

LYNNHURST  
UNITED CHURCH OF CHRIST

Sunday, July 5, 2020  
COMMUNION SUNDAY

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Before our worship service starts, I invite you to prepare a plate with bread, cracker, tortilla chips, cookie or rice cake. Also fill a cup(s) of juice, water, coffee, tea, or wine. Set these elements on a table in the room where you join us for worship. I suggest you put them on a special cloth, light a candle, place a flower or plant beside the plate and the cup. Now you are ready to share in the sacrament of communion.

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**WELCOME**

**CALL TO WORSHIP**

Pastor: Sing to the Lord! Sing praises to our God!

**All: We gather in your name! We sing your praise!**

Pastor: Let the hearts of those who seek the Lord rejoice.

**All: Our hearts rejoice as we reach for you in this time of worship.**

Pastor: Seek the Lord. Seek God's presence continually. Let us worship God together! *(inspired by Psalm 105)*

**SCRIPTURE READING**

**Matthew 11:25-30 (NLT)**

At that time Jesus prayed this prayer: "O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike. Yes, Father, it pleased you to do it this way!

"My Father has entrusted everything to me. No one truly knows the Son except the Father, and no one truly knows the Father except the Son and those to whom the Son chooses to reveal him." Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

**MESSAGE OF FAITH**

*Independence Day*

**SPECIAL MUSIC**

Shout to the North

DAWN MCFARLAND, SOLOIST

**SACRAMENT OF COMMUNION**

**HYMN**

No. 393 "One Bread, One Body"

**One bread, one body, One Lord of all  
One cup of blessing which we bless  
And we, though many, Throughout the earth  
We are one body in this one Lord  
Gentile or Jew, Servant or free  
Woman or man, no more**

**One bread, one body, One Lord of all  
One cup of blessing which we bless  
And we, though many, Throughout the earth  
We are one body in this one Lord  
Many the gifts, Many the works  
One in the Lord of all**

**COMMUNION PRAYER**

**LORD'S PRAYER**

**Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.**

## INVITATION

Pastor: No matter who you are, no matter where you are on life's journey, we welcome you here and invite you to this holy and sacred table.

**People: Come find your place here where there are no strangers, only sisters, brothers, and friends in Christ.**

## AT THE TABLE

We come to our communion tables this afternoon seeking the presence of the living Christ, in fellowship with our friends in Christ, and to hear the story once again of how Jesus and his disciples gathered in the upper room...

Pastor: Each of our tables are sacred, let's take a moment to bless them.

**All: Holy God, your people come before you today from many different places, but in one body. Please bless these tables and our time together as your people are eager to share in the sacrament of communion in the name of your beloved son, Jesus Christ. Amen.**

Pastor: Let us bless our communion elements together. Put your hand over the elements and pray with me:

**All: Come, Holy Spirit and bless this bread and bless this cup. Bless all of us in our eating and drinking at this table that our eyes may be opened, and we may recognize the risen Christ in our midst and in each other. Amen.**

## SHARING OF THE ELEMENTS

Pastor: The Bread of Christ, take, eat and be blessed.

The Cup of the New Covenant, take, drink and be blessed.

## PRAYER OF THANKSGIVING

Pastor: Holy God, we give you thanks that you have renewed us at your table by granting us the presence of Jesus Christ. Please strengthen our faith, increase our love

for one another and send us forth in courage and hope. Amen.

## OFFERING

*Please continue to support the ministry of Lynnhurst United Church of Christ or your local congregation through on-line giving, on-line banking or mailing your offering to the church office.*

## WHAT DO WE DO NOW?

Jesus invites us to rest in him, to let him help us carry our burdens. Today, rest in Jesus for tomorrow is another day with burdens to carry and racial justice to seek. This week I invite you to do a little historical research and find some interesting facts about Black history you did not know and share them with one another and with me.

## BENEDICTION

May the blessing of God Almighty; Creator, Christ and Holy Spirit be with you all this day and into the coming week. Go in peace, go in joy, go and serve the Lord. Amen.

## POSTLUDE

*Kneeling at the Altar*



Thank you, Dawn McFarland, for helping with worship leadership today.

## Message of Faith Resources

[https://history.com/news/black-heroes-american-revolution\)](https://history.com/news/black-heroes-american-revolution)

<https://www.pbs.org/wgbh/aia/part2/2narr4.html>