



THE BAR HARBOR CONGREGATIONAL CHURCH
United Church of Christ
29 Mount Desert Street Bar Harbor, Maine 04609

July 7th, 2024

10:00 am

Seventh Sunday After Pentecost

PRELUDE *Telemann Fantaisie for Flute solo in C Major Praeludium*

SILENT REFLECTION *(by Maya Stein)*

Wherever you are, be there. Take up space. Occupy the full dimension. Unfold the map of your body. Celebrate its topographical wonder, its unpredictable weather. Make a pool of your movements, then swim through the ripples, parting the room with your footsteps. Make no apology for the squeak of your soles, how your jacket swishes at your thighs, that the dust is making you sneeze. Consider it all a kind of orchestra, you tuning the keys, you lifting the horn of your whole self to the air. Let the notes of you blast out, at a register and speed that won't leave you hungry or empty. Let anyone hear, as they walk by with their shoulders up, pretending not to listen. Wherever you are, remember why you are here: *to sing*.

BHCC This Week

Sunday, July 7 th <i>Allison Kiger & Veronica O'Brien, special musical guests</i>	9:15am BHCC Summer Choir (all voices welcome !) 10am Worship Service at BHCC & on Zoom 11:15am Coffee Fellowship 12:30pm cookie-making @ Open Table 2:30pm Ice cream sandwich making @ Open Table
Wednesday, July 10 th	12pm BHCC Outreach team meeting (all welcome) 6pm BHCC TLC meeting
Thursday, July 11 th	11am Bible study (in-person and via zoom) 5:30pm Holy Hike – meet at Eagle Lake parking area
Saturday, July 13 th	10am Prayer shawl knitting workshop
Sunday, July 14 th	9:15am “All God's Critters” All-Ages Summer Choir 10am Worship Service at BHCC & on Zoom 11:15am Coffee Fellowship 3pm World Central Kitchen / Open Table MDI concert & fundraiser @ BHCC
<i>Coming up:</i>	July 21 st – Seacoast Mission Sunday plus BHCC Connections July 28 th - “Blast off with Bob” special Sunday school session

Judy Fuller, Liturgist; Bil & Joan Harding, Welcome Table; Chloe Bolt, Cindy & Rod Fox, Steve Grubb, Mackette Kark, Sarah Laskey worship technicians.

**This week’s flowers are given by Deborah M. Dyer,
in memory of her parents, Donald & Margaret Dyer, her brothers LeRoy &
LtC Don Dyer & her sisters-in-law, Joan & Marion Dyer**

WELCOME & ANNOUNCEMENTS

LIGHTING OF THE CANDLES

INTROIT *If God loves you and you know it*

If God loves you and you know it clap your hands [*clap clap*]
 If God loves you and you know it clap your hands
 'If God loves you and you know it and your really want to show it
 If God loves you and you know it clap your hands

CALL TO WORSHIP (by Anita Monro)

We lift our eyes to God:
we see your glory, Great Creator.

We reach out our hands to Jesus:
in compassion and joy, we know your love, O Christ.

Feel the breath of the Spirit:
deep inside, the Spirit whispers hope.

Together, we join our hearts and voices in praise.
God meets us here – in silence and song, in hope and joy.

HYMN

Gather Us In (blue S & S p. 54)
feel free to use the egg shakers and noise makers

Here in this place new light is streaming
shadows of doubt are vanished away
See in this space our fears and our dreamings
Brought here to you in the light of this day
Gather us in, the lost and forsaken
Gather us in, our spirits inflame
Call to us now and we shall awaken
We shall arise at the sound of our name

We are the young, our lives are a mystery
We are the old who yearn for your face
We have been sung throughout all of history
Called to be light to the whole human race
Gather us in, the rich and the haughty
Gather us in, the proud and the strong
Give us a heart so meek and so lowly
Give us the courage to enter the song

