



THE GOOD LIFE

Practices for
Abundant Living

Our Worship of God

May 30, 2021

11:15 am

If we forget to rest, we will work too hard and forget our more tender mercies, forget those we love, forget our children and our natural wonder. God says: Please don't. It is a waste of a tremendous gift I have given you. If you knew the value of your life, you would not waste a single breath. So, I give you this commandment: Remember to rest. This is not a life-style suggestion, but a commandment – as important as not stealing, not murdering, or not lying. Remember... this gift of sacred rest.

~ Wayne Muller

Prelude

Remembrance

by Carolyn Miller

Welcome

Pastor Michael McEntyre

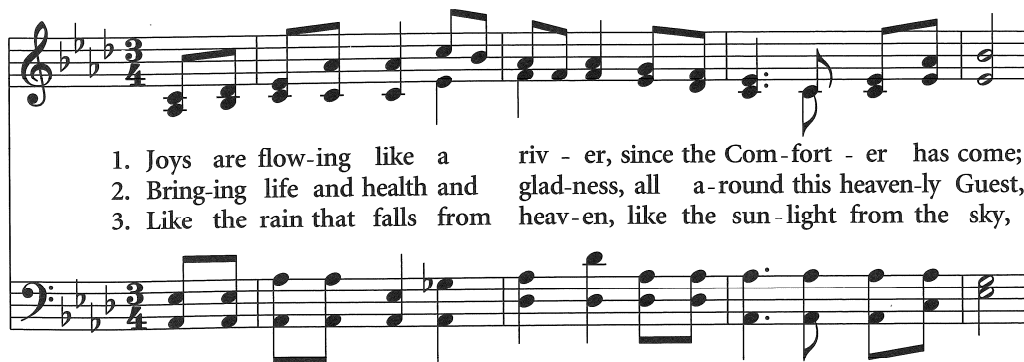
Call to Worship (responsive)

God of rest and stillness,
for everything there is a time,
and time is now our most precious commodity.
Our clocks are always running.
From birth to death; during times of joy and sorrow;
work and play; business and pleasure;
speech and silence.

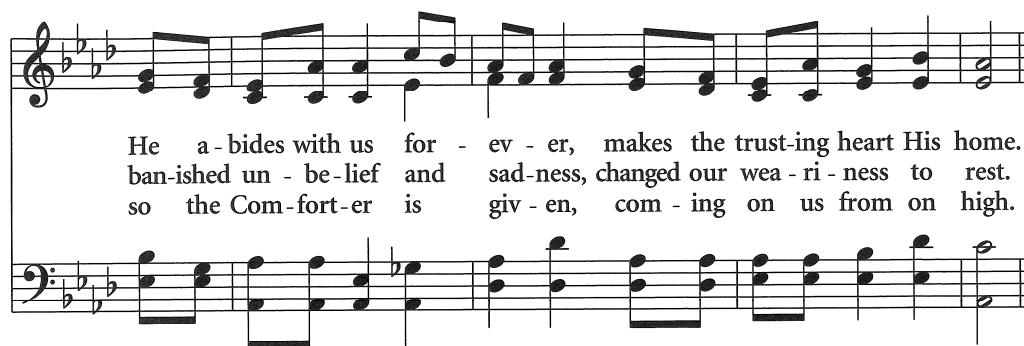
**Slow us down Lord,
And for now simply remind us that
Only one thing is needed,
That we be still for you
And know that you are God. Amen.**

