



500 East Colorado Boulevard
Pasadena, California 91101
(626) 796-0157
www.fumcpasadena.org

STATEMENT OF INCLUSION



All people are welcome at First United Methodist Church. We are proudly part of the Reconciling Ministries Network and welcome all persons, regardless of sexual orientation, gender identity, race, ethnicity, age, physical or mental capacity, and education, socio-economic or marital status.

CHILDREN ARE WELCOME HERE!

Nursery Care

(Infant–4 years old)
Nursery care is available every Sunday from 9:30 a.m.–12:00 p.m.

Children's Sunday School and Music (PreK–6th Grade)
We will have One Room Sunday School in Room 201 during worship. Child Pick Up (for ages 4+) is in Room 202 at 11:00 a.m.

Questions? Early Pick Up? See the Children's Ministry Superintendent in the Children's Ministry Office.

INDIGENOUS LAND ACKNOWLEDGEMENT

We, acknowledge that the land upon which we worship was the ancestral homeland of the Tongva People for thousands of years. Approximately two thousand Tongva people still live in the Los Angeles area. We honor their connection to this region and give thanks for the opportunity to live, work, worship and learn on this sacred land.

AUGUST 6, 2023
EIGHTEENTH SUNDAY IN ORDINARY TIME

GATHERING TOGETHER

Welcome to Worship. We are so glad that you are joining us today. We invite you to open your spirit to this time of worship, song, prayer, inspiration and challenge.

In consideration of others, please silence electronic devices.

“+” indicates to stand in body or spirit as you choose.

TOLLING THE BELLS

As the bell tolls, we invite you to simply pause as we center our hearts, our spirits, and our bodies in God's presence.

PRELUDE

Andante

George Philipp Telemann (1681-1757)

+ INVITATION TO WORSHIP

In the beginning the Word already was,
and the Word was with God and the Word was God.

**And the Word became human flesh,
and lived among us, full of grace and truth.**

In our bodies, in our very breath,
God's Spirit is creating and recreating, sustaining each moment, and calling forth life.

**In this time of worship, we offer our bodies, our breath, our lives to
God's grace and truth among and within us.**

+ OPENING HYMN

Spirit, Spirit of Gentleness

TFWS 2120

vs. 1 & 4

+ WELCOME AND SHARING THE PEACE OF CHRIST

The peace of Christ be with you, **and also with you.**

COMMUNITY OPPORTUNITIES

TIME FOR YOUNG CHRISTIANS

Halle, Halle, Halleluja

TFWS 2026

Children are invited to come forward or remain seated.
Sunday School begins after the Time for Young Christians.
As the children gather, we sing together.

IN OUR PRAYERS...

As a community of faith, let us hold these persons in our prayers:

Newly Added: Muriel Henderson, Veronica Kung, Nadine Wittry and family.

For Healing: Mando Bayan, Lisa Brown, Viola Cleo Bradshaw, Eric Brubaker, Nancy Brubaker, Patricia Bruce, Albert Davis, Mary Davis, Juliette De Guzman, Family of Cecilia DePippo, Maral Donikian, Joyce Dorn, Ann and Neal Dougherty, John Evans, Zina Figilis, Tom Griffith, Brett Hain, Patricia Herrera-Neito, Sallie Higginbotham, Norman Jensen, Janice Jones, Stephen Kastner, Carole Kathman, Helen Kinel, Charif Masri, Jocelyn Medina, Aidan Millsap, Pastor Mina Nau-Mahe and TJ Mahe, Israel Murphy, Gail Nance, Carol Nunemaker, Katherine Olivas, Norma Parga, Leslie Parham, Tommy Parham, Jim Prior, Donna Shook, Jill Shook, Cory Skook, Frances Smith, Jeffrey Stephens, Wendy Stiver, Eric Wolf, Beck Summers, Tim Sun, Francis Verniere, Cordelia Vogel, Deb and Gary Webster, Jan Wentz, Sonya Wittry, Richard Zeiss.

Prayer requests may be shared via connect@fumcpasadena.org and we will gladly add them.

LET'S CONNECT!

Connect cards are located at the back of the chapel. Please use a Connect Card to provide or update your contact information, for information on church programs, make a prayer request or communicate a message to our pastors. Place completed cards in the offering plate near the back of the chapel. If you are part of the Connected (Online) Campus, send an email to connect@fumcpasadena.org.

LISTENING FOR GOD'S WORD

NEW TESTAMENT READING

John 1: 1-5, 14-18

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overtake it.

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. (John testified to him and cried out, "This was he of whom I said, 'He who comes after me ranks ahead of me because he was before me.' ") From his fullness we have all received, grace upon grace. The law indeed was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God. It is the only Son, himself God, who is close to the Father's heart, who has made him known.

The Word of God, for the people of God. Thanks be to God.

MEDITATION

*The Sacred Ordinary:
Real Lives, Real Bodies*

Pastor Amy Aitken

RESPONDING TO GOD'S WORD AMONG US

+OFFERTORY HYMN

Holy, Holy, Holy

UMH 64

Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to thee.
Holy, holy, holy! Merciful and mighty,
God in three persons, blessed Trinity!

Holy, holy, holy! All the saints adore thee,
casting down their golden crowns around the glassy sea;
cherubim and seraphim falling down before thee,
which wert, and art, and evermore shalt be.

+PRAYER OF DEDICATION

Loving God, in Christ, you embodied your love and grace in the world. As we are created in your image, may our lives also embody your love and grace. We thank you for the gifts of our bodies. Bless these gifts and guide us to use them in ways that care for the physical and spiritual needs of your people. In Christ's name we pray. Amen.

