

Food Rules from Michael Pollan

Eat food cooked by humans, not corporations.

If it came from a plant, eat it; if it was made in a plant, don't.

Eat animals that have themselves eaten well.

Pay more, eat less.

Eat your colors.

Don't eat breakfast cereals that change the color of the milk.

Serve a proper portion and don't go back for seconds.

Stop eating before you're full and try to eat only to 67 to 80 per cent capacity.

Eat all the junk food you want as long as you cook it yourself.

Treat treats as treats.



8:00 am – Worship and
Communion in the Chapel
9:00 am – Worship in the Sanctuary
11:00 am – Emergent Worship in the
Education Conference Center
6:15 pm Wednesday Worship

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

January 31, 2010

11:00 am

Today at Emergent Worship

Gather:

Gathering Music

Welcome

Encounter God's Word:

Centering

Word: Luke 2:41-52; Mad Libs Theater

Message: Grain Offering

Sharing Joys, Concerns, Offerings

Sacrament of Baptism

Prayer

ReEntering:

Sending Music

Blessing, Closing Music

Welcome to Emergent Worship

Emergent worship comes from within the community. The origin of the word liturgy is λειτουργία (leitourgia in ancient Greek), “work of the people.” Emergent worship is liturgy. Members of our community provide some of 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 and the music we use to praise God.

Worship in February will take a look at what it means to be inclusive. Hospitality is one aspect of inclusivity, but being really inclusive means so much more. Join us as we think through how God helps us to include the incredible, the exile, those who are different, and the crowd.

Children are invited to sit in the front (near the action!). 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 Daria Koon, Aaron Mead and Ric Owen. If you are interested in being a part of music for this worship service, please speak to Pastor Amanda.

Offering We take an offering in gratitude to God for what God is doing in our lives.

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.

Visuals The shawls around the worship space were created by the children of Christ Church during Sunday School. As part of their study of “Jesus in the Temple” they talked about prayer life and made prayer shawls.

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.