Opening Hymn

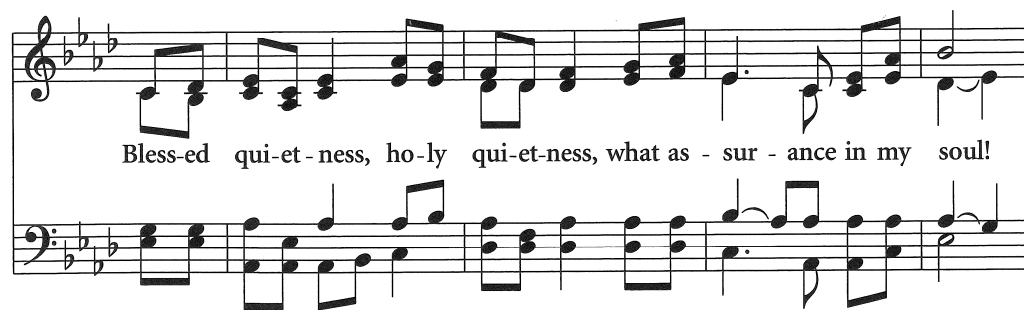
Blessed Quietness



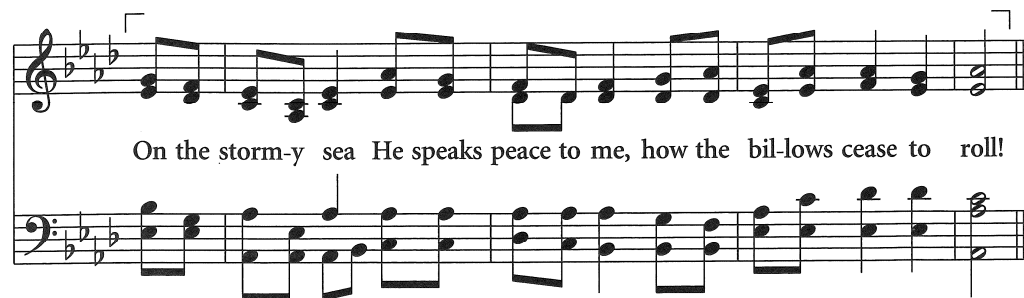
1. Joys are flow-ing like a riv - er, since the Com-fort - er has come;
2. Bring-ing life and health and glad-ness, all a-round this heav-en-ly Guest,
3. Like the rain that falls from heav-en, like the sun-light from the sky,



He a-bides with us for - ev - er, makes the trust-ing heart His home.
ban-ish-ed un - be-lief and sad-ness, changed our wea-ri-ness to rest.
so the Com-fort-er is giv - en, com - ing on us from on high.



Bless-ed qui-et-ness, ho-ly qui-et-ness, what as-sur-ance in my soul!



On the storm-y sea He speaks peace to me, how the bil-lows cease to roll!

Passing the Peace of Christ

Scripture Reading

Genesis 2:2-3

And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

The Word of the Lord.

Thanks be to God.

Sharing Our Gifts

Hymn

Come and Find the Quiet Center

1. Come and find the quiet center in the
 2. Si-lence is a friend who claims us, cools the
 3. In the Spir-it let us trav-el, o-pen

crowd-ed life we lead, find the room for hope to
 heat and slows the pace, God it is who speaks and
 to each oth-er's pain, let our loves and fears un-

en-ter, find the frame where we are freed: Clear the
 names us, knows our be-ing, touch-es base, mak-ing
 rav-el, cel-e-brate the space we gain: There's a

cha-os and the clut-ter, clear our eyes that we can
 space with-in our think-ing, lift-ing shades to show the
 place for deep-est dream-ing, there's a time for heart to

see all the things that real-ly
 sun, rais-ing cour-age when we're
 care, in the Spirit it's live-ly

mat-ter, be at peace, and sim-ply be.
 shrink-ing, find-ing scope for faith be-gun.
 schem-ing there is al-ways room to spare.

Litany for Rest and Balance (responsive)

God, we hear your invitation to us:

**“Come to me, you who are weary and heavy burdened.
I will give you rest.”**

What makes it hard for you to rest?

~silence for reflection~

We acknowledge our soul’s need of connection with you.

We turn our intentions toward you now.

Special Music for Reflection God is My Shepherd

Dvorak

Josh Engle, *vocals* Colleen Ostercamp, *piano*

God is my shepherd, I want for nothing.

My rest is in the pleasant meadows.

He leadeth me where quiet waters flow.

*My fainting soul doth He restore and guideth me
in the ways of peace, to glorify His name.*

*And though in death's dark valley my steps must wander,
my spirit shall not fear, for Thou art by me still.*

Thy rod and staff are with me, and they shall comfort me.

