



**COMMUNITY UNITED  
METHODIST CHURCH**

REACH, GROW, SEND **WITH GOD'S LOVE**

**January 31, 2021 – 10:00 a.m.**

*Prayers for all of us during this time we are physically separated one from another.*

**Welcome and Announcements**

Pastor Riva

**Silent Meditation** (*Let us all be in silent meditation as the candles are lit*)

**Prelude**

*“Glory, Glory, Hallelujah!”*

arr. Bradley Sowash

**Call to Worship**

Pastors Riva and Nancy

*Leader: We gather for worship in the presence of God, as we press on to freedom!*

**People: We gather today in many places, across our world, sighing and crying with the groans of God’s Spirit, yearning for peace and healing.**

*Leader: Let us name what sickens the Body of Christ and the people of the world:*

**People: We affirm racism is a sin, and the United Methodist Church is committed to challenging the unjust power structures that support it and working for equality in all areas of life.**

*Leader: So what do we fear? With Rev. Martin Luther King Jr, we proclaim that “God is able! God is able!”*

**ALL: With all God’s people we believe, come what may, God is able to give us the power to endure and hope! Amen!**

**Hymn #439**

*“We Utter Our Cry”*

- v. 1 We utter our cry: that peace might prevail, that earth will survive, and faith must not fail.  
We pray with our life for the world in our care, for people diminished by doubt and despair.
- v. 2 We cry from the fright of our daily scene for strength to say “No” to all that is mean:  
designs bearing chaos, extinction of life, all energy wasted on weapons of death.
- v. 3 We lift up our hearts for children unborn; give wisdom, O God, that we may hand on,  
replenished and tended this good planet Earth, preserving the future and wonder of birth.
- v. 6 Whatever the ill or pressure we face, Lord, hearten and heal, give insight and grace  
to think and make peace with each heartbeat and breath,  
choose Christ before Caesar and life before death!

**Opening Prayer**

Kari Trench

**Gracious and merciful God, we turn to you in prayer. We know what it is to burn with rage, hot fury coursing through our veins, hands tightly balled in frustration. We know what it is to seethe with fear and sadness, with a deep desire to enact our anger on those we deem guilty. But in Christ, you offer us the possibility for nonviolent transformation. As Jesus felt anger, fear and sadness, and wept at all the ways your beloved community hurts one another, destroys and breaks people’s hearts--yet he offered his heart to love, even his enemies. We confess--honestly--that we are not there yet, not there in the fullness of Christ’s love, but we are willing to learn. We are willing to open our hearts to your loving Spirit. Teach us Holy God the ways of compassion, mercy and justice. Amen.**

<b>Children's Moment</b>		Pastor Nancy
<b>Gift of Song</b>	<i>"Lift Every Voice and Sing"</i>	James Weldon Johnson, J. Rosamond Johnson Kari Trench & Fred Carter, vocalists
<b>New Testament</b>	Mark 1:21-28 (NRSV)	Fred Carter
<b>ALL:</b>	<b>Thanks be to God!</b>	
<b>Meditation</b>	<i>"Has Christianity Become Unclean?"</i>	Pastor Nancy
<b>Offertory Music</b>	<i>"There is a Balm in Gilead"</i>	arr. John Carter
<b>Offertory Prayer</b>		Pastor Riva
<b>ALL:</b>	<b>God of power and wisdom, we give you our eternal thanks for the gift of your Son, who came not only to save but to teach us about your kingdom and how we might live, readying ourselves for that kingdom. He taught with authority, and if we listen, we will live a life of generosity, mercy, and compassion. Bless what we give this day and help us be faithful in the use of all our resources, that we might live like those anticipating your kingdom. In Christ, we pray. Amen</b>	
<b>Centering Prayer</b>		Pastor Riva
<b>Lord's Prayer</b>	<b>Our (<i>Creator/God/Mother/Father*</i>) in heaven, Holy is your name. Your kin-dom 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 kin-dom, the power, and the glory are yours, now and forever. Amen.</b>	
	<i>*Please use whichever name connects you deeply to the Divine.</i>	
<b>Hymn #2213</b>	<i>"Healer of Our Every Ill"</i>	
<i>refrain</i>	Healer of our every ill, light of each tomorrow, give us peace beyond our fear, and hope beyond our sorrow.	
<i>v. 1</i>	You who know our fears and sadness, grace us with your peace and gladness; Spirit of all comfort, fill our hearts.	
<i>refrain</i>		
<i>v. 2</i>	In the pain and joy beholding how your grace is still unfolding, give us all your vision, God of love.	
<i>refrain</i>		
<i>v. 3</i>	Give us strength to love each other, every sister, every brother; Spirit of all kindness, be our guide.	
<i>refrain</i>		
<i>v. 4</i>	You who know each thought and feeling, teach us all your way of healing; Spirit of compassion, fill each heart.	
<i>refrain</i>		
<b>Benediction</b>		Pastor Riva
<b>Postlude</b>	<i>"Maple Leaf Rag"</i>	Scott Joplin

