“...to do all the good we can”

LABYRINTH
Meditation after Postlude
“To Do All The Good We Can.”

Our Mission is grow passionate disciples of Jesus Christ
for the transformation of our world

*Timeless: Connection with Ancient-Modern expression of worship
*Traditional: Traditions of Trinity and Methodist Heritage
*Transforming: Spiritual Education and Spiritual Formation
WE ARE GLAD YOU ARE HERE
Trinity United Methodist is distinctively Christian, yet we believe God is larger than our theology and tradition. Our aim is to grow passionate disciples of Jesus for the transformation of our world.

Whatever your thoughts on church,
whatever your beliefs on God,
you are welcome at Trinity
CALL TO WORSHIP BELL
Sing to our God, who brings us into a future of hope and life.
PRELUDE
CALL TO WORSHIP

Sing of God’s mercy and grace.
   Sing of God’s strength and might.
Praise God with laughter and joy.
   Praise God with feasting and dance.
For God protects the lowly
and avenges the misdeeds of the mighty.
   God brings forth justice and righteousness,
   saving the weak from the cruelty of the powerful.
Sing of God’s mercy and grace.
   Sing of God’s strength and might.
OPENING HYMN

# 66        Praise, My Soul, the King of Heaven

1. Praise, my soul, the King of heaven, to the throne thy tribute bring; ransomed, healed, restored, forgiven, evermore God’s praises sing. Alleluia! Alleluia! Praise the everlasting King.

2. Praise the Lord for grace and favor to all people in distress; praise God, still the same as ever, slow to chide, and quick to bless. Alleluia! Alleluia! Glorious now God’s faithfulness.

3. Fatherlike, God tends and spares us; well our feeble frame God knows; motherlike, God gently bears us, rescues us from all our foes. Alleluia! Alleluia! Widely yet God’s mercy flows.

4. Angels in the heights, adoring, you behold God face to face; saints triumphant, now adoring, gathered in from every race. Alleluia! Alleluia! Praise with us the God of grace.
OPENING PRAYER

The Lord be with you,

and also with you

Let us pray:

Gracious God, renew our minds

with the power of Your Holy Spirit.

Cleanse our spirits

with the mercy of Your grace.

Bring us into fellowship with one another

and grant us courage to defend the lowly.

Part the waters of our troubled thoughts,

that we might see others as You see them.

Protect us with Your powerful hand,

that we might sing of Your faithfulness

and dance to Your glory. Amen.
INTRODUCTION
FIRST LESSON

Exodus 14:19-31

David King

The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night.

Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left. The Egyptians pursued, and went into the sea after them, all of Pharaoh’s horses, chariots, and chariot drivers. At the morning watch the Lord in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, ‘Let us flee from the Israelites, for the Lord is fighting for them against Egypt.’
Then the Lord said to Moses, ‘Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers.’ So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the Lord tossed the Egyptians into the sea. The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left. Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.
HYMN

# 261  Lord of the Dance

1. I danced in the morning when the world was begun, and I danced in the moon and the stars and the sun, and I came down from heaven and I danced on the earth. At Bethlehem I had my birth. Dance, then, wherever you may be; I am the Lord of the Dance, said he. And I’ll lead you all wherever you may be, and I’ll lead you all in the dance, said he.

2. I danced for the scribe and the Pharisee, but they would not dance and they would not follow me; I danced for the fishermen, for James and John; they came to me and the dance went on. Dance, then, wherever you may be; I am the Lord of the Dance, said he. And I’ll lead you all wherever you may be, and I’ll lead you all in the dance, said he.

3. I danced on the sabbath when I cured the lame, the holy people said it was a shame; they whipped and they stripped and they hung me high; and they left me there on a cross to die. Dance, then, wherever you may be; I am the Lord of the Dance, said he. And I’ll lead you all wherever you may be, and I’ll lead you all in the dance, said he.
4. I danced on a Friday and the sky turned black; it’s hard to dance with the devil on your back; they buried my body and they thought I’d gone, but I am the dance and I still go on. Dance, then, wherever you may be; I am the Lord of the Dance, said he. And I’ll lead you all wherever you may be, and I’ll lead you all in the dance, said he.

5. They cut me down and I leapt up high, I am the life that’ll never, never die; I’ll live in you if you’ll live in me; I am the Lord of the Dance, said he. Dance, then, wherever you may be; I am the Lord of the Dance, said he. And I’ll lead you all wherever you may be, and I’ll lead you all in the dance, said he.
SECOND LESSON

Exodus 15:1b-11, 20-21

Then Moses and the Israelites sang this song to the Lord:
‘I will sing to the Lord, for he has triumphed gloriously;
horse and rider he has thrown into the sea.
The Lord is my strength and my might,
and he has become my salvation;
this is my God, and I will praise him,
my father’s God, and I will exalt him.
The Lord is a warrior;
the Lord is his name.