CELEBRATING THE SACRAMENT OF HOLY COMMUNION

In the United Methodist Church, all who love God and are striving to love their neighbor are invited to share in this holy meal. Our communion elements are gluten and alcohol-free so that all may share in this sacrament together. Whether we are in this sanctuary together or apart from one another, we recognize that God's love knows no bounds. At this Table, as we celebrate Christ's presence and give thanks for our identity and our unity in Christ.

THE GREAT THANKSGIVING

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. Amen**

RECEIVING THE ELEMENTS

GIFT OF MUSIC *Let Us Break Bread Together* Arr: Craig Courtney
Tamara Bevard and Scott Lehmkuh, vocalists

GOING INTO THE WORLD TO LOVE AND SERVE

+CLOSING HYMN

I Come with Joy UMH 617
vs. 2, 3 & 5

BLESSING OF A PRAYER QUILT

This morning we tie prayers of blessing to celebrate the 100th birthday of Mary Helfrich.

+BENEDICTION

POSTLUDE

Fanfare Antonio Soler (1729-1783)

QUESTIONS FOR REFLECTION AND PRACTICES TO ENGAGE

What experiences have shaped your view of the body and your relationship with your now body? In what ways does the incarnation (God becoming enfleshed in the life/body of Jesus) impact the way you think about being embodied?

Tish Harrison Warren writes, "If our faith does not teach us what our bodies are for, our culture certainly will." What does our cultures tell us about what are bodies are and what they are for?

What new practice might you take up to care for, indeed cherish, the sacred space that is your body? Write down one or two new ways you might seek to honor the gift of your body.

OFFERING TO GOD OUR HEARTS, OUR LIVES AND OUR GIFTS

Giving supports all of the ministries of the church, making it possible for us to offer ministries of hope, hospitality, service and compassion in Pasadena, and around the world.

If you'd like to partner with us and make a financial gift today, you may use your phone to scan the QR code below.



However you choose to share your gifts, we thank you for being here and sharing in the ministries of First United Methodist Church.

UPCOMING OPPORTUNITIES @ FIRST UMC

For more information, email us at connect@fumcpasadena.org

TODAY

There will be a Friends and Family lunch today at 11:15 a.m. following worship service. Join us!

COMING UP

Extension!: Backpacks and Supplies for the Adopt a Child Abuse Caseworker (ACAC) Back-to-School Program are due August 13 - We are still in need of donations. Please deliver backpacks, school supplies (a list can be found in the News@First email) and any monetary donations to the church. There will be a collection container in front of fellowship hall. For any questions contact Diane Harris (dmharris150625@gmail.com)

Register for All Church Labor Day Camp - Join us for a fun weekend at Camp Sky Meadows, Sept. 1-4. Information and registration will be available after in Fellowship Hall and the church office.

The deadline for registering for camp is August 20. We need 50 campers to insure that the camp is financially viable. If you are planning to attend, please register soon!

Are you a registered nurse? We are looking for a nurse to travel to camp with us and attend for FREE! Please contact the church office if you are interested: 626-796-0157

Family Promise - We will have our final Family Promise hosting the week of 9/17 – 9/23. If you missed out on the last opportunity, would like to volunteer again or are interested in participating for the first time, we'd love to have you! Sign up at Fellowship Hall Sundays in August or If you have questions or need more information, please contact Beth Gerber at beth@lighttext.com.

Back-to-School Sunday is on August 13 - We're welcoming all children youth, and educators back to school! Are you a teacher or a student? Make sure to attend! Come bring your backpacks to be blessed and enjoy some ice cream and sweet treats with us after worship.

Turn-A-Page Book Group will meet August 20 at 11:30 a.m. in the Church Lounge - Our next book pick, *The World in a Grain* by Vince Beiser, is the story of sand and how it changed civilization. After water and air, sand is the natural resource that we consume more than any other—even more than oil. Every concrete building and paved road on Earth, every computer screen and silicon chip, is made from sand. From Egypt's pyramids to the Hubble telescope, from the world's tallest skyscraper to the sidewalk below it, from Chartres' stained-glass windows to your iPhone, sand shelters us, empowers us, engages us, and inspires us. It's the ingredient that makes possible our cities, our science, our lives—and our future.

And, incredibly, we're running out of it.

All are welcome to join in the discussion, even if you haven't read the book.

Prayer List Update - If you or someone you know is on the prayer list, please keep us updated on your or their status. We pray for and update this list every week. If you'd like your name taken off the prayer list, please contact the church office.

TODAY AT FIRST UMC

- 10:00 a.m.: Sunday Worship (Chapel)
- 11:15: Friends and Family Lunch (Fellowship Hall)

FIRST UMC STAFF AND LAY LEADERSHIP

Pastor

Rev. Dr. Amy Aitken

Associate Pastor:

Rev. Mina Nau-Mahe

Director of Music Ministries:

Scott Lehmkuhl

Organist:

Aaron Shows

Ministry Coordinator:

Dori Fotsch

Facilities Manager:

Aisha Williams

Finance Manager:

Tim Sun

Communications Director:

Ashley Slade

Lay Leader:

Kevin Lussier

Intentional Faith Development Lay Leader:

Mikala Rahn

Extravagant Generosity Ministry Lay Leader:

J.P. Harris

Risk-Taking Mission Ministry Lay Leader:

Rosalie Niemann

Passionate Worship Lay Leader:

Paul Audley

Director of Media Ministries

Dave Lohr

Guest Vocalist:

Tamara Bevard

Today's Worship Leader:

Tommy Elrod

ALTAR FLOWERS

Altar Flowers are given today by The United Women in Faith to the glory of God and in honor of Mary Helfrich's 100th Birthday.