



**February 7, 2021**

***Twin Towers United Methodist Church***

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## WORSHIP GUIDE

*Before you begin your time of worship, find a comfortable place to be and gather whatever you might need: your Bible, candles, something to write on and with, your computer/connected device (if you intend to listen to music online), etc. Feel free to adapt this worship guide in any way that makes best sense to you and those you might be gathered with. (Consider inviting someone – a friend, a family member – to worship with you.) Commit to spending the next hour with God.*

**PRELUDE** - Listen and sing along to a song or hymn that blesses and centers your spirit!

### **WELCOME –**

Gather us in, the brokenhearted and the joyful

**Gather us in, the weak and the strong.**

Gather us in, the fearful and the brave.

**Gather us in, the young and the old.**

Gather us in, to sing of God's works.

**Gather us in, to praise Jesus Christ.**

Gather us in, to worship and wonder.

**Gather us in, to know of God's love.**

### **CENTERING HYMN – “Come and Find the Quiet Center”, TFWS 2128**

Listen here: <https://www.youtube.com/watch?v=FIBESGQi4xo>

1. 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.  
making space within our thinking,  
lifting shades to show the sun,  
raising courage when we're shrinking,  
finding scope for faith begun.
2. 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,
3. 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.

## CENTERING PRAYER –

Loving God,  
whose touch can heal the broken places of life,  
touch us today...

God of peace,  
whose spirit of peace can quiet our spirits  
of confusion and despair,  
reassure us today...

Forgiving God,  
whose call to repentance promises grace upon grace,  
place your mercy in our souls today...

You who heal the sick and liberate the imprisoned,  
who bring justice in the midst of oppression  
and strength in the midst of weakness,  
pour out your spirit of power upon us today.

Open our hearts to new faithfulness,  
redirect our waywardness,  
and hold us gently in your goodness.

We confess our need to you,  
and we turn to you with hearts filled with hope,  
remembering the promises you have made to us.

May your name be glorified in us and through us.  
We ask it through Christ Jesus, your only begotten son, he who is our Lord and our Saviour,  
our brother and our friend. **Amen.**

## SCRIPTURE - **Mark 1:29-39** / NRSV

<sup>29</sup> As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. <sup>30</sup> Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. <sup>31</sup> He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

<sup>32</sup> That evening, at sunset, they brought to him all who were sick or possessed with demons. <sup>33</sup> And the whole city was gathered around the door. <sup>34</sup> And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

<sup>35</sup> In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. <sup>36</sup> And Simon and his companions hunted for him. <sup>37</sup> When they found him, they said to him, “Everyone is searching for you.” <sup>38</sup> He answered, “Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do.” <sup>39</sup> And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

This is the Word of God for the People of God. **Thanks be to God!**

**LISTEN** - *Today’s sermon was shared by P. Bob Hardman.*

You are invited to meditate on the scripture:

- Imagine that Jesus comes to your side, takes your hand, and lifts you up. What would you like to share with him?
- We read that “all who were sick or possessed with demons” were brought to Jesus. Jesus then “cured them.” Who and what would you like to bring before Jesus for healing and restoration today? Spend some time talking with Jesus.
- P. Bob invited us to consider that into the brokenness of the world, God’s good news and kingdom break forth. How do you see this happening today? Spend some time lifting up these sightings of God’s grace and presence.
- We are called to be healers and reconcilers, just like Jesus. Pray for awareness and courage to do so this coming week. If you are not ready to pray for awareness and courage, pray for openness to God working in you.

**PRAYERS of the PEOPLE** – *Spend time in prayer. What did you hear for yourself through today’s scripture and reflection? Talk to God about it. Then lift up the joys and concerns that are in your heart. You might write them down, speak them aloud, or pray them in silence.*

*I would be honored to pray with you and for you.*

*Please send a note via text, mail, or email or give me a call if I can do so.*

**SHARING OUR GIFTS**– *How might you offer yourself and all that you have to God this week? How are you being invited to practice generosity? Spend a moment listening for God’s direction.*

*You are invited to contribute financially towards the purpose and ministry of TTUMC. We are a congregation committed to being conduits of God's healing in our neighborhood and beyond, and in so doing, impact the last and the least. You can contribute by mailing in a check, dropping off cash, or giving online via PayPal (visit [www.twintowersumc.org](http://www.twintowersumc.org)). Take a moment and do that now. Please also be sure to return your Stewardship Response Card via mail or online [here](#) today!*

**CLOSING HYMN - "I'm So Glad Jesus Lifted Me" TFWS 2151**

Listen here: <https://www.youtube.com/watch?v=5-qRz8uEz3s>

I'm so glad, Jesus lifted me (x3)

Singing glory hallelujah, Jesus lifted me

2. When I was in trouble, Jesus lifted me. (x3)

Singing glory hallelujah, Jesus lifted me

**BENEDICTION** - Jesus has indeed lifted each of us! Thanks be to God!

Friends, new life beckons, peace holds out its arms!

Begin your week knowing that you are walking straight into the embrace of God.

**NOW GO AND PASS CHRIST'S PEACE!**

**NEXT WEEK'S SCRIPTURE:** Mark 1:40-45

Please note these gentle reminders and warm invitations:

- **The Community Health Study & Action Team** gathers the first Saturday of each month (**Feb. 6th**) at 3:30 p.m. If you were inspired and activated by our recent "Wear a Mask" Sunday worship, please connect with Fred for the Zoom link.
  - **100 Day Mask Challenge** - it's not too late to take action by reaching out to friends, family, and community as we do our part to "crush the curve" of the pandemic.
  
- **Lent is just around the corner!** Our worship theme this year, "Roll Down, Justice", invites us to take seriously our profession of faith - to turn from sin, to accept God's power for the work of transformation, and to work collectively towards God's reign. This will be a rich season as we bring our full intention to return to the heart of God and (re)commit to transforming the world. Here are a few special things to note:
  - Lent begins on **Ash Wednesday, Feb. 17th**. We will gather for a special service at 7:00 p.m. (Zoom info to follow)
  
  - **Lent @ Home Bags** are being prepared as we speak! Stop by the church office and pick up a bag *full* of Lenten goodies: a Lenten Discipline Commitment Card, a beautifully printed Profession of Faith, a special Lenten Devotional (*Words for the Weary, Embracing the Lenten Season after a Challenging Pandemic Year*) written by a friend of our community, Ann Naffziger, a small vial of ashes, a Good Friday candle, and yes, even some Shrove Tuesday chocolates! These will be available for pick up starting Monday, Feb. 8th through Sunday, Feb. 14th between 10:00 a.m. and 2:00 p.m. (1411 Oak St. Ring the doorbell!) Please consider calling a friend or elder in our community and picking a bag up for them!
  
  - **Weekly "Roll Down, Justice" Quick Sessions** - Each Sunday, at 11:15 a.m., we'll connect with justice-makers in our community to learn about their work and listen for how we might get involved. Quick Sessions will be.....quick and last no longer than 40 minutes!
  
- **Police Reform Community Input** - in the aftermath of George Floyd's murder, Laura Fries volunteered to take part in a community-led process in Alameda to make recommendations to the City about the future of policing and systemic racism here. Please find the preliminary recommendations being made [here](#). Laura invites and encourages all to then complete a community survey [here](#).