Here we receive new life in the waters;
Here we receive the bread of new birth;
Here you shall call your sons and your daughters
Call us anew to be salt for the earth
Give us to drink the wine of compassion
Give us to eat the bread that is you

*Nourish us well and teach us to fashion
Lives that are holy and hearts that are true*

Not just in buildings, small and confining;
Not in some heaven light years away
here in this place the new light is shining
Now is God present, and now is the day
*Gather us in and hold us forever
Gather us in and make us your own
Gather us in, all peoples together
Fire of love in our flesh and our bone*

OPENING PRAYER

God of hope, who calls us beloved; God of peace, who calms our fears; God of joy, who dances and sings; God of love, who holds us close: wrap us in your arms this morning, and open our hearts to your presence, and to care for one another. Amen.

GLORIA PATRI

(Red PH # 513)

Please use words that are most meaningful to you

Glory to the Almighty,
to Jesus Christ,
and to the Holy Ghost.
As it was in the beginning
Is now and ever shall be
World without end. Amen, amen.

CHILDREN'S TIME

*For July and August, we're offering inter-generational worship experiences,
so we invite children to remain in worship for the rest of the service.
For additional resources and activities for use during the service,
see the kids table in the parlor.*

Prayers of the community

*You are welcome to offer a prayer of joy or concern, whether out loud in the
sanctuary or by comment on zoom. After a prayer is shared, all may respond:
"we walk with you in prayer."*

Pastoral Prayer

Caribbean Lord's Prayer (*blue S & S p. 27*)

feel free to use the egg shakers and noise makers

Our Father, which art in heaven - hallowed be Thy name.
Thy kingdom come. Thy will be done - hallowed be Thy name.
Done on earth, as it is in heaven - hallowed be Thy name.
Give us this day our daily bread - hallowed be Thy name.
And forgive all our debts - hallowed be Thy name.
As we forgive our debtors - hallowed be Thy name.
Lead us not into temptation - hallowed be Thy name.
But deliver us from evil - hallowed be Thy name.
Thine is the kingdom, power, and glory - hallowed be Thy name.
Forever and ever - hallowed be Thy name.
Amen, Amen, Amen - hallowed be Thy name.
Amen, Amen, Amen - hallowed be Thy name.

SCRIPTURE READINGS

A reading from Psalm 48

Great is the Lord and greatly to be praised in the city of our God. Behold God's holy mountain, beautiful in elevation, is the joy of all the earth, Mount Zion, in the far north, the city of the great King. Within its citadels God has shown a sure defense.

Then the kings assembled, they came on together. As soon as they saw it, they were astounded; they were in panic, they took to flight; trembling took hold of them there, pains as of a woman in labor, as when an east wind shatters the ships of Tarshish. As we have heard, so have we seen in the city of the Lord of hosts, in the city of our God, which God establishes forever.

We ponder your steadfast love, O God, in the midst of your temple. Your name, O God, like your praise, reaches to the ends of the earth. Your right hand is filled with victory. Let Mount Zion be glad, let the towns of Judah rejoice because of your judgments. Walk about Zion, go all around it, count its towers, consider well its ramparts; go through its citadels, that you may tell the next generation that this is God, our God forever and ever, our guide forever.

A reading from the Gospel of Mark, chapter 6, verses 1-13

Jesus left that place and came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him.

Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching.

He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them."

So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

MEDITATION

You come, too
Rev. Rob Benson

SPECIAL MUSIC

Summerland by William Grant Still

THE OFFERING

Offertory *Morceau du concours by Gabriel Faure*

***Doxology** (*red PH # 515*)

Please use words that are most meaningful to you

Praise God from whom all blessings flow
Praise God all creatures here below
Praise God above ye heavenly host;
Creator, Christ and Holy Ghost. Amen.

Unison Prayer of Dedication

We give our gifts, generous God, to share your love.
Help us to be both generous and kind. Amen.

