

Calvary Church

A Reconciling Congregation



*“But Jesus rebuked him, saying,
‘Be silent, and come out of him!’”*

- Mark 1:25

January 28, 2024

4th Sunday after the Epiphany

CELEBRATION OF WORSHIP

Service of Release & Healing

GATHERING

Gathering Song: "One Love" (U2, with Mary J. Blige)

Welcome & Announcements

(also available at allmeansall.org/announcements)

- **Community Projects:** Harrington Elementary School, Grace Cafe, Sankofa Community Farm
 - allmeansall.org/community-projects
- **Bible Study:** taking book/theme suggestions!
 - Spring 2024 – timing TBD by participants
 - allmeansall.org/bible-study
- **Spring Retreat at Pendle Hill:** June 7-8 (9)
 - allmeansall.org/spring-retreat
- **Previous sermons:** allmeansall.org/sermons
- **Previous bulletins:** allmeansall.org/bulletins

Calendar

Today, 8-9 pm: Spiritual Reflection Group (weekly, through Mar 24)

- allmeansall.org/spiritual-reflection-group

Monday, Jan 29, 8-9 pm: Book Study – Poverty, by America (weekly, through Feb 19)

Tuesday, Jan 30, 12-1 pm: Midweek Prayer

- allmeansall.org/midweek-prayer

Thursday, Feb 1, 7:30-8:30ish pm: Spirituality on Tap

- Carbon Copy / 701 S. 50th St
- allmeansall.org/spirituality-on-tap

Sunday, Feb 4, 11:15 am-12:45 pm: Hybrid Worship (Communion)

Sunday, Feb 11

- **11:15 am-12:45 pm:** Hybrid Worship
- **1-2ish pm:** 2nd Sunday Potluck
 - bring a dish and/or drinks to share if you can

Wednesday, Feb 14: Ash Wednesday

- **7 pm:** Service of Ashes (*hybrid*)

Saturday, Feb 17, 3 pm: Homegoing Service for Duke Campbell (*hybrid*)

Monday, Feb 19, 11:30 am-4 pm: Roadmap to Justice – POWER Interfaith Convention (*statewide*)

- East Norriton (buses provided)
- contact Pastor Tim to join others from Calvary; register at bit.ly/roadmapforjustice

Visiting With Us?

We're glad you're here, for whatever reason you chose to join us! We strive to make our worship space (in-person and virtual) as welcoming and accommodating of different needs as possible. If you have any questions, concerns or suggestions, please contact Pastor Tim.

Calvary Email List

If you're not on the Calvary email list and want to be, or think you are but aren't seeing emails from us, please contact the church office or sign up online. Our **Calvary Connections e-newsletter** goes out every Thursday night.

CENTERING & CONNECTING

Breathing Our Way In / Breath Prayer

Singing Our Way In: "May I Be Empty" (*Batya Levine*)

May I be empty

And open to receive the light

May I be empty

And open to receive

May I be full ...

Call to Worship (*Beth Merrill Neel – adapted*)

One: Into this world we are born,

ALL: into the beauty and sorrow of everyday life.

One: Into this day we awake,

ALL: into possibility and the unknown.

ALL: Into this church, this community, we are welcomed,

ALL: into God's grace and each other's truth.

One: So with gratitude and praise, let us worship our God,

ALL: we who are called and we who are loved. Alleluia!

Alleluia!

Opening Song: "My Gratitude Now Accept, O God
(Gracias, Señor)" (TFWS #2044, Rafael Montalvo)

My gratitude now accept, O God,
for tender care that you provide;
for your abundant faithfulness.
Endless is your supply.

From all your bounty I give to you;
for all the blessings you impart.
Receive this offering I bring.
Receive my joyful heart.

I bring to you all my love and praise.
I glorify and bless your name.
Let me adore you, Holy One,
with every breath I take.

