



*Mountain Spirit Metropolitan Community Church
A spiritual community born out of LGBTQIA+ Appalachia
"I praise you for I am fearsomely and wonderfully made."
Ps. 139.14*



1st Sunday of Pride!
June 7, 2026

Prelude

Paul W., musician

Welcome and Protocol Honoring Home

Christine W., liturgist

**All: We bless these mountains in which we gather,
and all the animals, plants, and elements for whom this is home;
We bless all who have walked this land and called this place home long before us;
We bless and honor Congregation Beth Israel for sharing their home with us;
And we pray that we will be a blessing in this place.
May peace be among us. Amen.**

Invocation

Christine W., liturgist

One: Come, Holy Spirit, and send out from heaven the ray of your light.

All: Come, Parent of the Poor; Come, giver of gifts and the light of hearts.

One: Greatest comforter, sweet guest of the soul, bring sweet consolation-

All: In labor, rest; In heat, temperateness; In tears, solace.

One: O blessed Light, fill the inmost heart of your faithful.

All: Without the nod of your head, there is nothing harmless in humanity.

One: Cleanse what needs relief; water what is parched; heal what is wounded;

All: Bend what is inflexible; warm what is chilled; correct what has gone astray.

One: Give to all the gifts of Love alive

All: Give us integrity; give us faith; give us joy forevermore

All: Come Holy Spirit. Come any way you want. Just come. Amen

Opening Song "When Israel camped in Sinai"

Paul W. & Christine W., musicians

1. When Israel camped in Sinai,
God spoke and Moses heard:
"This message tell the people,
and give them this, my word:
From Egypt I was with you,
I bore you on my wing,
The whole of your great nation
from slav'ry I did bring.

2. Just as a mother eagle,
who helps her young to fly,
I am a mother to you,
your needs will I supply;
And you are as my children,

My own who hear my voice,
I am a mother to you,
the people of my choice."

3. If God is like an eagle
who helps her young to fly,
And God is also father,
then what of you and I?
We have no fear of labels,
we have no fear of roles--
God blends them and transcends them,
we seek the self same goal.

4. Our God is not a woman,
our God is not a man;
Our God is both and neither,
our God is I Who Am.
From all the roles that bind us

our God has set us free.
What freedom does God give us?
The freedom just to be.

Reading Judges 4:3-4, 6-10, 13-16, 17-23.

Susan, P., lector

Then the Israelites cried out to God for help; for King Jabin of Canaan had nine hundred ironclad chariots, and had cruelly harassed the Israelites for twenty years. The prophet Deborah, who was married to Lappidoth, was judging Israel. She sent and summoned Barak son of Abinoam from Kedesh in Naphtali, and said to him, "The Holy One, the God of Israel, commands you, 'You are to lead ten thousand Israelites from Naphtali and Zebulun to Mount Tabor. I will lure Sisera, Jabin's commander, with his chariots and his troops, to the Kishon River, and you will defeat him there.'" Barak said to her, "If you come with me, I will go; and if you do not come with me, I will not go." And she replied, "Very well, I will go with you, but then you won't have the honor of victory from this battle -- for God will deliver Sisera into the hand of a woman!" So Deborah joined up with Barak and journeyed to Kedesh. Barak mobilized Zebulun and Naphtali and drew ten thousand soldiers. Deborah went with them.

When Sisera learned that Barak son of Abinoam was encamped on Mount Tabor, Sisera assembled his troops and all nine hundred ironclad chariots, and marched from Harosheth Haggoyim to the River Kishon. Then Deborah instructed Barak, "Arise! This is the day God gives Sisera into your hands. God leads us at the head of your column!" So Barak marched off Mount Tabor followed by ten thousand soldiers, and God routed Sisera and all 900 chariots

before the onslaught. Sisera abandoned his own ironclad chariot, and fled from the field of battle on foot. Barak pursued the chariots and the army as far as Harosheth Haggoyim. Sisera's troops were put to the sword. No one survived the encounter.

