



What The World Needs Now: Practicing Refugia Faith

***Week 4: Moving Through Fear
September 29, 2024***

Welcome to the First Congregational Church, United Church of Christ
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.*

UNITED CHURCH
OF CHRIST 

A Note for Families / Folks of All Ages: We begin worship together. After the Time for All God's Children, young people grades K-8 are invited to follow teachers Carolyn Clark and Carrie Skeffington upstairs to our one-room classroom. This week's theme: Jesus Calls for Justice.

Also, there are clipboards with paper and coloring pages at the back of the sanctuary, for worshippers of any age to use during the service.

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PRELUDE

Medley: Holy, Holy, Holy (Dykes) and Jesus Shall Reign (Hatton)
Hand Chime Choir

WELCOME TO WORSHIP

Revs. Alison J. B. Patton and Stephen Savage

Come, Come, Whoever You Are

Rumi - adapted/Ungar

**Come, come, whoever you are,
Wanderer, worshiper, lover of learning
Ours is no caravan of despair.
Come, yet again, come.**

***THRESHOLD MOMENT**

***CALL TO WORSHIP**

One: "Do not be afraid," God said to Abram,

All: "for I am your shield."

One: "Do not be afraid," God said to Jacob,

All: "for I will bless you."

One: "Do not be afraid," Moses said to the Israelites,

All: "for God will deliver you."

One: "Do not be afraid," God said to the Israelites,

All: "For I am with you."

One: "Do not be afraid," the angel said to Mary,

All: "For you have found favor with God."

One: "Do not be afraid," the angel said to the shepherds,

All: "For I bring you good news of great joy."

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

One: "Do not be afraid," Jesus said to James and John,

All: "For now you will fish for people."

One: "Do not be afraid," the risen Christ said to Mary,

All: "Tell the others I will see them in Galilee."

One: Beloved in Christ: Do not be afraid; we belong to a God whose love and devotion never fail.

All: Let us worship the Fear-Not God!

***OPENING HYMN**

God our Maker

S-25

PRAYER FOR FORGIVENESS

Fear-Not God: You urge us to step into an uncertain future, with visions of hope and healing. When worries and what-ifs hold us back, when we feel paralyzed by the world's troubles or resistant to change, free us. When in our fear we lash out or shut down, forgive us. Turn our distrust into curiosity and our fears into courage. Make us brave enough to move forward in service to your love and justice. Amen.

PRAYERFUL PAUSE

WORDS OF ASSURANCE

***PASSING OF THE PEACE**

One: The peace of Christ be with you.

All: And also with you.

***SUNG RESPONSE**

Peace Like a River ☰

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

PRAYER FOR ILLUMINATION

Debra Honey

One: This is the sacred story of God's journey with God's people.

All: Holy One, open our ears to hear, our hearts to receive and our lives to be expanded by your Word. Amen.

SCRIPTURE

Exodus 14:5-7, 10-16, 21-29

SERMON

Moving Through Fear

Rev. Alison Patton

ANTHEM

Wade in the Water 

African-American Spiritual

Chorus: **Wade in the water; wade in the water, children.
Wade in the water. God's gonna trouble the water.**

PASTORAL PRAYER

The Lord's Prayer:

Our Father-Mother 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 debts as we forgive our debtors. And lead us not into temptation but deliver us from evil, for thine is the kingdom and the power and the glory forever. Amen.

SUNG RESPONSE:

Hear Our Prayer, O God

Whelpton

**Hear our prayer, O God. Hear our prayer, O God.
Incline your ear to us and grant us your peace.**

INVITATION TO OFFERING

You can make a secure online gift by using the QR code, going to fccucc.org/donate, or by adding your contribution to the box at the back of the sanctuary. Thank you.



MUSICAL INTERLUDE

PRAYERS OF BLESSING

***CLOSING HYMN**

We'll Build a Land

S-26

ANNOUNCEMENTS

BENEDICTION

POSTLUDE

The Lord Is My Shepherd

Goodall
Hand Chime Choir

WORSHIP NOTES

Thank you to this morning's ushers: Team D, Scott Berry, captain.

The Globe is lit by Deborah and Jim Rideout In memory of their parents Eugene and Bernice Rideout.

☰ 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. Funds are donated to atlanticblackbox.com.

