

The Spiritual Pyramid

A Guide to Holy Choices

Recommended by Bishop Sally Dyck

Retreats

8 to 16 hours per year

Worship

1 to 2 hours per week

Small Group Discipleship

2 hours per week

Service and Outreach

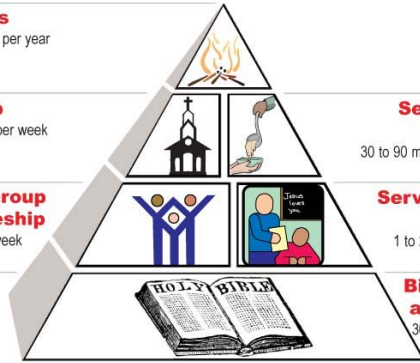
30 to 90 minutes per month

Service in the Church

1 to 2 hours per week

Bible Study and Prayer

30 minutes per day



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507-289-4019

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8:00 am – Worship and Communion
in the Chapel
9:00 am – Worship in the Sanctuary
11:15 am – Emergent Worship in the
Education Conference
Center

email@cumethodist.com

To Live, Love and Serve as Jesus Teaches
An inclusive church where all are welcome!

May 24 2009

11:15 am

Today at Emergent Worship

Gather:

Hymn Sing

Welcome

Music of the Day

Centering

Encounter God's Word:

Word: Psalm 29

Message: "Draw Me a Picture"

Holy Communion

Sharing our Joys, Concerns, Offerings and Prayers

Prayers of the People

ReEntering:

Song of Sending

Blessing

Discover God A Retreat for All

*Are you looking for a way to deepen your
relationship with God and with other people?*
Join us for 24-hours to discover God in new ways.

- **Discover God at Work:** in the world, in your home, and in your office.
- **Discover God in You:** Learn more about your creative gifts from God.
- **Discover God's Voice:** Explore different ways to listen for God.

June 19-20, 2009 5pm-5pm.
(Suggestion: \$20/family)

Register with Pastor Amanda.

Welcome to Emergent Worship

Emergent worship comes from within the community. The origin of the word liturgy is *leitourgia* (in ancient Greek), “work of the people.” Emergent worship is liturgy. Members of our community provide the ideas for this service.

Each service has several elements that do not change from week to week. We take time to center ourselves and we take time to reenter the world. Other parts of the service change each week, especially how we connect to God’s words.

“The Spiritual Pyramid” We all know about the food pyramid, showing us how we should eat more vegetables than fat. What about a Spiritual Pyramid? What are the building blocks for a well-rounded relationship with God? Join us in worship at 11:15 in June as we look at Worship, Bible Study and Prayer, Retreats, and Small Groups and how they help us stay in love with God.

Children are invited to sit in the front (near the action!) We have a clean place for crawlers. We do have nursery care for children through age three. However, we encourage children to worship with us. When they cry, or giggle, or shout “ba!” they remind us to praise God in all things. Quiet toys are available outside the sanctuary in worship bags. Coloring supplies are in the “loft.” Our Children have created a behavior covenant that they live into together.

Centering Breath One of the Hebrew words for Spirit is *ru’ah*, which is also translated as breath. Our centering breath ritual enhances our participation, sets our intention, and focuses our

thoughts. This helps us to be fully present for anything, including worship.

Music for this service today is offered by Jeff Daehn. Please contact Pastor Amanda to share your musical gifts with our community.

Offering We take an offering in gratitude to God for what God is doing in our lives. This occurs during the joys and concerns because it is a joy to have gifts to share.

Visuals Each week we use different visuals to connect people to worship. This month we’ve created a “spiritual pyramid” of feeding your spiritual life. Each week you will be invited to add to the pyramid.

Encountering the Word of God is the central portion of this service. We encounter God’s words in many ways and in many places throughout the week. It is at this point in worship we are especially attentive to listening to God’s words *for us*.

ReEntering We take time at the end of the service to ReEnter the world of our daily lives. On a good day we leave as changed people. We share a blessing with one another to transition into a time of Christian fellowship.

If you are interested in being a part of the planning team (no meetings required!) or have comments about this service, please contact Pastor Amanda at amanda@cumethodist.com, or 289.4019 x 111.