

# Calvary Church

*A Reconciling Congregation*



*"... but those who wait for  
the Holy One shall renew their  
strength; they shall mount up  
with wings like eagles; they  
shall run and not be weary;  
they shall walk and not faint."*

**- Isaiah 40:31**

**May 21, 2023**

*7<sup>th</sup> Sunday of Easter*

# CELEBRATION OF WORSHIP

## Service of Centering & Healing

Asian Pacific American Heritage Month

Jewish American Heritage Month

Mental Health Awareness Month

### GATHERING

**Prelude:** "Don't Be Afraid" (Ana Hernandez & Fran McKendree)

*You're invited to be in silence during the Prelude,  
as we transition together into this sacred time and space.*

### **Welcome & Announcements**

(full Announcements available at [allmeansall.org/announcements](http://allmeansall.org/announcements))

- **New Sanctuary Movement wish list for newly arriving immigrants:** [tinyurl.com/nsm-wish](http://tinyurl.com/nsm-wish)
- **Bread & Roses Gender Giving Project (Fall 2023):**
  - [tinyurl.com/gender-justice](http://tinyurl.com/gender-justice)
- **Worship volunteers:** sign up at [tinyurl.com/worship-help](http://tinyurl.com/worship-help)

### Calendar

#### **Today, May 21**

- **1 pm:** Meeting to plan Greg's celebration (Sep 10)
- **7:30-8:30 pm:** Spiritual Reflection Group
  - [allmeansall.org/spiritual-reflection-group](http://allmeansall.org/spiritual-reflection-group)

#### **Tuesday, May 23**

- **12-1 pm:** Midweek Prayer
  - [allmeansall.org/midweek-prayer](http://allmeansall.org/midweek-prayer)
- **7 pm:** Finance Committee

#### **Sunday, May 28, 11:15 am-12:45 pm:** Hybrid Worship

- PLEASE NOTE that we are no longer doing virtual-only worship the last Sunday of the month

#### **Saturday, Jun 3 (with overnight option Jun 2 and/or 4):**

Spring Retreat – Seasons of the Spirit

- Cranaleith Spiritual Center (NE Philly)
- **May 26:** deadline to register/pay
- [allmeansall.org/spring-retreat](http://allmeansall.org/spring-retreat)

## Sunday, Jun 4

- **9-9:30 am:** Virtual Worship *(no in-person option)*
- **10:30 am-7 pm:** Philly Pride March & Festival
  - beginning at 5<sup>th</sup> & Arch
  - [allmeansall.org/pride](http://allmeansall.org/pride)
  - contact Pastor Tim to join others from Calvary

## Wednesday, Jun 7: POWER for a Moral Budget – Advocacy & Action Day

- PA State Capitol (Harrisburg)
- details/register at [tinyurl.com/power-harrisburg](http://tinyurl.com/power-harrisburg)
- also pre-trip training: **Wednesday, May 31, 6:30-8 pm**

## 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:** "Arms of Love" *(Alexa Sunshine Rose)*

Come now child lay it down,  
just breathe, just be.

Come be cradled in the arms of Love,  
just breathe, just be.

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

One: Joy, wonder, delight –

**ALL: Doubt, peace, restlessness –**

One: Sorrow, anxiety, pain –

**ALL: Confidence, contentedness, hope:**

One: We lay our hearts, full of these things, before God.

**ALL: Unburdened and awaiting, let us worship God, our refuge and our strength. Alleluia! Alleluia!**

**Opening Song:** “Come and Find the Quiet Center” (TFWS #2128, tune: B.F. White / lyrics: Shirley Erena Murray)

Come and find the quiet center  
in the crowded life we lead,  
find the room for hope to enter,  
find the frame where we are freed:  
Clear the chaos and the clutter,  
clear our eyes that we can see  
all the things that really matter,  
be at peace, and simply be.

Silence is a friend who claims us,  
cools the heat and slows the pace,  
God it is who speaks and names us,  
knows our being, touches base,  
making space within our thinking,  
lifting shades to show the sun,  
raising courage when we're shrinking,  
finding scope for faith begun.

In the Spirit let us travel,  
open to each other's pain,  
let our loves and fears unravel,  
celebrate the space we gain:  
There's a place for deepest dreaming,  
there's a time for heart to care,  
in the Spirit's lively scheming  
there is always room to spare.

**Offering Ourselves & Our Gifts / Passing the Peace**

One: The peace of God be with you.

**ALL: And also with you.**



## **GROUNDING**

### **Community Prayer** *(RevGalBlogPals – adapted)*

God of love, God of life, God of hope, God of refuge,  
God of all, lift us on your love like eagle's wings. Sustain us.  
Guide us. Heal us. Then send us forth into the world, that  
we may love as you love. Amen.

### **Silent Prayer**

### **Special Music**

#### **Scripture Lesson:** Psalm 61:1-5

Hear my cry, O God; listen to my prayer. **2** From the end of the earth I call to you, when my heart is faint. Lead me to the rock that is higher than I, **3** for you are my refuge, a strong tower against the enemy. **4** Let me abide in your tent forever, find refuge under the shelter of your wings. **5** For you, O God, have heard my vows; you have given me the heritage of those who fear your name.

### **Choral Alleluia**

#### **Scripture Lesson:** Isaiah 40:27-31

Why do you say, O Jacob, and assert, O Israel, "My way is hidden from the Holy One, and my right is disregarded by my God"? **28** Have you not known? Have you not heard? The Holy One is the everlasting God, the Creator of the ends of the earth. God does not faint or grow weary; God's understanding is unsearchable. **29** God gives power to the faint and strengthens the powerless.

**30** Even youths will faint and be weary, and the young will fall exhausted, **31** but those who wait for the Holy One shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

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

**ALL: Thanks be to God!**

# Choral Alleluia

## Prayer for Healing

### Silent Prayer & Meditation

"Arms of Love" (*Alexa Sunshine Rose, Shimshai & Aimée Ringle*)

**Prayer:** "Prayer at the Threshold" (*Jan Richardson*)

**Song:** "Come and Find the Quiet Center" (*UMH #400, tune: anonymous / lyrics: Shirley Erena Murray*)

Come and find the quiet center  
in the crowded life we lead,  
find the room for hope to enter,  
find the frame where we are freed:  
Clear the chaos and the clutter,  
clear our eyes that we can see  
all the things that really matter,  
be at peace, and simply be.

Silence is a friend who claims us,  
cools the heat and slows the pace,  
God it is who speaks and names us,  
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## **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:** “On Eagle's Wings” (*UMH #143, Michael Joncas*)

And God will raise us up on eagle's wings,  
bear us on the breath of dawn,  
make us to shine like the sun,  
and hold us in the palm of God's hand.

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# Calvary United Methodist Church

*at the intersection of 48<sup>th</sup> & Baltimore / spirituality & justice*

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**Norris Person** (accompanist): [music@allmeansall.org](mailto:music@allmeansall.org)

