

## ORDER OF WORSHIP

### WELCOME

### OPENING SONG

*Come and Find the Quiet Center*

### SHARING THE PEACE OF CHRIST

### NEW MEMBERS JOIN

*Kelly Bock, Joe Keefe, John Matulis,  
Katie King & Frankie Matulis*

### CHILDREN'S MESSAGE

*After the children's message, Pre-K - 3rd graders may join Ms. Amanda for Sunday school. Nursery care is available for children 5 and under in the Nursery.*

### PRAYERS OF THE PEOPLE

*Scan QR code to submit your prayers to display on screen during worship*



### INVITATION TO OFFERING

*Three Little Birds*

### SCRIPTURE

Psalm 23  
Mark 4:35-41

### MESSAGE

"Rest is Resistance & Resurrection"  
Pastor Jenny Cannon

### HOLY COMMUNION

*Lay it Down Slow*

*All are welcome to receive communion, which is served with bread and nonalcoholic grape juice. Gluten free also available.*

### PRAYER OF GRATITUDE

### CLOSING SONG

*Come as You Are*

### CONNECTIONS & NEXT STEPS

### BLESSING

### 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

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

**Children in Worship** Children are always welcome in worship. Activity packs are available near the Sanctuary entrance.

Our nursery is adjacent to the church office. 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](mailto:mablaisdell@gmail.com) or Mary Schmidt 507-254-5216 or [oronocombs@yahoo.com](mailto:oronocombs@yahoo.com)

**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.

EVENT PRESENTED BY: Rochester Pride

**AFTER PRIDE PARTY**

For Tweens/Teens Ages 12-18

Saturday, May 20, 5pm-10pm

Old School Entertainment Co.  
27 9th St SE, Rochester, MN 55904

\$10 for pizza, a beverage, & unlimited arcade play + 15 minutes of axe-throwing\*\*

\$15 for pizza, a beverage, unlimited gameplay, + 15 minutes of axe-throwing\*\*

50% OF PARTY PROCEEDS GO TO THE TREUOR PROJECT

Thank you to our Sponsors!

\*\*Axe must be signed for axe-throwing\*\*

**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.

Call the church office: (507) 289-4019  
or email us: [email@cumethodist.com](mailto:email@cumethodist.com)

**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](#).

**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

**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](mailto: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](http://cumethodist.com/foundation) for the application and to learn more.

**Handbells Without Commitment!** Do you enjoy hearing handbells in service? Have you ever considered trying bells? A little afraid to commit? 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! Questions? Email [paul@cumethodist.com](mailto:paul@cumethodist.com).

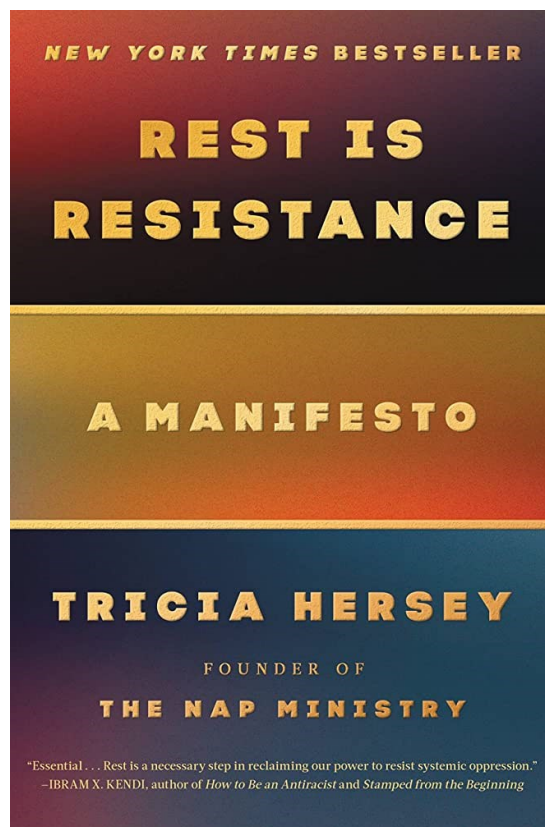


**CHECK IN & CONNECT WITH US!**

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



**11am Arise Worship**  
**May 14, 2023**  
**Sixth Sunday of Easter**



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.

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