INVITATION TO CONFESSION

PRAYER OF CONFESSION (*by Joanna Harader*)

God of grace: you calm, heal, forgive, and love, but sometimes it's hard to trust you. You send us out, but we want to stay home.
You provide partners for the journey, but we want to go it alone.
You give us wisdom, but we don't know how to use it.
You invite us to trust in you, but we overload ourselves with more than we can carry. You tell us to accept hospitality, but we don't like to impose.
You ask us to forgive, but we nurse grudges.
We have so much to learn about traveling gracefully through this life.
Forgive our failings and help us live in your peace.

WORDS OF ASSURANCE

KIAH

SHARING OF PEACE

HYMN

For the beauty of the earth (red PH # 66)

For the beauty of the earth, for the glory of the skies,
for the love which from our birth over and around us lies.

Refrain:

Lord of all, to thee we raise this, our hymn of grateful praise.

For the beauty of each hour of the day and of the night,
hill and vale and tree and flower, sun and moon and stars of light, *[Refrain]*

For the joy of ear and eye, for the heart and mind's delight
For the mystic harmony linking sense to sound and sight *[Refrain]*

For the joy of human love, brother, sister, parent, child,
friends on earth, and friends above, for all gentle thoughts and mild, *[Refrain]*

For each perfect gift divine, Unto us so freely given,
Graces, human and divine, flowers of earth and buds of heaven *[Refrain]*

For thy Church that evermore lifteth holy hands above
offering up on every shore her pure sacrifice of love *[Refrain]*

SERVICE OF HOLY COMMUNION

please note: the cubed bread is gluten-free, and the cup is grape juice.

Sursum Corda

Leader: May God be with you all.

People: And also with you.

Leader: Lift up your hearts.

People: We lift them up to the Lord.

Leader: Let us give thanks to God.

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

Words of Institution

Eucharistic Prayer

(from the Iona Community)

God of new life, send your Holy Spirit upon us and on these gifts of bread and cup, that they may become for us heaven's food and drink: healing, forgiving, making us whole; and that we may become your body, loving and caring in the world until your kin-dom comes.

Leader: These are the gifts of God for the people of God.

People: All are welcome to this feast of grace.

Sharing of bread and cup

The body of Christ, the bread of heaven.

The body of Christ, the bread of heaven.

The cup of Christ, for our reconciliation.

The cup of Christ, for our reconciliation.

Prayer after communion

Bountiful God, we give thanks that you have refreshed us at your table with the presence of Christ. Strengthen our faith, increase our love for one another, and send us forth in courage and peace, rejoicing in the power of the Holy Spirit. Amen.

HYMN

*Leaning on the everlasting arms (blue S & S p. 112)
feel free to use the egg shakers and noise makers*

What a fellowship, what a joy divine,
leaning on the everlasting arms;
what a blessedness, what a peace is mine,
leaning on the everlasting arms.

Refrain:

Leaning, leaning,
safe and secure from all alarms;
leaning, leaning,
leaning on the everlasting arms.

O how sweet to walk in this pilgrim way,
leaning on the everlasting arms;
O how bright the path grows from day to day,
leaning on the everlasting arms. [*Refrain*]

What have I to dread, what have I to fear,
leaning on the everlasting arms?
I have blessed peace with my Lord so near,
leaning on the everlasting arms. [*Refrain*]

BLESSING & BENEDICTION

Love surrounds us.

Love surrounds us.

Love sustains us.

Love sustains us.

Love encourages us.

Love encourages us.

Love holds us, forever.

Love holds us, forever.

We go in peace to give – and receive – God's love.
Thanks be to God.

SUNG RESPONSE

Pass it on, v. 1 (blue S & S p. 147)

It only takes a spark
To get a fire going
And soon all those around
Can warm up in its glowing
That's how it is with God's love
Once you've experienced it
You spread God's love to ev'ryone
You want to pass it on

CARRYING THE LIGHT OF CHRIST INTO THE WORLD

POSTLUDE

Excursion No. 3 by Samuel Barber

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