

FRACTION ANTHEM 413 (URWB)

Agnus Dei

BELL AGNUS

RECEIVING THE BREAD AND CUP BY INTINCTION AND KNEELING *All are invited to receive Holy Communion. Ushers will guide you.*

COMMUNION MUSIC (URWB) *Please join in singing the hymn as we receive the elements.*

HYMN 79

O Holy Spirit, Root of Life

TALLIS' CANON

PRAYER AFTER RECEIVING

Eternal God, we give you thanks for this holy mystery in which you have given yourself to us. May we be transformed into your image. Grant that we may go into the world in the strength of your Spirit, to give ourselves for others, in the name of Jesus Christ our Lord. Amen.

* BLESSING AND SENDING FORTH

Want to know more about Following Jesus and Serving Others? To make Canterbury your home church, contact Rev. Tori Hastings at 868-6580 or tori.hastings@canterburyumc.org.

Combined Summer Sunday School

Begins today in Wesley Hall

Beginning this Sunday, there will be combined Summer Sunday School taught by many members of the church staff in Wesley Hall from 9:15 AM - 10:15 AM. If your Sunday school class isn't meeting for the summer, come join us!

Vacation Bible School begins tomorrow and goes through Friday

It is not too late to register!

Kids who have completed 3K - Second Grade can take an awesome adventure alongside some of their favorite Bible heroes and discover the qualities that make us truly heroic in God. VBS Hero Central uses epic music, spectacular science, crafty crafts, heroic recreation, and fantastic Bible stories to help kids (and leaders) discover their strength in God!

Children who have completed the Third through Fifth Grades can be a part of Athens VBS. This experience helps you imagine what the Apostle Paul must have had to go through by leaving his life of privilege and power to face angry mobs, painful imprisonment, and chain-breaking earthquakes—all to spread the life-changing truth of God's love.

You may register on-line today at <http://canterburychildren.com/eventsregister/vbs-2017> or at the church tomorrow morning. Contact Amy Dobbins at amy.dobbins@canterburyumc.org for more information.

Special Announcements

In the Hospital / Rehab (as of May 31)

Melainie Gee.....St. Vincent's

Lee Mallette.....University

Rosalyn Stroud.....St. Vincent's

Thanksgiving for the Life of

Thaddeus Marlon Carney.....May 26, 2017

Flora Mallette Roland.....May 26, 2017

Flowers on Sanctuary Altar

The flowers on the Sanctuary altar are placed in honor of Ashley Lauren Ezelle & Carlos Manuel Barahona Rubio who were united in holy matrimony on June 3, 2017.



NEW TRADITIONS

JUNE 4, 2017

PENTECOST SUNDAY

PREACHING — THE REVEREND TORI HASTINGS

LITURGIST — THE REVEREND DALE COHEN

CHOIRMASTER AND ORGANIST — DOCTOR LESTER SEIGEL

THE RHYTHMS OF REST

"On that day, when evening had come, he said to them, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was." (Mark 4:35-36a, NRSV)

Jesus routinely took time away for rest and renewal. In the passage above, Jesus had been teaching the crowds when he decided he needed a break. Jesus left the crowd behind and got in some boats with his disciples and headed to a quiet place. He fell asleep because he was exhausted. Unfortunately, a squall came up, and Jesus would have slept through it except the disciples woke him up in fear. Jesus went back to work and calmed the storm, scolded the disciples for their lack of faith, and then went back to sleep. I can't say with certainty that he went back to sleep. The Scripture doesn't reveal that fact; however, I'm pretty sure he did!

We all need regular intervals for rest and reflection. I believe we need rest and renewal every day, every week, every month, and every year.

- I begin each day (after hopefully having slept for seven hours) with a minimum of 20-30 minutes of contemplative prayer.
- I plan for one full day each week away from work although I sometimes take two half-days due to weddings, funerals, or other pastoral duties.
- I shoot for three to four days off in a row each month, although I probably average doing that about every other month.
- Each year we all need an annual vacation that takes us away from our work long enough for us to completely disengage. For me, that requires two weeks in a row although I admit most of the time I only take one week at a time. I need to practice what I preach!

Even if we get this pattern down, many of us merely fill that time designed for rest and renewal with a "to-do" list of activities. These activities drain us or at least distract us from a critical component of renewal—that is, reflection. For us to truly grow, we must be able to get some perspective on our lives. If we're not careful, we'll crowd out the time and space needed to adequately reflect on how we're becoming the people God created us to be. (Notice in Mark 4 that Jesus' time away for rest is sandwiched between two crowds.) Failing to reflect and gain perspective leads us to a mundane life at best, and a frenetic life at worst. We are not human doings—we are human beings!