‘Pharaoh’s chariots and his army he cast into the sea;
his picked officers were sunk in the Red Sea.
The floods covered them;
they went down into the depths like a stone.
Your right hand, O Lord, glorious in power—
your right hand, O Lord, shattered the enemy.
In the greatness of your majesty you overthrew your adversaries;

David King
you sent out your fury, it consumed them like stubble.
At the blast of your nostrils the waters piled up,
the floods stood up in a heap;
the deeps congealed in the heart of the sea.
The enemy said, “I will pursue, I will overtake,
I will divide the spoil, my desire shall have its fill of them.
I will draw my sword, my hand shall destroy them.”
You blew with your wind, the sea covered them;
they sank like lead in the mighty waters.

‘Who is like you, O Lord, among the gods?
Who is like you, majestic in holiness,
awesome in splendour, doing wonders?
Then the prophet Miriam, Aaron’s sister, took a tambourine in her hand; and all the
women went out after her with tambourines and with dancing. And Miriam sang to
them:
‘Sing to the Lord, for he has triumphed gloriously;
horse and rider he has thrown into the sea.’
Then Peter came and said to him, ‘Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?’ Jesus said to him, ‘Not seven times, but, I tell you, seventy-seven times.

‘For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to him; and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. So the slave fell on his knees before him, saying, “Have patience with me, and I will pay you everything.” And out of pity for him, the lord of that slave released him and forgave him the debt. But that same slave, as he went out, came upon one of his fellow-slaves who owed him a hundred denarii; and seizing him by the throat, he said, “Pay what you owe.” Then his fellow-slave fell down and pleaded with him, “Have patience with me, and I will pay you.” But he refused; then he went and threw him into prison until he should pay the debt. When his fellow-slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. Then his lord summoned him and said to him, “You
wicked slave! I forgave you all that debt because you pleaded with me. Should you not have had mercy on your fellow-slave, as I had mercy on you?” And in anger his lord handed him over to be tortured until he should pay his entire debt. So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.’
The Farther You Seem The Closer You Are

Rev. Kaitlin Moore
Pastoral Prayer

THE 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 trespasses; as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory for ever. Amen
The Offering

Offertory

† Doxology — Praise God, from whom all blessings flow;
praise Him, all creatures here below;
praise Him above, ye heavenly host;
praise Father, Son, and Holy Ghost. Amen.
BENEDICTION

The Lord bless you and keep you,
The Lord make His face shine upon you and be gracious unto you,
The Lord lift up the light of His countenance upon you
and give you His peace. Amen
POSTLUDE
Some of you may have been to a church or a retreat center that had a labyrinth on the grounds. Walking the labyrinth is a way of praying with the body that invites the divine presence into an active conversation with the heart and soul. The labyrinth is a sacred pattern that leads you on a prescribed path to its center and back out again. As we walk along, we are invited to take note of our journey, the twists and turns, as they mirror our personal spiritual walks. We invite you to embark upon this journey of prayerful wandering, but you certainly don’t have to wait until you are standing at the opening of an actual life-sized labyrinth. Follow these steps and trace the labyrinth with your finger in order to focus your thoughts and open yourself up to the presence of God.

First Movement: Releasing (Confession)

Place your finger at the opening of the labyrinth. Pray silently prayer of confession. When finished, slowly move your finger forward along the labyrinth. Move at your own pace toward the center. Let the words of the prayer stay with you. Quiet your mind as you move through the labyrinth. Make room for emotions and stirrings that arise. What needs to be changed, forgiven, cleared, confronted, or healed in your life? Offer these situations to God as you move forward.

Second Movement: Receiving (Centering)

When you reach the center, rest your finger there for a moment before you read a scripture reading for the day. When you are ready, read the passage slowly, as if you have never read it before. Center on Gods Word and be open to what God reveals to you through the reading. Return you finger to the center of the labyrinth and reflect on the passage and what it holds for you.
Third Movement: Returning (Intercession)

As you prepare to leave the labyrinth, place your finger at the same opening in the center where you entered. Now lift up your intercessory prayers for the day and when finished, begin to move your finger back along the same path on which you entered. Let the intercessory prayers stay with you, and add to them as you make the turns and move along the pattern back out of the labyrinth. Be mindful of people and circumstances in the world that are in need of your prayers. Hold each one in your heart for a part of the journey outward.

When you have finished...

As you lift your finger from the labyrinths end, offer thanks to God.
Lead Pastor
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Community Development Pastor
Rev. Kaitlin Moore Morley

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Jean Mason

Financial Secretary
Kelly Walls

Music Director
Tom Drury

Choir Director
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