All that is living belongs to you;
all that I am in your hands kept.
From the abundance of your hand,
gifts from the heart accept.

Offering Ourselves & Our Gifts / Passing the Peace

One: The peace of God be with you.

ALL: And also with you.

GROUNDING

Community Prayer (Steve Garnaas-Holmes – adapted)

God of healing, we don't often know what burdens
others carry, what demons they silently wrestle with, what

triumph it may be for them just to appear normal, to be decent, to show up. We don't often know another's inner story, its shadowed places, its destructive voices, its villains.

Give us compassion for each person, aware that spirits haunt us all. Give us grace to bless and not to judge, to heal and not to hurt, even those who invite hurting. And free us from our own demons, our egos and all that binds us, stifles us, divides us. Free us from all that keeps us from experiencing and embracing the divine in ourselves and in each other. Open us up to your healing love and to life made new. Amen.

Silent Prayer

Special Music

Scripture Lesson: Psalm 111

Praise the HOLY ONE! I will give thanks to the HOLY ONE with my whole heart, in the company of the upright, in the congregation. **2** Great are the works of the HOLY ONE, studied by all who delight in them. **3** Full of honor and majesty is God's work, and God's righteousness endures forever. **4** God has gained renown by God's wonderful deeds; the HOLY ONE is gracious and merciful. **5** God provides food for those who fear God; God is ever mindful of God's covenant. **6** God has shown God's people the power of God's works, in giving them the heritage of the nations. **7** The works of God's hands are faithful and just; all God's precepts are trustworthy. **8** They are established forever and ever, to be performed with faithfulness and uprightness. **9** God sent redemption to God's people; God has commanded God's covenant forever. Holy and awesome is God's name. **10** The fear of the HOLY ONE is the beginning of wisdom; all those who practice it have a good understanding. God's praise endures forever.

Choral Alleluia *(UMH #186, Jerry Sinclair)*

Scripture Lesson: Mark 1:21-28

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. **22** They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. **23** Just then there was in their synagogue a man with an unclean spirit, **24** and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." **25** But Jesus rebuked him, saying, "Be silent, and come out of him!" **26** And the unclean spirit, convulsing him and crying with a loud voice, came out of him. **27** They were all amazed, and they kept on asking one another, "What is this? A new teaching – with authority! He commands even the unclean spirits, and they obey him." **28** At once his fame began to spread throughout the surrounding region of Galilee.

One: The word of God for the people of God.

ALL: Thanks be to God!

Choral Alleluia

HEALING

Silent Prayer & Meditation

Guided Meditation

Ritual of Release & Healing

"Release" *(Keith Merrill)*

Prayer

Song: "May I Be Empty" *(Batya Levine)*

May I be empty

And open to receive the light

May I be empty
And open to receive
May I be full ...

SHARING

Prayers of the People / Joys & Concerns

“Thanks be to God” or “God, hear our prayer”

Sung Response (*tune: UMH #418, African American spiritual / lyrics: John Pritchard*)

Hold us, heal us, living Spirit;
every hurt, each joy—please hear it.
Pour your life and love into us;
make us yours, we pray.

ENGAGING

Closing Song: “May You Run and Not Be Weary” (*tune & refrain: UMH #525, Charles Albert Tindley / lyrics: TFWS #2281, Paul Murakami & Handt Hanson*)

May you run and not be weary.
May your heart be filled with song.
And may the love of God continue
to give you hope and keep you strong.
And may you run and not be weary.
May your life be filled with joy!
And may the road you travel always lead you home.

**By and by, when the morning comes,
when the saints of God are gathered home,
we’ll tell the story how we’ve overcome,
for we’ll understand it better by and by.**

Benediction

Singing Our Way Out: “Let the Church Say Amen” (*Andraé Crouch*)

Let the church say, “Amen” (*repeat*)
God has spoken, let the church say, “Amen”

Calvary United Methodist Church

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Norris Person (accompanist): music@allmeansall.org