Litany for Rest and Balance (responsive)

We confess our tendency to overlook rest

As a necessary part of soul and self care.

We confess our pride in thinking that our work is so important

That we may not set it down.

We confess our readiness to believe

That what we do determines our worth.

We confess our obsessions

With productivity, results and measurable progress.

We confess our tendency to forget

That your love is better than life.

We confess our neglect

Of the good soil of our souls.

We ask now for body, mind, spirit, whole-person nourishment.

What are some things you do to rest your body, your mind, your spirit?

~silence for reflection~

We ask now for rest and resurrection.

For new life.

For healing and consolation of our souls.

We ask for help in managing our time and activities so that our infillings

Can keep up with our out-pouring.

Where we have overspent ourselves.

Refresh us.

Where we have misplaced our priorities

Re-arrange us.

Where we have said yes when we should have said no

Remind us.

*Are there things you said "yes" to that you need to
transition out of to make room for what is most important?*

~silence for reflection~

We thank you for meaningful work; for blessings and burdens.

We thank you for rest.

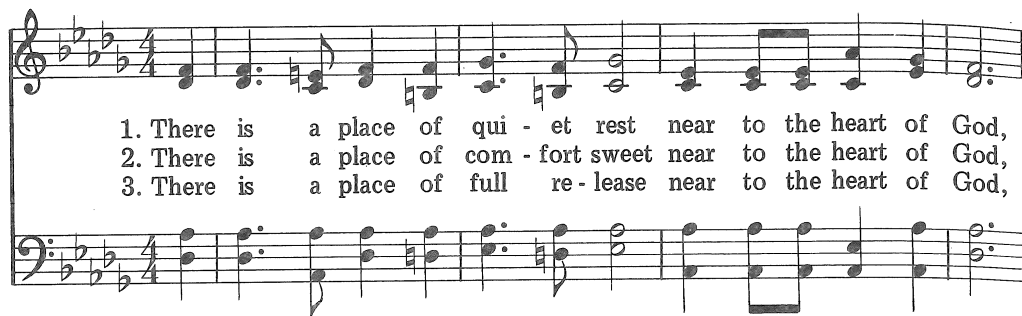
May we become present to our great need for Daily Bread:

The Presence of Christ in our lives.

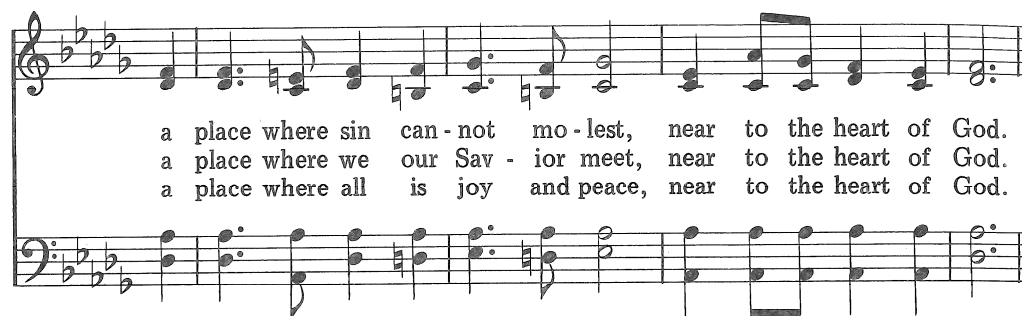
Amen.

Hymn of Response 542

Near to the Heart of God

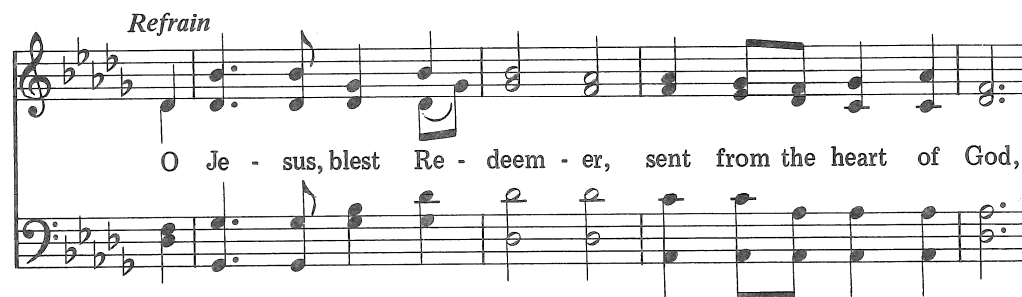


1. There is a place of qui - et rest near to the heart of God,
2. There is a place of com - fort sweet near to the heart of God,
3. There is a place of full re - lease near to the heart of God,



