



*The Storm on the Sea of Galilee by Rembrandt, 1632.*

**June 13, 2021**

Miracles III / The Voice that Calms and Carries Us

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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** – <https://spaciousfaith.com/>

We gather together in this place of peace . . .

**Why are we afraid?**

As storms buffet

**Why are we afraid?**

As nations rage

**Why are we afraid?**

As relationships crumble

**Why are we afraid?**

As illness exhausts us

**Why are we afraid?**

As finances fail

**Why are we afraid?**

As violence threatens

**Why are we afraid?**

Have we no faith?

**We do have faith.**

We do believe.

**Lord, help our unbelief.**

Jesus says, “Peace! Be Still!”

**So let us worship God.**

**OPENING PRAYER** - <http://www.worldprayers.org/>

God,

You are the sea on which we float,

You are the wind that fills our sails,

You are the storm that buffets us,

You are the calm that brings us peace.

Open our ears to hear Your word,  
Open our eyes to see Your beauty,  
Open our hearts to be warmed by Your presence and love.

Free us from our fear and all that keeps us bound,  
And make us over, day by day,  
into bearers of Your peace. Amen.

**OPENING HYMN - Make Us Holy, Make Us Whole, URW 160**

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

In your love, make us whole  
May we rest in your compassion  
On the long, weary stroll,  
In the warmth of your love,  
may your peace fill our hearts

May we know the love of Jesus.  
By your grace, you console,  
make us holy, make us whole.

**SCRIPTURE - Mark 4:35-39**

<sup>35</sup> On that day, when evening had come, [Jesus] said to [the disciples], “Let us go across to the other side.” <sup>36</sup> And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. <sup>37</sup> A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. <sup>38</sup> But [Jesus] was in the stern, asleep on the cushion; and they woke him up and said to him, “Teacher, do you not care that we are perishing?” <sup>39</sup> He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm.

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

**LISTEN** - *During our current worship series, members of the Healing Prayer Team are sharing their insights on the scripture story and their faith experiences with us. Today, **Yan Wang** shared her story.*

Imagine yourself with eleven other disciples in a boat with Jesus on the sea of Galilee. A storm suddenly appears from nowhere. You battle with the wind, fight the sail, and toss water out of the boat to keep it from capsizing. Water keeps coming in faster and faster. What should you do? You hear a voice saying that Jesus always knows what to do. Picture yourself rushing to wake

Jesus. Jesus woke up and saw the fear in your eyes, heard the worry in your voice. Then Jesus rebuked the wind. His voice was not irritable, scolding, or angry. Instead, he spoke with calm, compassion, and authority saying, “Peace. Be still!” Picture yourself watching the wind and sea calm instantly and feeling a great peace inside of yourself. As Flora Wuellner pointed out, Jesus not only calmed the raging storm and soothed the panic of his friends, He also implanted a vibrant peace in their hearts resulting in cleansed and creative energy. Do you feel that energy?

The pandemic is like the storm. It came from nowhere all the sudden and the entire world was thrown into a panic. The winds of fear and waves of anger overwhelmed many of us. At times, it felt as if our lifeboat was sinking. Now vaccines seem to have given many folks hope that the pandemic will be over and our lives will be normal again.

Sadly, in the midst of COVID, we were all confronted with other catastrophes including police-related killings of our citizens and community violence against our Asian citizens. Once again, the winds of fear and waves of anger overwhelmed many of us. I became worried and began to experience fear for myself, my family, my friends, and our future. As I read this chapter, I felt Flora Wuellner knew how I felt. She said “Sometimes we do not call out in bold faith like Bartimaeus; we scream (at least inwardly) in panic. When threatening, out-of-control events roar around us and the world rocks under our feet, we cry out in fear and outrage: “God, my life is going to pieces! Don’t you care? Are you asleep?” Have any of you cried out like this to God lately?

