

Welcome to Christ UMC. We are glad you are here!

Children are always welcome in worship. Our nursery is adjacent to the church office. Activity packs are available near the Sanctuary entrance. There are always two adults in our nursery.

You may stay with your child if you like.

Family Promise Rochester Donation Drive Family Promise is in need of some everyday staples! A full printed list can be found in the Commons and online at <https://www.cumethodist.com/family-promise-mayjune-2023-offering>.

Summertime Dinner & Lunch Bunch Signups is today, May 14 between the 9:00 and 11:00 services in the Commons. Summer groups will offer those who go South for the winter and those who may find more availability in summer the opportunity to participate. Questions? Contact Marjie Blaisdell 507-269-7637 or mablaisdell@gmail.com or Mary Schmidt 507-254-5216 or oronocombs@yahoo.com.

Third Sunday Forum Sunday, May 21st at 10am in Wesley Hall and Zoom. Presenting "Trash Talk: Finding the Proper Place for Your Waste in Olmsted County" Presenter: Anthony Wittmer, Communications Specialist, Olmsted County Environmental Resources.

Rochester Pride CUMC is one of the sponsors for Pride and will once again have a booth at the Soldier's Field Pride Festival on May 20th from 12:00 pm - 5:00 pm. We're looking for volunteers to staff our booth in shifts throughout the day. Contact the church if you can help!

Pride After Party for Tweens/Teens We are also recruiting volunteers for the Pride After Party for Tweens and Teens. [Contact](#) Pastors Jenny & Kirkland for more information. Donations for the After Party for Tweens and Teens will also help ensure everyone who attends this event is able to fully participate.

Help Us Read Scripture in Multiple Languages on May 28 On Sunday, May 28 we will celebrate Pentecost, commonly referred to as the "church's birthday." We're looking for a group of people to read Acts 2:1-21 in multiple languages. [Contact](#) Pastor Jenny if you are interested.

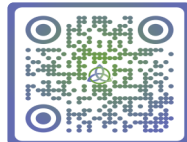
Lay Visitor Training May 20, Room 145, 8:30am-12pm for singles, couples and families to provide CUMC connection to our homebound members. Topics: holy listening, a caring presence, praying, practical tips. Pre-registration recommended with [Pastor Nancy](#).

Are you graduating this spring? We will be celebrating our high school graduates in worship on June 4 during both worship services. We would like to honor all of our graduates (high school, college, certificate programs, etc) in the June newsletter. If you are a spring 2023 graduate, please let Samantha know (samantha@cumethodist.com) your name, the program you've completed and any future plans. If you have a quote that helps guide you, feel free to share that as well.

Apply for the CUMC Foundation's 2023 College Scholarship The Barbara Griffiths Peterson Memorial Scholarship supports students entering their second year or beyond of undergraduate studies at a college or university. This scholarship provides \$1,000 for a member of the CUMC community who meets the eligibility requirements. Visit cumethodist.com/foundation for the application and to learn more. Deadline to apply is June 28th.

Handbells Without Commitment! Do you enjoy hearing handbells in service? Have you ever considered trying bells? Try a Handbell Test Drive—three weeks to try bells, no commitment required. June 4, 11, and 18. 10:15-11am in the bell room. No experience required, all ages welcome! Email paul@cumethodist.com by June 4th.

SCAN TO GIVE



To scan a QR code, use your cell phone camera, aim at the picture (left), and tap the link that appears. Give in-person or online at cumethodist.com/give

CHECK IN & CONNECT WITH US!

Thanks for worshipping with us! Scan the QR code and let us know you're here!



Christ United Methodist Church
Creating committed Christ followers for the transformation of the world.



9:00am Traditions Worship

May 14, 2023

Sixth Sunday of Easter

NEW YORK TIMES BESTSELLER

REST IS
RESISTANCE

A MANIFESTO

TRICIA HERSEY

FOUNDER OF

THE NAP MINISTRY

"Essential... Rest is a necessary step in reclaiming our power to resist systemic oppression."
—IBRAM X. KENDI, author of *How to Be an Antiracist* and *Stamped from the Beginning*

We welcome you and name the sacred power of the
Wahpeton people on whose land we stand

Christ United Methodist Church

With open hearts, open minds and open doors, we welcome people of all races, nationalities, theologies and abilities.

We welcome people of all sexual orientations and gender identities.

We offer a safe and compassionate place to reconcile faith, identity, hope, understanding and mutual respect.

Prelude "Gabriel's Oboe" John Varona, Piano
by Ennio Morricone Karla Sukov, Oboe

Welcome Rev. Jenny Cannon, Rev. Kirkland Reynolds

+Morning Prayer

***Hymn** "Your Love, O God" UMH 120
vs 1,2,4

Children's Choir "Count on Me" Karla Sukov

Children's Message Jody Peterson

Invitation to Give

Musical Offering "Shall We Gather at the River" Chancel Choir
arr. John Carter

Shall we gather at the river, where bright angel feet have trod;
With its crystal tide forever flowing by the throne of God?

*Yes, we'll gather at the river, the beautiful, the beautiful river,
Gather with the saints at the river that flows by the throne of God.*

Ere we reach the shining river, lay we every burden down,
Grace our spirits will deliver and provide a robe and crown.

Deep river, my home is over Jordan,
Deep river, I want to cross over into campground.
Soon we'll reach the shining river, soon our pilgrimage will cease,
Soon our happy hearts will quiver with the melody of peace.

***Doxology** UMH 94

Praise God from whom all blessings flow; Praise God, all creatures here below: Alleluia! Alleluia!
Praise God, the source of all our gifts! Praise Jesus Christ, whose power uplifts! Praise the Spirit, Holy Spirit!
Alleluia! Alleluia! Alleluia!

Prayer of Dedication Rev. Nancy Wheeler Handlon

Pastoral Prayer

Hearing the Word Psalm 23

***Hymn** "Come and Find the Quiet Center" TFWS 2128

Hearing the Word Mark 4:35-41

Message "Rest is Resistance & Resurrection" Rev. Jenny Cannon

Practicing Rest "Breathe on Me Breath of God" UMH 420
v 3

+Prayer of Response

***Hymn** "In Unity We Lift Our Song" TFWS 2221

Connections & Next Steps

Benediction

Postlude Toccata on "In Unity We Lift Our Song" John Varona, Organ
arr. John Varona

We invite you to join us for coffee and conversation after today's worship service

You are welcome to remain seated or to depart during the postlude
*indicates please stand as you are able

+Morning Prayer adapted from Dr. Sandra Dalton-Smith
+Prayer of Response adapted from Iona Abbey Worship Book pg. 57

Altar flowers provided by Ann Roering, in Memory of her oldest son, Bryan & husband Lad

In Memory & Honor of All Mothers

Congregational Prayers

- Blessing prayers for the healing work of nurses
- For Karen Frank on the death of her nephew Javon Kunkel May 3
 - Gratitude for mothers and mothering
- Comfort for those who experience sadness on Mother's Day
 - Victims of gun violence
 - Gratitude for educators