. Quiet activity bags, children's bibles, and bulletins are available, as well as a Quiet Room, just off the west side of the main sanctuary, that includes a TV and a variety of toys, games, and books for young children.

**ATTENDANCE CARDS** All those attending worship are encouraged to fill out the card included in your bulletin and place in the offering plate.

**LARGE PRINT BULLETINS AND LISTENING DEVICES** Please speak to an usher if you would like a large print bulletin or an assisted listening device.

**E-NEWS & SOCIAL MEDIA** If you would like to receive our weekly e-news and monthly e-newsletter, add your e-mail address to the card in your bulletin or text your e-mail address to 22828.

**NEW MEMBER CLASS** If you are interested in joining our congregation, the next class will be held September 16 & 23 from 12—2 PM. Plan to attend both sessions. Lunch will be served and childcare is provided. Please indicate your attendance plans on your attendance card or call the church office and let us know if you will need childcare when you register.

**MIDDLE SCHOOL/HIGH SCHOOL YOUTH** we'll meet each week on Wednesday evenings from 6:30—9:00 PM and just hang out in the Youth Room. We hope to see you there!

**IT'S NOT TO LATE TO INVEST IN KOUNTZE MEMORIAL YOUTH** Twelve high school members and accompanying Adults from Kountze, plus about 30,000 others from ELCA congregations from around the nation, will get together for acts of service and spiritual development, for encouraging conversations and uplifting worship. If you'd like to help, please write "Youth Trip" in the memo area of your check. Thanks.

**YESTERDAY'S YOUTH** Please join us, in June, on Tues. 6/5 at noon. Our speaker will be Mick McGuire. Don't miss out on his program, titled, "Adventures and Misadventures, of a Habitat Volunteer From Omaha to Mt. Everest." He will also be telling us

**CHILDREN AND FAMILY MINISTRY  
 Spring and Summer 2018**

Summer Sunday School  
 June 17 – July 15

LYSO – Lutheran Youth Serving Omaha  
 June 11 – 15 (for children/youth who  
 have finished kindergarten)

Picnic Potluck & Movie Night  
 Friday, June 22

Vacation Bible School "Camp"  
 Friday evening, July 21,  
 Saturday morning, July 22  
 For ALL AGES!

August 12 – Blessing of Backpacks  
 (as a new school year begins)  
 and our School Teachers/Workers

about a trip to Nepal! The cost is \$4.00. Please RSVP to the church office. All ages are welcome! If you have any questions, please call Sheri Tipton at 402-415-6033. Hope to see you there!

**PANCAKE BREAKFAST** Sunday morning, June 10, our high school, middle school, even out of high school members will serve pancakes Sunday morning. Come and enjoy some yummy pancakes and your free-will donation will support this summer's mission trip to the ELCA Youth Gathering in Houston. Come and eat!

**LYSO – LUTHERAN YOUTH SERVE OMAHA** Mark your calendars for LYSO the week of June 11 – 15. If you are an adult willing to help, please contact Pastor Paul or Kristin Boe. You can sign your child/children up online at <https://form.jotform.com/80997618224164>. Thanks.

**CROWNED** Sunday, June 17, 9 & 11 AM The Men's singing group known as Crowned will be joining Kountze Memorial for worship on Sunday, June 17 at both services. Crowned would very much like to thank Carolyn Sieling for accompanying them on the piano and to Pastor Olaf for allowing them to use Kountze as practice space. The gentlemen in the group truly feel like their ministry is just starting to spread and they hope their message reaches the people that God calls for them to reach. On that Sunday, if you would like to give an offering to their ministry, there will be offering buckets around the Sanctuary. To follow Crowned on their journey, please visit <https://www.facebook.com/CrownedQuartet/>

**SPECIAL VESPERS FOR ALZHEIMER AWARENESS AND ALL CARETAKERS** Wednesday, June 21, 7:00 PM, held at Kountze Memorial. Kountze Memorial will host a spoken Vespers in commemoration of the Longest Day to help raise awareness for those living with Alzheimer's and their care givers. That day, other events will be offered throughout the city: The Lutheran Church of the Master (2617 S. 114<sup>th</sup> Street) will offer a day-long prayer vigil from 8:15 AM – 8:00 PM; St. Andrew's Methodist Chapel (15050 West Maple Road) will likewise be open from 8:00 AM – 8:00 PM for individuals or groups to come in and pray; Parsons House (14425 Eagle Run Drive) will hold a service at 2:30 PM. Denise McCown and Linda Nord have worked to spearhead this effort in honor of their father, Don Vanzago. Please join us!

**PICNIC POTLUCK & MOVIE NIGHT** On Friday, June 22, at 6:00 PM, all members of Kountze are invited to a picnic potluck and movie. The main dish and beverages will be provided. Please bring a side to share and a

blanket to sit upon while we eat on the Kountze Commons green space. After eating, we will go inside to watch a family centered movie in the Fellowship Hall. Please RSVP to the church office by Wednesday, June 20.

