

# All My Days

A Summer Worship Series on Prayer



## Communion Sunday: Be Still and Know July 5, 2026

We are a progressive community of faith seeking to follow the teachings of Jesus, pursue justice and live God's love.

**No matter who you are, or where you are on life's journey,  
you are welcome here.**



**A Note for Families / Folks of All Ages:** During the summer, we do not have church school, but young people are encouraged to check the narthex (entryway) for simple crafts or activities. There are also clipboards with paper and coloring pages at the back of the sanctuary, for worshippers of any age to use during the service.

**PRELUDE**

*The Spruce*

Jean Sibelius

**WELCOME TO WORSHIP**

**THRESHOLD MOMENT**

**Sung Response:**

*Be Still.*

Taizé

**Be still. Be still. Know that I am God. (Repeat)**

**\*CALL TO WORSHIP**

One: As we let out our breath and settle our shoulders:

Holy One, help us to arrive in this place.

**All: We pause to sense your presence among us.**

**We hear you say, "Be still and know."**

One: Teacher Jesus, show us, again, how to be fully present.

**All: We hear you say, "Be still and know."**

One: Spirit of Divine Love, move among us and give us peace.

**All: We hear you say, "Be still and know."**

**\*OPENING SONG**

*Be Thou My Vision*

No. 445

**PRAYER FOR FORGIVENESS**

**Holy One, when in a rush, we move through hurried, harried lives and fail to recognize your handiwork, forgive us. When in our distress, we carry the weight of our worries and forget that you are standing by, ready to lighten the load, help us. When in our distraction, we stop listening for your holy whispers or noticing your abiding presence, redirect us. Teach us again to pause, to breathe, to turn to you, as you persistently turn to us. Amen.**

**PRAYERFUL PAUSE**

**WORDS OF ASSURANCE**

**PASSING OF THE PEACE**

One: The peace of Christ be with you.

**All: And also with you.**

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\*Please rise, on your feet or in your hearts.

**\*SUNG RESPONSE** *Peace Like a River* African American Spiritual ☰

I've got peace like a river, I've got peace like a river,  
I've got peace like a river in my soul. (Repeat)

I've got joy like a fountain...  
I've got love like an ocean...

## PRAYER FOR ILLUMINATION

Evan Campbell

One: This is the story of God's journey with God's people - including all of us.

**All: Open our hearts to receive and our lives to be expanded by what we hear.**

## SCRIPTURE

Philippians 4:4-7

## SERMON

*Be Still and Know*

Rev. Alison J. Buttrick Patton

## MOMENT OF CONTEMPLATIVE SILENCE

## ANTHEM

*When in Our Music God is Glorified*

Charles V. Stanford,  
Arr. Lloyd Larson

## OFFERING INVITATION

Help us to live God's love and justice. You can make a secure gift by using the QR code, by going to [fccucc.org](http://fccucc.org) and clicking on "Donate," or by adding your contribution to the box at the back of the sanctuary.



## MUSICAL INTERLUDE

## CELEBRATION OF COMMUNION

Invitation to the Table

Prayers of the People

Sung Response:

*Be Still.* (Reprise)

Taizé

**Be still. Be still. Know that I am God. (Repeat)**

## Great Thanksgiving *and* The Lord's Prayer

Creator, Redeemer, Sustainer God,  
it is right, and a good and joyful thing,  
always and everywhere to give thanks to you,  
*"Mother-Father God who art in heaven."*  
***"Mother-Father God, who art in heaven."***

You formed us in your image and breathed into us the breath of life.  
When we turned away, and our love failed, your love remained steadfast.  
You delivered us from captivity, made covenant to be our sovereign God,  
and spoke to us through your prophets.

*"Hallowed be your name!"*

***"Hallowed be your name!"***

In the fullness of time, you sent your Son Jesus Christ.  
your Spirit anointed him to preach good news to the poor,  
to proclaim release to the captives and recovering of sight to the blind,  
to set at liberty those who are oppressed. taught us how to gather, feed,  
heal and bless. How to build beloved community here on earth.