COMING UP AT FCC UCC

Bible Study, Tuesdays, 12:30 - 1:30 pm in Davidson Lounge: Join Rev. Steve Savage for a wide-ranging conversation about the previous Sunday's scripture reading. *No formal knowledge required!*

TODAY: Voting with Love? Challenges and Opportunities in Fraught Times, Sunday, September 29, 11:30 am in Davidson Lounge: As we approach the November elections, how do we gain our bearings as people of faith who are also citizen-voters? What does "voting with love" ask of us? Marvin Ellison will offer some reflections and lead a discussion. Your convictions -- and your vote -- matter, so grab coffee and join the conversation.

Fellowship Club, Tuesday, October 1, 6:15pm in Guptill Hall. Mary Ann Wallace will present a history of First Congregational Church UCC. You do not have to be a member to attend; all are welcome! Reservations are required and must be made by noon on Sunday, September 29th to Bob Seussmann at rsuessmann@icloud.com.

Wabanaki Allies working group meeting, Sunday, October 6, 11:30 a.m. to 12:30 p.m. in the Laity Room. Newcomers are most welcome. No expertise needed beyond your curiosity, desire to learn, and passion for justice.



- **Learn more** about our history and current involvement by scanning the code.

Community-Wide Sing-Along! *Challenging Times Call for Jubilant Singing* - Sunday, October 20, 2-3:30 pm in the sanctuary: Come and bring a friend, because singing together is good for our spirits! Hosted by FCC UCC. *See back cover.*

⚙️ **Host a Walk: Do you have a favorite walking route? Consider hosting an FCC UCC Walk!** Here's what 'hosting' means:

1. Choose an easy to moderate walking route that will take 75 - 90 minutes.
2. Choose a date and time that you are available to host, and a meeting place.
3. Consider including a brief (5 minutes) reading: a quote, poem or prayer to share on the walk, to help us tune into the world around us and the spirit within us.

Sign up to lead one of our walks between October 2024 and May 2025 by scanning the QR code.



NOTE: Feel free to repeat a favorite route. Questions? Contact Rev. Alison Patton at revalisonpatton@fccucc.org

MUSIC CORNER

Meetinghouse Choir rehearses Wednesdays, 6:15 - 8pm. All singers are welcome. We meet in the Choir Room on the lower level of the church. Questions? Contact choir director Deirdre McClure at dmclure@fccucc.org.

Bell Choir & Chimes Choir rehearse on alternating Wednesdays, 4:45 - 5:45pm in Wright Pavilion. Questions? Contact bell choir director Sharon Potter: handbells@fccucc.org.

MISSION CORNER

CLYNK Bags are available in the Narthex: Did you know that you can collect your returnable cans and bottles to support our mission and outreach efforts? Save up your bottles and cans to turn in at participating grocery stores. Scan the code on the bags and the refunds will automatically be donated to our FCC mission team. It's easy!

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.

IN THE MAINE CONFERENCE, UCC

Cumberland Association Annual Meeting, Sunday, October 6, 2-4 pm at Woodfords Congregational Church. Keynote: Marvin Ellison. For more info, see Rev. Alison Patton at revalisonpatton@fccucc.org.

Maine Conference, UCC Annual Meeting, October 18-19, at Pilgrim Lodge, West Gardiner, Maine. For more information, go to: <https://www.maineucc.org/annual-meeting/>

- **Note to Retired UCC Clergy:** Annual Meeting includes a special luncheon for clergy at 12 noon, on Friday, October 18, to which all retired clergy are invited free of charge. Retired clergy and those celebrating anniversaries will be honored during the luncheon. *Let Rev. Alison Patton know if you plan to attend and/or need a ride.*

IN THE COMMUNITY

Concert for Climate, October 27, 2:30 pm, St. Luke's Church, 143 State Street – A multimedia celebration of our livable world for all ages, Concert for Climate is an “entertaining, educational, and soul-filling afternoon of music and message to inspire climate action.” Keynote speaker: Briana Warner, CEO of Atlantic Sea Farms, working to diversity coastal incomes with kelp. Hosted by the Citizens’ Climate Lobby. Learn more by scanning the QR code to the right.



Want to carpool/drive? Please contact Jess at 207-671-1366, jessdeeproctor@gmail.com

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On Instagram: instagram.com/fccucc_s.portland



And on our YouTube channel: youtube.com/@FCCUCCSouthPortland



Challenging Times Call for Jubilant Singing





JOIN US FOR A COMMUNITY-WIDE SING-ALONG

— To lift our spirits and feed our souls —

**Sunday, October 20th
2 – 3:30 pm**

**First Congregational Church, UCC
301 Cottage Road, South Portland, ME**

Songs from folk, worship and world music traditions
will be taught and led by area houses of worship



All are welcome. No musical skills required, just a desire to
join your voice with others!