a place where sin can - not mo - lest, near to the heart of God.
a place where we our Sav - ior meet, near to the heart of God.
a place where all is joy and peace, near to the heart of God.

Refrain



O Je - sus, blest Re - deem - er, sent from the heart of God,



hold us who wait be - fore thee near to the heart of God.

Life of the Church

Benediction (unison)

**We are ordinary people, going about our lives,
Realizing that we are Beloved through and through,
Realizing that Heaven is available to us now,
Realizing that what we do here on earth matters,
Realizing that Christ's invitation is for us, too;
And stepping in - gratefully, joyfully, and with intention –
to this Kin-dom work.**

Worship Notes

Blessed Quietness, ©2010 Celebrating Grace, Inc. Words: Manie Payne Ferguson, ca. 1897. Music: W. S. Marshall, ca. 1897; arr. John Sharber, 2008.

p ©1992 Hope Publishing Co. Words: Shirley Erena Murray. Music: Attr. To B. F. White; harm. By Ronald A. Nelson; descant by Charles H. Webb.

Litany For Rest and Balance, from Fran Pratt's book "Call and Response"

Near to the Heart of God, Words & Music: Cleland B. McAfee, 1901.

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Week at a Glance

Sunday, May 30

- 9:15 am Online Worship Service
- 10:00 am Student Ministry Group online
- 10:00 am Sunday Morning Small Groups/Bible Study
- 11:15 am Worship Service on the front lawn

Monday, May 31

Memorial Day Holiday – Offices Closed

Tuesday, June 1

- 1:00 pm -3:00 pm Crafty Critters in the Parlor

Wednesday, June 2

- 12:00 pm Zoom at Noon with Pastor Carol
- 6:00 pm The Calling
- 6:30 pm Handbells Rehearsal
- 7:45 pm Chancel Choir

Friday, June 4

- 12:15 pm Jesus Calling: Women's Devotional and Prayer Time via Zoom

Sunday, June 6 – New Worship Schedule

- 9:15 am Worship Service on the front lawn
- 10:15 am Spiritual Formation Hour
 - Adult and Youth small groups & First Kids Sunday School
- 11:15 am In-person Worship in the sanctuary and streamed online

Announcements

Visitors and Prayer Requests

If you are visiting with us online, we are so glad to have you with us! If you would like to receive more information about First Baptist and our ministries, you can fill out a visitor card at fbc-columbia.org/guest or use this QR code.



New Worship Schedule-Beginning June 6

We will move our outdoor, in-person, on-lawn service to 9:15 am. This will allow those who might not be ready to worship indoors the opportunity to continue worshipping outside even as the weather warms up.

Our 11:15 am service will be a hybrid service for both in-person, indoors worship in the sanctuary and online. The hybrid service will maintain social distancing in the sanctuary with designated seating areas. Masks will be required at all times for attendees, even if vaccinated.

Adult Small Groups, Youth, and First Kids Sunday School will be meeting in-person beginning June 6.

Children's Ministry Worship and Small Groups -Beginning June 9

During Worship (9:15 am and 11:15 am)

During both worship services childcare will be available for children birth through kindergarten (completed). Children can be dropped off at the nursery. Children may go to the playground or gym, but will always begin in the nursery.

Children in first grade through 5th grade are asked to worship with their families. A worship bag with a clipboard, coloring pages, and a children's bulletin will be available for each child.