*"Thy Kin-dom come, thy will be done, on earth as it is in heaven."*

***"Thy Kin-dom come, thy will be done, on earth as it is in heaven."***

Jesus used the most common things to remind us that all gifts come from God,  
including the gift of unending grace.

*"Give us this day our daily bread."*

***"Give us this day our daily bread."***

On the night in which he gave himself up for us, he took bread,  
gave thanks to you, broke the bread, gave it to his disciples, and said:

*"Take, eat; this is my body which is given for you. Do this in remembrance of me."*

When the supper was over, he took the cup,  
gave thanks to you, gave it to his disciples, and said:

*"Drink from this, all of you; this is my blood of the new covenant,  
poured out for you and for all, for the forgiveness of sins.*

*Do this, as often as you drink it, in remembrance of me."*

Even as he said these things, he knew that he would be betrayed.

And yet he forgave. We ask for God's help to do that in our own lives:

*"Forgive us our debts as we forgive our debtors."*

***"Forgive us our debts as we forgive our debtors."***

The Holy Spirit gives us the courage to practice faith,  
compassion and justice, even when it is hard. Trusting that, we pray:

*"Lead us not into temptation, but deliver us from evil."*

***"Lead us not into temptation, but deliver us from evil."***

So, we pray: pour out your Holy Spirit on us gathered 'round,  
on these gifts of bread and wine, and on all of our tables.

By your Spirit make us one with Christ,  
one with each other, and one in spirit with your precious world,

*"For thine is the kin-dom, the power, and the glory forever."*

***"For thine is the kin-dom, the power, and the glory forever."***

Through your son Jesus Christ with the Holy Spirit,  
all honor and glory is yours, Source of Love, now and forever. Amen.

### **\*The Meal is Shared**

You are invited to come forward by the center aisle to receive communion. All bread is gluten free. The juice is non-alcoholic. There are pre-wrapped communion elements for those who prefer, on the communion table.

**Communion Anthem**                      *How Long Has It Been?*    Mosie Lister, Arr. Fred Bock

### **Unison Prayer of Thanksgiving**

**Christ in Every Heart, for this moment, this meal, this gathering, we give you thanks! Now, send us out to be your Church in the world, living the love and justice of Jesus. Amen.**

### **\*CLOSING SONG**

*All Our Days*

Mark Miller

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|--|--|
| <b>1.</b><br>You know my words before they're said.<br>You know my need and I am fed.<br>You give me life. You know my ways,<br>my strength, my path, for all my days.<br>my strength, my path, for all my days. | <b>3.</b><br>Our every thought, each word we say,<br>The whole of time, the present day,<br>Are held within your mighty hand,<br>Too wonderful to comprehend,<br>Too wonderful to comprehend.        |
| <b>2.</b><br>If I should fly beyond the dawn,<br>The darkness will not overcome.<br>If I lie down in deepest night,<br>Still you are there, my Lord, my light,<br>Still you are there, my Lord, my light.        | <b>4.</b><br>O mend my heart and free my voice.<br>From sin released; I will rejoice.<br>O search me, Lord, my spirit cries,<br>And let my song of praise arise,<br>And let my song of praise arise. |

## ANNOUNCEMENTS

## BENEDICTION

## POSTLUDE

*Le Cygne (The Swan)*

Camille Saint-Saens

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## WORSHIP NOTES

**Thank you** to this morning's ushers: Team H, Carrie Skeffington, captain.

**Livestream:** Thank you to Alex Ratta for managing our worship livestream!

**The flowers on the altar** are given by Cindy Yee, in remembrance of her deceased husband, Rev. James B. Yee, and their enjoyment of the family gatherings on his July 4 birthday.

**All My Days** is adapted from the series created by Marcia McFee and the Worship Design Studio and used by permission. [Worshipdesignstudio.com/days](http://Worshipdesignstudio.com/days)

☰ **Royalty for Spirituals:** Historically, the composers of African American Spirituals were neither known nor compensated for use of their songs. The FCC UCC music department has committed to paying forward a 'royalty' each time we include a Spiritual in worship. We donate funds to the **Indigo Arts Alliance**. Join us: you can donate by check or online, with "Royalty for Spirituals" in the memo. Thank you.