While this was happening, Sisera found refuge in the tent of Jael, the wife of Heber the Kenite, for Jabin the ruler of Hazor and the family of Heber the Kenite were on friendly terms. Jael stepped outside the tent to meet Sisera, saying, "Enter, sir! Come in, and have no fear." Sisera entered the tent, and Jael hid him under a blanket.

Sisera said, "I am thirsty. Give me a drink of water." She opened a skin of milk and gave him some to drink, then covered him once more.

"Stand in the tent entrance," he said. "If anyone comes and asks whether a man is here, tell them No." The exhausted Sisera immediately fell into a deep sleep.

Then Jael took a tent peg, picked up a mallet, and crept closely to the general and drove the peg through his temple and into the ground, killing him. When Barak came by searching for the fugitive, Jael went out to greet him, and said, "Come, I will show you the person you seek." So he entered the tent after her and found Sisera dead with the tent peg through his temple. On that day God subdued Jabin the Canaanite ruler before the Israelites.

Let us hear Living Words. **Thanks be to God.**

Preparation Song: "The Kin-dom of God is the Queerest of Nations"

(sung to: "We Gather Together")

Paul W. & Christine W., musicians

1) The Kin-dom of God is the queerest of nations
With peasants its leaders, no borders in sight.
There's kindness and peace at the heart of its
creation,

An endless celebration of joy and delight.

2) The Kin-dom of God is an upside-down kin-dom
The first are now last and the last are now first.

The humble exalted, the children bearing wisdom.
The wealthy and the poor have their stations
reversed.

3) The Kin-dom of God is a lot like the leaven
We use in our baking when we add the yeast.
The work of a woman will point us to the heaven
Awaiting the lepers, the lost, and the least.

4) The Kin-dom of God welcomes all to the table,
No matter your status, your heart will be fed.
Whatever your sadness, the Realm of Love is able.
Whatever your label, partake of the bread.

5) The Kin-dom of God is our ultimate promise
If we, like the prophet, will open our hearts.
The hour is here and the work is now upon us.
Our lives will be a witness. In wonder we start.

Reflection “The Truth about Biblical Womanhood”

The Rev. Dr. Joan S., preacher

Community Prayers

Christine W., liturgist

Our Mother Prayer

Our Mother who lives within us, we celebrate your many names.

Your wisdom come, your will be done, unfolding from the depths within us.

Each day you give us all that we need.

You remind us of our strengths, and we embrace them.

You support us in our power, and we act with courage.

For you are the dwelling place within us,

the empowerment around us,

and the celebration among us, now and forevermore. Amen

Offertory “We are a Gentle, Angry People”

Paul W. and Christine W., musicians

1) We are a gentle, angry people, and we are
singing, singing, for our lives. (repeat)
2) We are a justice-seeking people, and we are
singing, singing, for our lives. (repeat)
3) We are a land of many colors ...

4) We are young and old together ...
5) We are queer and straight together ...
6) We are a loving, healing people ...
Repeat verse 1...

Communion

Celebrant: God is with you

All: And also with you

Celebrant: Let us open our hearts

The Rev. Dr. Joan S., celebrant Jori B., acolyte

All: We open them to God

Celebrant: Let us give God thanks and praise

All: It is a good and joyful thing to do.

Santo, santo, santo
Mi corazón te adora
Mi corazón sabe decir
Santo eres tú

Holy, Holy, Holy
My heart, my heart adores you
My heart knows how to say to you
You are holy, God

Announcements

Christine W., liturgist

+ **“Queer Is as Queer Does” Pride Discussion Group begins** on Tuesday, 7:30pm, on Zoom

+ **Hendersonville Pride**, Thank you to those who set up, staffed, and broke down our booth at
Hendersonville Pride. Kudos to Christine & Susan for making this happen!

Benediction

The Rev. Joan S, liturgist

All: Go out with peace. Go out with kindness. Go out with Love,

One: In the name of the Creator, Christ, Comforter, and All that are Wise and Good.

All: Amén/Amen