## **Worship Participants**

**Readers:** Kari Trench,  
**Gift of Music:** Kari Trench, Fred Carter

## **Worship Team**

**Lead Pastor:** Pastor Riva Tabelisma  
**Teaching Elder:** Rev. Nancy Victorin-Vangerud  
**Music:** Dan Ritter  
**Audio & Video Recording:** James Bordewick/Les Johnson  
**Video Editing:** James Bordewick/Riva Tabelisma

## **Centering Prayer**

Most holy Friend, Saviour of those who call on you, please give us more of the compassion and authority of Jesus. Embolden us to heal the multiple diseases that afflict humanity and drive out the demons that afflict our contemporary world. Hear us, O God.

Loving God, in your abundant grace, hear our prayers.

Send your agents to lands that lie under darkness and oppression; where government is corrupt, justice is rare, abuse is endemic, and the weak and the poor have nowhere to turn for hope. Please increase our spiritual authority to more adequately become your ready channels of compassion, justice, practical aid, reconciliation and peace. Hear us, O God.

Loving God, in your abundant grace, hear our prayers.

Send your children, into places where food is scarce and crops are poor. Please strengthen the authority of those local leaders and outside advisers, who seek to empower the people to conserve water, dig new wells, plant trees, grow new food crops, farm fish, start new cottage industries, and obtain better prices for their goods. Hear us, O God.

Loving God, in your abundant grace, hear our prayers.

Send your human angels of mercy into situations, both here and abroad, where there is neglect, illness, sorrow, frustration and anger. Please give some of the compassionate authority of Jesus to chaplains in hospitals and prisons, to nurses and ambulance offices, physicians and surgeons, social workers and foster parents, police officers and counsellors. Hear us, O God.

Loving God, in your abundant grace, hear our prayers.

Send your gifts of comfort and great joy among the many congregations of your church. May more of the spiritual authority of Jesus empower every ordinary church member, and the wisdom and compassion of Christ enlarge the ministries of lay leaders and ordained pastors. By the grace of Christ, may our deeds more adequately match our creeds, and our love expand to embrace those misfits who appear lonely and unlovable. Hear us, O God.

Loving God, in your abundant grace, hear our prayers.

God, our most holy Friend, in your mercy may we go from strength to strength in things of the spirit, and become the lovers and the agents of that holy awe which is the beginning of true wisdom.

## Coming up this week:

### Sunday, January 31

- 9:00 a.m. [Adult Sunday School \(Zoom\)](#)  
10:00 a.m. [Worship – Worship Broadcast \(FB\)](#)  
11:00 a.m. [Zoom Fellowship](#)  
7:00 p.m. Children’s Sunday School

### Sunday, February 7

- 9:00 a.m. [Adult Sunday School \(Zoom\)](#)  
10:00 a.m. [Worship – Worship Broadcast \(FB\)](#)  
11:00 a.m. [Zoom Fellowship](#)  
7:00 p.m. Children’s Sunday School

**Church Gift Shop:** If you wish to buy items from the church gift shop, contact Pat Good (phone 651-348-6688). These items can be picked up on Wednesday mornings at 11 A.M.