In the fall of 2019, I was hit by a “storm” and I was crying out in fear. I woke up one day, my head hurt and felt like it was going to explode! I was nauseated, my eyes were blurry, my arm felt numb, and my mouth was drooping. Just a few days before, I had heard from my parents in China that two of my uncles died recently—one from stroke and the other from a brain aneurysm. I was told one of my uncles was joking around when he first got to the hospital. Sadly, he died that same night. With the pain in my head, I was worried that I, too, was having a stroke. I woke my husband up. He drove me to the Summit Hospital in Oakland. On the way, I started to cry. I prayed “God, please help me, I am not ready to die yet, I am too young to die now.” We arrived at the hospital. Luckily it was not busy at the emergency room. The in-take person joked that Warrior’s game was on so everyone was too busy watching the game at home. He was calm and asked me to describe my problems and explained the in-take process to me. Though I tried to listen, I felt as if I was in shock. My husband kept telling me to breathe. As time passed in the waiting room, my symptoms seemed to be getting worse and I thought I would die right there. I prayed again. I said to God, “My life is in your hands.” Suddenly I felt calm come over me. My heart stopped racing. I somehow knew at that moment I would be ok. After several more long

hours of waiting and testing, the emergency room doctor told me that I had a severe episode of migraine headache. The CT scan and other tests did not show any sign of stroke. The doctor wanted me to stay overnight for observation just in case. At that point, I felt normal and was ready to go home. On the way home, we stopped by Chipotle where my steak burrito never tasted so good! Thank GOD, I am alive! When I was in panic, I cried out to God. First, I tried bargaining with God as I begged Him to let me live because I am still young. But when I prayed to God and truly surrendered myself to God, I felt the peace and calm.

Is Jesus asleep when we need him the most? Wuellner reminds us that when fear begins to overwhelm us, we can think of the living Christ, whose heart and voice are God's heart and voice speaking to us inwardly. "I am here, I will not leave you. Hold onto me. You are safe with me. Breathe slowly. Breathe deeply. My healing breath of life is flowing into you. Take my peace into your body. Take my peace into your heart." Jesus is always here with us watching and listening. Let's wake him up by praying together aloud and tell him that we need him to calm us and carry us again just as he has calmed and carried us in the past. On that "stormy" sea, Jesus calmed and carried his disciples. On top of the "stormy" Summit Pill Hill, Jesus calmed and carried me. I felt the great calm when I surrendered to God and felt God's healing breath flowing into me and giving peace to my body and heart.

Have you ever wondered whether fear and anger are evil? Are winds or waves evil? Wuellner explains that winds and waves are just natural phenomena. There is a lot of energy in the wind and in the waves. Are those energies evil? No they are not. Without wind and waves, Columbus would have never reached America. Wind power is used to generate electricity that is used in each of our homes. If you have ever been to Crown Beach, you have likely seen how much joy the waves bring to little kids who jump over the waves or learn to surf. But what happens when the power in the wind and waves has become imbalanced? That's when storms come.

Fear and anger are just like wind and waves. Neither of them is evil. Fear and anger are emotional tools that in prehistoric time helped us to stay alive. When we were confronted by a large predator, we may feel fear and anger. The brain, our commander-in-chief, instantly switches to its primitive function "fight and flight" so we can react without thinking. Blood rushes to our arms and legs, and adrenaline starts flowing to help us to survive. Just like in the wind and waves, there is a lot of energy stored in our fear and anger. If you just simply try to ignore your feelings by suppressing your fear or anger, the energy can build up inside you. It can eat you alive. Your feelings may eventually explode like a volcano and hurt you and the people around you.

When you sense fear, anxiety or anger building up inside you or around you, take a few minutes to meditate and to pray to God. “God, please take the great power of this anger (fear or anxiety) out of my body and heart. Put it into your own heart and use it for good!” Knowing that Jesus is always with you, let yourself hear his calming and firming voice say to you, “Peace. Be still.” Let yourself sense the great calm all over you and around you. Let yourself experience the cleansed and creative energy that will be installed in you and will surely carry you through this stormy world!