During the Spiritual Formation Hour (10:15 am)

Nursery care will continue for children birth through 3 years old in the nursery.
During Worship (9:15 am and 11:15 am)

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During the Spiritual Formation Hour (10:15 am)

Nursery care will continue for children birth through 3 years old in the nursery. Children, 4-years-old through completed 4th grade are invited to Worship and Wonder (Sunday School) in the Fellowship Hall. Children who have completed 5th grade will have the opportunity to participate in a special summer small group with the youth group.

First Baptist Summer One Read(s)

Are you looking for something to read over the summer? Look no further, back by popular demand is our summer one read(s)! We have chosen three books for our One Read. You can read one or read them all. The idea is for everyone to read at their own pace over the summer and then, join the conversations about them in the fall. Hopefully, the books will be thought-provoking, encourage spiritual growth, and fruitful discussion. Books are \$15 each and can be purchased on Sunday mornings or at the church office during the week.

***Invitation to the Psalms* by Rolf A. Jacobson & Karl N. Jacobson**

Invitation to the Psalms is a winsome accessible introduction to the Psalms that delves into how to read Hebrew poetry, the Psalter's basic genres, the metaphorical world of the Psalms, and the theology of the Psalms.

***Native: Identity, Belonging, and Rediscovering God* by Kaitlin Curtice.**

As both a citizen of the Potawatomi Nation and a Christian, Kaitlin Curtice writes about how reconnecting with her Potawatomi identity both informs and challenges her faith. *Native* is deeply personal, beautifully written, and thought provoking. Each section begins with an illustrated poem from Potawatomi tradition.

***Convictions: How I Learned What Matters Most* by Marcus Borg**

On his seventieth birthday, the renowned progressive Christian scholar Marcus Borg wrote *Convictions*. This book is a manifesto for all progressive Christians who seek the best path for following Jesus today.

Annual Church Picnic 2021 – Sunday, June 13 at Bethel Park

What is different about this year's church picnic? Well, we get to have it! The First Baptist Church Picnic is set for Sunday, June 13 at Bethel Park from 4:00-6:00 pm. Typically, we bring a side dish to share. We are not doing that this year, but you can bring your own meal or snacks. You can also bring your favorite outdoor game. Your lawn chair might be nice too. Plus, we get to have the (almost) Annual World Championship Egg Toss!

Contemplative Retreat at Conception Abbey

October 8-10 (Friday morning through Sunday evening), you are invited to join Pastor Carol for a contemplative retreat at Conception Abbey, a beautiful Benedictine monastery located in northwest Missouri. The quiet setting and rural atmosphere of Conception Abbey is the ideal place for retreat.

A contemplative retreat is an opportunity to set aside time to be quiet and spend time with God. The schedule for the retreat is intentionally very open. On Friday afternoon, we will gather at the Abbey for worship and to set the intention for the weekend. You will receive a simple devotional guide with questions, scriptures, and quotes for reflection. Then, we will enter a 24-hour period of silence and listening. During the 24-hour period (from Friday evening, until Saturday evening) you are free to rest, read, journal or walk the lovely grounds at the abbey. You may also choose to join the monastic community for prayer in the Basilica; they gather six times a day to pray. After the Saturday evening meal, we will gather to share what we have experienced during our day of silence, followed by a time of fellowship. Sunday morning, we join in worship again, and share a meal before returning home.

A motel-type building at the Abbey allows private rooms. We will have six scheduled meals in the dining hall—dinner Friday through lunch on Sunday. The cost is \$150.00 for a single room or a double room is \$145.00. Meals are included in the cost. We have 10 rooms reserved, which means registration is limited and early registration is encouraged. To register or for more information contact Pastor Carol at mcentyre@fbc-columbia.org.



Church Staff

Rev. Dr. Carol McEntyre, Senior Pastor

Michael McEntyre, Pastor of Youth, Missions, and Administration

Brittany McDonald Null, Pastor of Families and Spiritual Formation

Shelby Myers, Awakening Worship Praise Band Director, Colleen Ostercamp, Pianist and Organist

Amy Johns, Music Director-Traditional Worship

Susan Goudie, Administrative Assistant, Bethany James, Nursery Director

Brenda Rice, Project Coordinator, Michael Ide, Custodian