

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.

* Dismissal & Blessing

* Choral Benediction

Come, Holy Spirit, Creator Blest Medieval hymn "Divinum Mysterium," arr. Bedford

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.

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.

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)

Melanie Gee.....St. Vincent's
Lee Mallette.....University
Roselyn 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.



Traditional Worship

JUNE 4, 2017

PENTECOST SUNDAY

PREACHING — REV. DALE COHEN

LITURGIST — REV. TORI HASTINGS

CHOIRMASTER AND ORGANIST — DR. 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!

WELCOME CHILDREN! —Parents, make sure your children get a worship activity pack in the Narthex entrance area. The Children's Comfort Room is also adjacent to the Narthex.



CANTERBURY UNITED METHODIST CHURCH

Dale R. Cohen Dale Cohen, Senior Pastor



Order of Morning Worship

*Congregation Please Stand

Words in bold type are spoken or sung by the congregation.

Voluntary Come Holy Spirit, Creator Blessed Johann Gottfried Walther

Welcome and Parish Notices

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.

Introit 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.

* **Processional Hymn 539** O Spirit of the Living God FOREST GREEN

Prayer of Confession and Words of Pardon

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!

* **Passing of the Peace** *The Peace of the Lord be with you, and also with You.*

Our Gifts and Music

Offertory Suddenly, There Came a New Sound From Heaven Gregor Aichinger

Suddenly there came a new sound from heaven: the Holy Spirit came upon them where they were seated, and filled them with the spirit of Jesus, by telling them of God's great mercy. Alleluia!

* **Doxology** OLD 100TH

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.

* **Hymn of Dedication 393** Spirit of the Living God LIVING GOD

Scripture Lesson Acts 2: 1 - 21

This is the Word of God for the people of God. Thanks be to God.

Sermon Rev. Dale Cohen

Hymn of Presentation 332 Spirit of Faith, Come Down, vv. 1, 2, 4 BEALOTH

Presenting the Elements Lisa Bailey & Carole Bonner

The Great Thanksgiving, *page 17 in Hymnal*

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.

Breaking the Bread and Giving the Bread

Fraction Anthem Be Known to Us, Lord Jesus Rebecca Bolding, cantor
Sung Response: Be known to us, Lord Jesus, in the breaking of the bread.

Baskets are placed in the front of the Sanctuary to receive the Communion Rail Offering which will be shared with local ministries working with our community's poor.

Music During Communion

Hymn 537 Filled with the Spirit's Power SHELDONIAN

Hymn 541 See How Great a Flame Aspires ARFON (MINOR)