Now let us pray. Dear God, when fear, anxiety, or anger begin to overwhelm us, we will think of the living Christ, whose heart and voice are your heart and voice speaking to us inwardly. God, you are here, you will not leave us. We will hold onto you. We are safe with you. By breathing slowly and deeply, your healing breath of life will flow into us. We will take your peace into our bodies! We will take your peace into our hearts! The cleansed and creative energy from fear and anger will fill our bodies and our hearts. Help us, God, use this energy for good! Amen!

**SONG OF RESPONSE/MEDITATION** - Wake Up, Jesus / The Porters Gate

<https://youtu.be/oKl2D35fyw4>

**HEALING PRAYER EXPERIENCE** - *Give yourself a quiet time in a safe space with these intentions:*

- *To invite a meaningful and healing prayer experience*
- *To encounter Jesus through prayer*

Sit comfortably with your feet firmly planted on the ground. Take a few slow, deep breaths. Feel your breath fill your lungs and flow out again.

You are held safely within God’s strong and gentle presence. You can rest your full bodily weight upon that presence. Rest quietly, breathing in that presence even if you feel nothing special. This may be all you need at this time.

When you feel ready, think of a time in your life when you felt a storm around or within you. Was it caused by a sudden shock? An accident or illness? A loss of job? A betrayal of trust? A family upheaval? A threatened loss? Do not try to live through it emotionally now; just bring it to memory and look at it from a safe distance. Did anything or anyone help you then? What or who helped?

Does this memory still cause anxiety, anger, or other discomfort within you? Picture Jesus standing next to you during that experience, enfolding you with a sense of strength and comfort. Hear Jesus say to the out-of-control events: “Be quiet. Calm down. Peace!”

Imagine Jesus now turning to you and saying, “That storm is healed now. It has no power over you. You are healed from the fear (or anger or shock) it caused you.”

Quietly rest, trusting that the impact of that memory is held and healed in God’s heart.

When you feel ready, gently stretch, lightly massage your face and hands, and slowly open your eyes.

**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.*

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

*Please send a note via text, mail, or email or give a call to our Healing Prayer Team.*

**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.*

**CLOSING HYMN** - “Go Now in Peace”, UMH 665

*Listen here: <https://www.youtube.com/watch?v=0KC-yZGRHeM>*

Go now in peace,  
go now in peace,  
may the love of God  
surround you everywhere,  
everywhere you may go.

## **BENEDICTION -**

As you go, remember that there is a voice that can calm and carry you. There is a voice that can speak peace into your heart, your deepest need, in the midst of terrible, raging storms. Hear that voice now blessing you, "Peace! I am with you...today and always!" Go in peace, Friends, "unafraid to dream and to vision, to lament and to protest, to work and to pray, to love and to heal until the Kingdom is come."

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

## **NEXT WEEK'S SCRIPTURE: Mark 5:25-34**

I share these warm invites and notes:

- **P. Don Cunningham is moving** to the Sacramento area at the end of June . P. Don, our Pastor Emeritus, has touched so many of our lives with his presence, his faith and witness, and his wisdom and guidance. There are two ways to show your love and appreciation:
  - *Write a note/card* - We will be collecting notes and cards for P. Don through Sunday, June 20th. These will be put into a scrap book for him. You can send the note/card via email to Patty or through the mail: TTUMC, c/o Patty Yamashita, 1411 Oak St., Alameda, CA 94501
  - *Drive by blessing* - We will drive by P. Don's home on San Jose **Sunday, June 20th at 3:00 p.m.** and share a blessing through music and prayer! (We will gather in the mortuary parking lot first at 2:15 p.m. for some special instructions!)
- **Remembering Mary Tarpley** - I received [this](#) fun picture and sweet write up about our long-time and cherished member, Mary, from her good friend Nancy Waring. Let us continue to hold Mary and her family and friends in God's love and light.
- The Graham's have a few **furniture items to pass on!** You can find descriptions of them [here](#). Please contact Bonnie at [bonnielittle@gmail.com](mailto:bonnielittle@gmail.com) if you're interested in any of them.

Friends, please be in touch! I invite your connection to share the latest in your life, create time for prayer together, or to pass on some insight or feedback. You are always welcome.

Peace,  
*Emily*