**Be part of the worship service:** Email Pastor Riva: [leadpastor@communitymethodistchurch.org](mailto:leadpastor@communitymethodistchurch.org) for details.

**Tech support ministry:** If you need help in checking out your electronic devices in order to participate in our virtual service, send us ([office@communitymethodistchurch.org](mailto:office@communitymethodistchurch.org) or [leadpastor@communitymethodistchurch.org](mailto:leadpastor@communitymethodistchurch.org)) a note and we can send someone to come check it out for you (following safety guidelines and protocol).

**Emergency Phone Number:** If you need to contact the pastors for an emergency that cannot wait until the office phone is checked, we have added an emergency phone number: 612-757-7115. This is a cell phone that goes to the pastor on call.

### Giving Options:

Electronic Giving has two options. One is using the app **Give+** on your smartphone (Android or iPhone), or via the church website. Check out the videos at:

<https://communitymethodistchurch.org/online-giving/> .

Otherwise, mailing in a check works great (950 Gould Ave NE, Columbia Heights, 55421).

### Worship Resources:

United Methodist Hymnal, #106, “God is Able” (MLK Jr.)

UMC General Commission of Religion and Race

<https://www.resourceumc.org/agencies/communications/church-and-conference-resources/dismantling-racism-campaign>

United Methodist Church

<https://www.umc.org/en/how-we-serve/advocating-for-justice/racial-justice/united-against-racism>

United Methodist Social Principles

<https://www.umcjustice.org/news-and-stories/social-principles-2020-607>

“To Burn with Rage,” *The Words of Her Mouth*

<https://books.google.com/books?id=PjDNDwAAQBAJ&pg=PA85&lpg=PA85&dq=I+know+what+it+is+to+burn+with+rage,+smoke+billowing+from+my+ears+and+nostrils.&source=bl&ots=5lqhmG7AA&sig=ACfU3UoDkootGKEDSErcFTIO6f195rfXIQ&hl=en&sa=X&ved=2ahUKEwiipJPgzZnuAhWUQcoKHZT8CJ8Q6AEwAHoECAIQAg#v=onepage&q=I%20know%20what%20it%20is%20to%20burn%20with%20rage%20C%20smoke%20billowing%20of%20my%20ears%20and%20nostrils%20C&f=false>



## **Our Vision**

*We are an urban, intergenerational, inclusive,  
and welcoming Christian fellowship woven  
into the fabric of our community.*

## **Community UMC's**

### **Statement of Reconciliation:**

Community United Methodist Church of Columbia Heights believes that we are all children of God, individuals of sacred worth, created in God's image with our many differences, and that God loves all people. We recognize that God's love is not limited by boundaries. Therefore, we welcome and affirm people of all ages, races, ethnicities, cultures, gender identities, sexual orientations, socio-economic statuses, physical capabilities, or mental abilities.

We believe that prejudice, hatred, or discrimination directed toward any individual or group is contrary to the life, spirit, and teaching of Jesus Christ. We have vowed to accept the freedom and power God gives us to resist evil, injustice, and oppression. Therefore, we shall work to eliminate prejudice and discriminatory practices within ourselves and our community, and to show God's grace.

We proclaim ourselves a Reconciling Congregation and welcome all who seek a relationship with God.

*Adopted November 3, 2019*

## **Our Staff**

Lead Pastor	Pastor Riva Tabelisma
Teaching Pastor	Rev. Nancy Victorin-Vangerud
Ministers	All the Congregation
Office Manager	Martha Bentley
Music Director	Dan Ritter
Bell Choir Director	Karen Schneider

**Church Office Phone:** 763-788-9009

**Emergency/Pastor Contact Phone Number:** 612-757-7115

**Pastor Riva Tabelisma's email:**

[leadpastor@communitymethodistchurch.org](mailto:leadpastor@communitymethodistchurch.org)

**Pastor Nancy Victorin-Vangerud's email:**

[nvictorinvangerud01@hamline.edu](mailto:nvictorinvangerud01@hamline.edu)

**Office Email:** [office@communitymethodistchurch.org](mailto:office@communitymethodistchurch.org)

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