## WEEKLY @ FCCUCC

**Bible Study every Tuesday, 12:30 - 1:30 pm in Davidson Lounge:** Explore the scripture from the past Sunday, led by Rev. Steve Savage.

**Prayer Shawls, every Wednesday, 1 - 3 pm, Summer location changes weekly:** Text Lynne Lanctot at 318-1605 by Tuesday evening for location. New and experienced knitters welcome. Bring needles size 9, 10, or 11, and your own yarn, or check out the church yarn supply. Questions? Lynne: [lanctotla74@gmail.com](mailto:lanctotla74@gmail.com).

**Meetinghouse Choir and Handbell Choir** are on summer break. They will resume rehearsals at the end of August.

## COMING UP @ FCC UCC

**The Men's Seekers Group, Saturday, July 11, 8 am:** Join them for breakfast in the Wright Pavilion. All those who identify with the male gender are welcome.

**The Women's Spirit Circle, Monday, July 14, at 7:00 pm:** Join for a relaxed summer evening around the fire pit at Nancy's home, 67 Wood Road, Cape Elizabeth. No set agenda or discussion topic: [nancy.brajtbord@gmail.com](mailto:nancy.brajtbord@gmail.com)

**FCC On the Town, Thursday, July 16,** We have tickets for "Singin' in the Rain" at Hackmatack Playhouse in Berwick for a 2:00 pm matinee Tickets for those 65 and older are \$40, and \$45 for younger folks. Please RSVP as soon as possible to Kathy Sahrbeck at [kathrynsme@yahoo.com](mailto:kathrynsme@yahoo.com) or 415-0170.

### **Parents of Adult Children, Friday, August 7, 6:00 pm - 7:30 pm**

All parents of adult children (over 18 years old) are welcome to join us at the next meeting at the home of Carol Zechman, 46 Mitchell Rd, South Portland. A relaxed, supportive, safe, and confidential space to share and listen to each others' joys and concerns at this stage of parenting. Potluck snacks, drinks provided.

### **MISSION AND SOCIAL WITNESS**

**Volunteer for Preble Street Food Hub:** On the last Friday of each month, we prepare meals at the Food Hub, 75 Darling Avenue, South Portland, for delivery to Preble Street satellite sites. Please join us! To learn more about how to volunteer, see the Weekly Word or contact Danna Wiggins at [dannawig2@gmail.com](mailto:dannawig2@gmail.com).

### **Summer Schedule**

Rev. Steve Savage, Associate Pastor, will be away on vacation:

- July 6 - July 19, back in the office on Monday, July 20.

Rev. Alison Buttrick Patton, Senior Pastor, will be away for the following:

- FCCUCC Mission Trip to Cherryfield, ME: after church on Sunday, July 12 - Friday, July 17
- Justice Camp at Pilgrim Lodge, Saturday, July 18 - Saturday, July 25
- Vacation: Monday, August 3 - Monday, August 24.

During the week of July 13-18, when both clergy are away, please leave messages at 207-799-3361 with pastoral needs. Messages will be checked daily.

### **WHAT'S UP?**

**Want to stay in the loop?** Make sure you are on our email list! To UPDATE or ADD your contact info, go to: [fccucc.org](http://fccucc.org) and select "Contact Us".

Find us, like and follow us on social media. Now on Substack! @FCCUCC



## Show off your FCCUCC Colors!

Now you can share your love for FCCUCC, thanks to FCC member Bryan Wiggins, who created a colorful design and found an environmentally sustainable company to bring us this lightweight, durable heather gray, 100% organic cotton shirt!



**To Place Your Order:** Choose from unisex sizes from XS to 4XL for \$30 per shirt by **July 31**, and we'll share the date for you to pick up, pay, and boldly share God's love and justice! Just go to:

<https://tinyurl.com/2d6f2r69> OR scan the QR code:

