



# THE PSALMS

*Pursuing God  
in Mountains  
and Valleys*

# *Our Worship of God*

*October 3, 2021*

*11:15 am*

*(† Indicates those who are able, please stand)*

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**Welcome**

Pastor Carol McEntyre

**Prelude**

All Things Bright and Beautiful  
Colleen Ostercamp, *organ*

arr. Burkhardt

**†Call to Worship (responsive)**

Come, all who need help.

**Our help comes from God, Maker of Heaven and Earth.**

Come, all who seek strength.

**By day and night, the lord is our keeper.**

Come, let us worship our God!

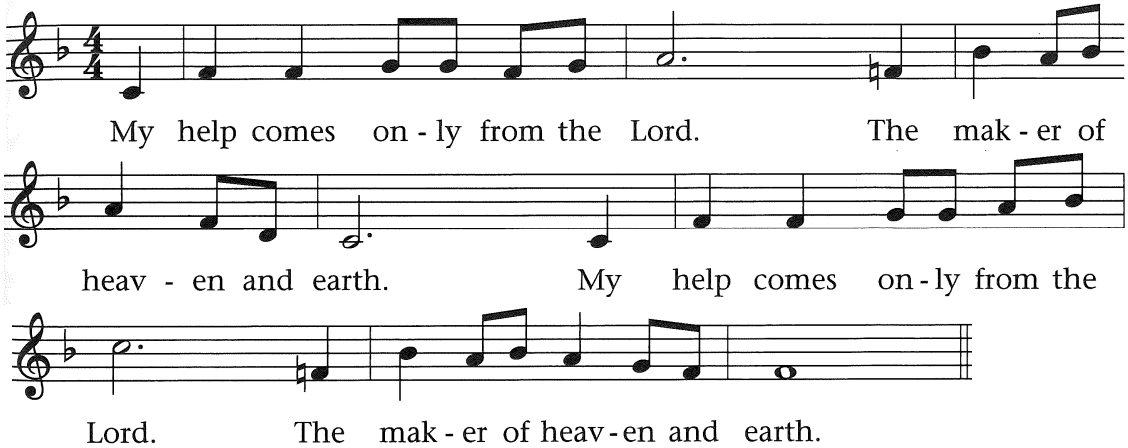
**From this time on and forevermore, we will praise our Sustainer.**

**†Opening Hymn 358**

Eternal Father, Strong to Save

**Lighting of the Christ Candle**

## Sung Refrain



My help comes on - ly from the Lord. The mak - er of  
heav - en and earth. My help comes on - ly from the  
Lord. The mak - er of heav - en and earth.

## Scripture Reading (responsive)

Norma Fair

### Psalm 121

I lift up my eyes to the hills—  
from where will my help come?  
My help comes from the Lord,  
who made heaven and earth.  
He will not let your foot be moved;  
he who **keeps** you will not slumber.  
He who **keeps** Israel  
will neither slumber nor sleep.  
The Lord is your **keeper**;  
the Lord is your shade at your right hand.  
The sun shall not strike you by day,  
nor the moon by night.  
The Lord will **keep** you from all evil;  
he will **keep** your life.  
The Lord will **keep**  
your going out and your coming in  
from this time on and forevermore.

The word of the Lord.  
**Thanks be to God.**

**Prayers of Intercession with Sung Refrain**

God our Helper,  
we thank you for keeping our lives  
always in your care and protection  
and pray for any and all who are in harm's way.  
For those walking in the midst of danger,  
for those exhausted and seeking relief,  
for those who face a mountain of worry or debt  
or any other obstacles,  
Be Guardian and Guide, we pray,  
Setting all our feet on your paths of righteousness and peace.  
God, we come bringing our own fears and concerns,  
So we pause now to bring them before you.

*My help comes only from the Lord.  
The maker of heaven and earth.  
My help comes only from the Lord.  
The maker of heaven and earth.*

We pray for those who are struggling  
with a new challenge or call,  
with a major transition in life or livelihood,  
with their faith and understanding,  
with grief, ancient or new,  
Keep in your tender care and mercy, O God,  
Holy One, we also come with struggles and threats to our wellbeing,  
So we pause in this moment to lift them to you.

*My help comes only from the Lord.  
The maker of heaven and earth.  
My help comes only from the Lord.  
The maker of heaven and earth.*

Protect not only us and those we love,  
But also the whole wide world you so love.  
In places of war, bring peace,  
in places beset by natural disaster, bring calm and restoration,  
where there is unrest and injustice, make justice our aim.  
Where hope has grown tired and thin, lift our sights,  
So that we may see hope beyond hope,  
Life beyond death,  
and you, lifted up before us.  
In the name of Christ,  
our guide through uncertain paths, we pray.  
**Amen.**

## Sharing of Our Gifts

**Anthem**

Psalm 121- A Psalm for Help  
*Chancel Choir*  
Colleen Ostercamp, *piano*  
Karen Zeferino, *guest conductor*

arr. Heather Sorenson

*I lift my eyes unto the hills,  
the hills from where my help is come.  
My help, it cometh from the Lord  
Who made heaven, heaven and earth.*

*He will not suffer thy foot to be moved,  
neither will He sleep.  
The Lord is thy keeper, The Lord is they shade.  
The sun shall not smite thee by day;  
the moon shall not smite thee by night.  
The Lord shall protect thee from ev'ry evil,  
He shall preserve thy soul forever.*

*I lift my eyes unto the hills,  
the hills from where my help is come.  
My help, it cometh from the Lord  
Who made heaven, heaven and earth. Amen.*

## Sung Refrain

*My help comes only from the Lord.  
The maker of heaven and earth.  
My help comes only from the Lord.  
The maker of heaven and earth.*

## Litany for Communion

The Holy One be with you

**And also with you**

Lift up your hearts.

**We lift them up to God.**

Let us give thanks to the One who guides our life together.

**It is our joy to offer gratitude and praise.**

God, you never promised us that the way would be clear. You have, however, created us in your image – the image of One who is Wisdom, who is Love, who is Courage. You breathed your life into us with the assurance that we have, within and around us, everything we need to be your faithful people. Though we sometimes act in disregard for your call on our collective life, still you show up with and for us, relentlessly. And so we join with all the saints who have gone before in gratitude for your abiding presence:

**Holy, holy, holy One, God of power and presence**

**All that is, is full of your glory**

**Blessed is the One who comes in the name of Love.**

Sacred is your presence and blessed is Christ with us.

Through the life of Jesus we saw an example of what it means to navigate an uncertain path, practice creative ministry, and face with courage and compassion all the barriers that work against your Spirit on the move.

Jesus lived and breathed a ministry rooted in your Love for all people. He prioritized the lives of those who are suffering and showed us what it looks like to be with and for one another, even under great distress.

Though evil attempted to silence his proclamation of an all-inclusive Kindom of God, not even death could keep Love from growing.

On the night in which he was arrested, he gathered among friends for a meal. He took bread, gave thanks to you, broke the bread and shared it with his disciples saying,

“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 the cup of the new covenant.

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

And so, in remembrance of Christ with us, and in the assurance of your Love persistent, we offer our lives, our ministries, and our church in the service of your healing work as we proclaim the mystery of our faith:

**Christ has died; Christ has risen; Christ will come again.**

Pour out your Spirit on this community and these gifts.

Make them a taste of your Kindom through Christ with us, that we might leave the Table both nourished by your love and blessed by community together.

## **Holy Communion**

### **†Hymn of Commitment 21**

How Great Thou Art

### **Life of the Church**

### **†Benediction**

As you leave this place,  
lift up your eyes to the Lord!  
The One who sent Jesus Christ,  
as salvation for all the world,  
will never desert you.

The Lord will keep your going out and your coming in,  
from this time on, and forevermore.

Go now in peace, with God's blessing.

### **†Postlude**

Uplifted Eyes  
Colleen Ostercamp, *organ*

by Baughen

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# Worship Notes

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*Eternal Father, Strong to Save*, Words: William Whiting, 1860. Music: John B. Dykes, 1861.

*God Who Made the Earth and Heaven*, Words: Reginald Heber, 1827, st. 1; William Mercer, 1864, st. 2,4; Richard Whately, 1838, st. 3, alt., 1978. Music: Traditional Welsh melody, c. 1784.

*How Great Thou Art*, ©1953, Renewed 1981 Manna Music, Inc. Words: Stuart K. Hine, 1949., alt. Music: Swedish folk melody, arr. Stuart K. Hine, 1949.

*Psalm 121: A Responsorial Setting*. From *Psalms for All Seasons: A Complete Psalter for Worship*. ©2012 Faith Alive Christian Resources.

*Prayers of Intercession*, from *Feasting on the Word*, ©2013 Westminster John Knox Press.

*Litany for Communion*, from [enfleshed.org](http://enfleshed.org)

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# Week at a Glance

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## Sunday, October 3

9:15 am Awakening Worship in the Fellowship Hall

10:15 am Spiritual Formation Hour

– Adult, Youth small groups & First Kids Sunday School

11:15 am Traditional Worship in the sanctuary and streamed online

1:30 pm Fall Church Business Meeting via Zoom

## Tuesday, October 5

1:00 pm Crafty Critters in the Conference Room and via Zoom

## Wednesday, October 6

6:00 pm The Calling in the Student Ministry Suite

6:30 pm Chancel Bells

7:30 pm Chancel Choir

## Thursday, October 7

10:30 am First Baptist Women's Zoom

## Sunday, October 10

### Guest Preacher, Rev. Dr. Wallace S. Hartsfield II

9:15 am Awakening Worship in the Fellowship Hall

10:15 am Spiritual Formation Hour

– Adult, Youth small groups & First Kids Sunday School

11:15 am Traditional Worship in the sanctuary and streamed online

3:00 pm Young Adult Second Sunday Fellowship at Shryocks Callaway Farms

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# Announcements

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## 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](http://fbc-columbia.org/guest) or use this QR code.



## Fall Church Business Meeting- Today at 1:30 pm

Today at 1:30 pm, First Baptist will gather for our Fall Business Meeting via Zoom. We will hear a financial update and the Church Council will bring forward the approved recommendations from our Stepping Toward 200 team. The Zoom link for the meeting has been sent out by email.

## Book Discussion – October 11

### *Native: Identity, Belonging, and Rediscovering God*

One of the First Baptist Summer One Reads was *Native: Identity, Belonging, and Rediscovering God*, by Kaitlin B. Curtice. If you haven't read the book yet, there's still a few weeks left before we meet to discuss it. It's a fast read with plenty to think about. We'll discuss the book on October 11, which is Indigenous People's Day. Julie Walker and Lynne Lampe will lead the conversation. Because it's hard to find a time that works for everyone, they'll hold two sessions: a brown-bag lunch at noon on the front lawn of the church or 6:30 pm via Zoom. Please choose one time and let Lynne know your choice ([llampe.editor@gmail.com](mailto:llampe.editor@gmail.com)) so she can send the Zoom link to those who need it. If the weather is bad, the noon group will meet inside the church. Hope to see you there!





**First Baptist Church**  
columbia, mo

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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*