**"SEX AND VIOLENCE IN THE BIBLE"** Join us this summer on four Wednesdays at 6:00 PM beginning July 11 for a Bible Study presented by Dulcinea Boesenberg. You can call the church office to sign up so we know how many to plan for.

### SPECIAL CONGREGATION MEETING

Sunday, June 10, 2018

10:10 AM

A special congregational meeting will be held on Sunday, June 10, 2018 for the sole purpose of authorizing the congregation to borrow up to \$1.5 million for repairs to the church (the congregation authorized borrowing \$500,000 at the Annual Meeting—this would be an additional \$1 million). Information regarding the repairs will be presented by Paul Sum.

### ATTENDANCE & GIVING

**Saturday Attendance:** 73

**Sunday Attendance:** 9:00: 213 11:00: 70

**Midweek - Noon:** 6

**Total:** 362

**Pantry Guests Served:** Closed for Memorial Day

**Medical Clinic Guests Served:** 38

**Offering:**

\$18,347.38 (Regular) \$1,544.00 (Specials)

\$968.00 (In the City for Good)

### Youth Ministry this Summer

#### High School

Two Fridays a month, 6:00 – 7:30 PM

(Date TBA in the bulletin)

at the Picha Home

12458 Osprey Lane

For dinner, fellowship, prayer

#### Middle School, High School

Wednesday evenings, 6:30 to 9:00 PM

Hang out every week in the Youth Room

## *Sabbath rest is a gift from God.*

These passages are related to the Lectionary texts for this Sunday.

Sunday	Mark 2:23-3:6	A question about the sabbath
Monday	Deuteronomy 5:12-15	Observing the sabbath
Tuesday	2 Corinthians 4:5-12	Slaves for Jesus' sake
Wednesday	Exodus 20:8-11	Remember the sabbath day
Thursday	Ezekiel 20:10-13	God brings the people out of Egypt
Friday	Colossians 2:16-19	Signs of false religious practice
Saturday	Psalms 81:1-10	God makes us strong
Sunday	Mark 3:20-35	Doing the work of God



© 2017 Vibrant Faith Ministries. All rights reserved.  
Written by Pr. Greg Priebbenow and edited by Vibrant Faith Ministries.  
Go to [www.vibrantfaithathome.org](http://www.vibrantfaithathome.org) for more faith-forming activities.

Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.” **Mark 2:27-28 (NRSV)**

### **A Prayer for the Week:**

Holy God, thank you for honoring times to rest as well as times to work. Help us to recall in the busyness of life the importance of listening to you and your word. Amen.

### **Mealtime Prayer:**

Lord, we thank you for the food before us, the friends beside us, the love between us, and your presence among us. Amen.

### **A Blessing to Give:**

May the Lord your God bless you with sabbath rest and strengthen you in body, mind, and spirit.

Discuss in your home or small group:

- ☐ Talk about a law or rule you think is unfair.
- ☐ God made the sabbath a day to worship God and to simply rest from work. How is this a good thing for us?
- ☐ Sometimes religious ideas get in the way of the heart of Christianity. Some people say you can't dance, play cards, or drink alcohol and be a Christian. Would you agree? Why or why not?

*Read:* Deuteronomy 9:56-15.

Observing the sabbath is one of the Ten Commandments. Although Jesus challenged how it was interpreted to prevent people from doing good, the commandment is intended to protect life (including animal life). In today's fast-paced and hard-working modern societies, sabbath rest is especially needed and often overlooked. What gets in the way of worshipping and resting on Sundays (the new sabbath for the New Testament)? How could it be a reason to care for others? Sabbath time is time to rest from work, something all humans (and animals) need. When do you take time to rest and give thanks to God who cares for your daily life? Commit to observing the sabbath in your weekly routine.

*Pray:* **God of peace, thank you for the gift of sabbath rest to honor you and to restore us in health to love and serve others. In Jesus' name. Amen.**

In Mark 2:23-3:6, Jesus was not afraid to care for others on the sabbath, including providing food and healing. Eating with others is an important act of wellness. Take time this week to enjoy a leisurely meal with others. Include the *Mealtime Prayer* and other practices in this *Taking Faith Home* bulletin, activities that honor God and celebrate life in the name of Jesus Christ.

Consistent rituals and traditions that bless people foster healthy communities of faith. Observing the sabbath is one of those commandments that has developed a rich variety of rituals and traditions around it, some helpful to our faith and community and others, not so much (Mark 2:23-28). Taking time not to work and instead rest the mind and body and enjoy God's presence promotes health and wellbeing. In addition to Sunday rest and worship, try mini-sabbath rests by taking five to fifteen minutes during the day to remain quiet and prayerful. It is good for your mind, your body, and your relationship to God and neighbor. Begin the time of sabbath rest by singing or praying the hymn, *O Lord, Hear My Prayer*

**NEXT WEEK'S READINGS:** Genesis 3:8-15; Psalm 130  
2 Corinthians 4:13--5:1; Mark 3:20-35

**CONGREGATIONAL**

**MEE**  **ING**

**Sunday June 10, 10:10 AM**  
**See the announcement in Sunday's Bulletin**