Some of you excel at maintaining healthy rhythms. Your lives are characterized by steady and stable emotional resilience. Others are trapped in busy-ness that is robbing you of peace. If Jesus needed time away for rest and reflection, so do we. Let's make caring for our wellbeing a priority. It's a great time to establish healthy rhythms of rest and renewal as we move into the Summer. Take care of your Selves!

Dale R. Cohen

Dale Cohen, Senior Pastor



CANTERBURY
UNITED METHODIST CHURCH

ORDER OF MORNING WORSHIP

*Congregation Please Stand

URWB - Upper Room Worship Book UMH - United Methodist Hymnal
Words in bold type are spoken or sung by the congregation.

WELCOME AND WORSHIP WORDS

* HYMN 66 (URWB) Holy Spirit, Wind of Heaven NETTLETON

COLLECT *The Lord be with you. And also with you. Let us pray.*

Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith, revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen.

GLORIA IN EXCELSIS

All f
Glo - ry to God in the high - est! Sing glo - ry to God! _____
Glo - ry to God in the high - est, and peace to God's peo - ple on earth! _____

SCRIPTURE READING Acts 2: 1 - 21

SERMON Rev. Tori Hastings

RESPONSE TO THE WORD 150 (URWB) Spirit, Working in Creation, vv. 1 & 4 EBENEZER

PRAYER OF CONFESSION

Pastor: We do not stop enough to listen to the still-speaking God. And like the people of Jerusalem long ago, we often misunderstand the Spirit's movement among us. In the silence and stillness of this moment, let us draw near to God and listen.

All: We confess to you, Renewing Spirit, that we are often confused about living as Jesus' disciples. We find that we speak and behave no differently than many who are outside of the faith. We deny and destroy the beauty you created in this world. We long to change these patterns, O Creator, but we do not know how. Teach us to value challenge. Help us to see strength in humility. Empower us to build your kingdom in creativity and love. Amen.

All pray in silence

Kyrie 482

Lord, have mercy. Lord, have mercy. Christ, have mercy. Christ, have mercy. Lord, have mercy. Lord, have mercy.

Pastor: Hear the good news! God's Spirit has been poured out upon all flesh, and we have been made one. We are no longer scattered or divided, but gathered together to build up the kingdom on this earth. Thanks be to God!

All: Glory to God! Amen!

* THE PEACE *The peace of the Lord Jesus Christ be with you. And also with you.*

Sha - lom, Sha - lom, the peace of God be here. Sha - lom, sha - lom, God's jus - tice be ev - er near.

PRAYERS OF THE PEOPLE

Lord in your mercy... hear our prayer.

GIVING OUR TITHES AND OFFERINGS Come, Holy Spirit, Creator Blest Medieval hymn "Divinum Mysterium," arr. Bedford

Come, Holy Spirit, Creator blest, and in our hearts take up your rest;
Come with your grace and heavenly aid to fill the hearts which you have made.
O, Comforter, to you we cry, heavenly gift of God Most High;
O Fount of Life, and Fire of Love, and sweet anointing from above.
O Holy Spirit, through you alone know we the Father and the Son;
Be this our firm unchanging creed: that you from them both proceed.
Praise we our God, the Father and Son, and Holy Spirit, with them one,
And may the Son on them bestow all gifts that from the Spirit flow. Amen. (9th c. hymn, tr. Caswell)

* WESLEY'S GRACE & DOXOLOGY

OLD 100TH

Be present at our table, Lord;
be here and everywhere adored;
Thy creatures bless, and grant that we
may feast in paradise with Thee.

Praise God from whom all blessings flow;
praise Him, all creatures here below;
praise Him above ye heavenly hosts,
praise Father, Son, and Holy Ghost. Amen.

THE GREAT THANKSGIVING 37-40 (URWB)

SANCTUS

Ho - ly, Ho - ly, Ho - ly Lord, God of po - wer and might: hea - ven and earth are full, are
full of Your glo - ry. O... Bless - ed is he who comes in the Name of the Lord. Ho
san - na in the high - est! Ho - san - na! Ho - san - na in the high - est!

THE MEMORIAL ACCLAMATION

Christ has died, Christ is ris - sen, Christ will come a - gain!

AMEN

A - men, A - men, A - - - - men.

THE LORD'S PRAYER 454 (URWB, chanted)