"No matter who you are or where you are on life's journey, you are invited and welcome here."



A Just Peace and Open and Affirming Congregation

January 22, 2023

10:00 a.m.



Third Sunday after Epiphany Ecumenical Sunday

Green is the traditional color for the season of Epiphany, between Christmastide and Ash Wednesday. Green represents hope, life, and anticipation. Green is also the color for mental health awareness and environmental activism.

THRESHOLD

PRELUDE "What Is This Lovely Fragrance?"

Paul Manz

GREETING

This symbol invites the congregation to stand in body or spirit. **Bold** type indicates a unison response. NCH refers to the New Century Hymnal; SPP refers to Sing! Prayer and Praise songbook.

THEME SONG

"Thy Word Is a Lamp unto My Feet"

Thy word is a lamp unto my feet and a light unto my path.

Thy word is a lamp unto my feet and a light unto my path.

When I feel afraid, and I think I've lost my way,

Still you're there right beside me.

Nothing will I fear as long as you are near.

Please be near me to the end.

Thy word is a lamp unto my feet and a light unto my path.

Thy word is a lamp unto my feet and a light unto my path.

OPENING PRAYER

One: God of Delight, we give you thanks for good humor and joy! Open our

eyes to the light of possibilities, even when the day ahead holds

difficulties.

Many: Be with us, near us, beside us. Amen.

THEME RESPONSE "Thy Word is a Lamp unto My Feet" (chorus)

Thy word is a lamp unto my feet and a light unto my path.

Thy word is a lamp unto my feet and a light unto my path.

ENTER

❖ OPENING SONG

"Gather Us In" (1, 2, 4)

Marty Haugen

1. Here in this place ... new light is streaming, now is the darkness vanished away; see in this space our fears and our dreamings brought here to you in the light of this day. Gather us in, the lost and forsaken, Gather us in, the blind and the lame; call to us now, and we shall awaken. we shall a rise at the sound of our name.

2. We are the young, our lives are a myst'ry, we are the old who yearn for your face; we have been sung throughout all of hist'ry, called to be light to the whole human race. Gather us in, the rich and the haughty, Gather us in, the proud and the strong; give us a heart, so meek and so lowly, give us the courage to enter the song.

4. Not in the dark of buildings confining, not in some heaven, light years away; here in this place the new light is shining, now is the kingdom, and now is the day. Gather us in and hold us forever Gather us in and make us your own; gather us in, all peoples together, fire... of love in our flesh and our bone.

TAKING STOCK OF OUR BLESSINGS AND RESOURCES

PRAYER OF GRATITUDE

God of Everything, smile on us today. We invite you to see the smiles we share today. We thank you for trembling smiles in the presence of grief and insecurity. We thank you for flirty smiles when we notice that "someone" across the room. We thank you for satisfied smiles when things turn out just right. We thank you for infectious, wide-open grins when nothing can stop our joy. Thank you, God, for smiles and laughter and joy that lighten our lives. Amen.

YOUNGER MESSAGE

Music to Move to:

"More Light"

Christopher Grundy (video)

More light, more truth
is breaking from your Word.
More light, more truth;
Holy Spirit,
Help us hear what needs to be heard.

ENGAGE

WORD IN MUSIC

"Sing to the Lord a New Song" Adult Choir

Mark Hayes

Sing to the Lord a new song, sing to the Lord, all the earth. Sing to the Lord, praise God's name, proclaim God's salvation day after day. Declare God's glory to all, God's marvelous deeds to all peoples. For great is the Lord, most worthy of praise, we worship the Lord above all. Ascribe to the Lord, all you families of nations, ascribe to the Lord glory and strength.

Ascribe to the Lord the glory due God's name!

Bring an offering and come into God's courts.

Worship the Lord in the beauty of holiness.

Bow before God all the earth.

Say among the nations, the Lord reigns!

Let the heavens be glad and the earth rejoice!

Let the sea and all that is in it resound!

Let the plains be glad and sing for joy!

Let all the trees of the woods rejoice!

Before the Lord who comes to govern the earth with justice And the peoples with faithfulness.

We worship the Lord above all!

SCRIPTURE Isaiah 9:1-4 The Inclusive Bible

¹ "But there will be no more gloom for the land that was in anguish! In the past God humbled the land of Zebulun, the land of Naphtali; but in the future God will bring glory to this Road to the Sea, this Land beyond the Jordan, this Galilee of the Nations.

- ² The people walking in darkness are seeing a brilliant light— upon those who dwell in a land of deep shadows light is shining!
- ³ God, you have made the nation greater you have brought them abundant joy! They celebrate in your presence as with the harvest celebrations, or as warriors celebrate when dividing spoils.
- ⁴ For the yoke that burdened them, the weight on their shoulders, the rod of their oppressors— you have shattered it, as you did at the defeat of Midian.

SERMON/MESSAGE

"Lighten Up"

Rev. Coqui Conkey

HYMN OF RESPONSE

Give to us laughter,
O Source of our life.
Laughter can banish
so much of our strife!
Laughter and love
give us wholeness and
health.
Laughter and love
are the coin of true wealth.

"Give to Us Laughter" (tune: Slane; "Be Now My Vision) Hymn text copyright © 1974 Walter Farquharson

Give to us laughter as sign of deep joy; let us in laughing find Christian employ, joining with stars and with bright northern lights, laughing and praising and sharing delights. Even in sorrow and hours of grief, laughter with tears brings us healing relief! God, give us laughter, and God, give us peace, joy of your promise among us increase.

PASTORAL PRAYER

LORD'S PRAYER

Our Abba 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.

CLOSING HYMN

"Carry the Light" (sing twice)

SPP 192

❖ BLESSING

POSTLUDE

"Brightest and Best"

John M. Rasley

You are invited to conclude your time of worship by remaining in your seat and listening to the Postlude.

Worship Planning Resource from Worship Design Studio © www.worshipdesignstudio.com/SAD

A WORD OF ENCOURAGEMENT

"If you struggle with mental health or substance use disorders (ex. depression, anxiety, addiction, psychosis, etc.) this series offers some strategies grounded in the Word, but it may not be enough for what you need. Spiritual practices are not meant to be a substitute for good mental health care, but rather a spiritual supplement. Faith is an addition to, not a replacement for, comprehensive mental health care."

THIS WEEK AT UUCC

Sunday, January 22

9:00 am Matu Sunday School

9:00 am Adult Spiritual

Formation

9:00 am Sunday School

10:00 am Worship

10:30 pm Annual Budget Meeting

(info session)

12:30 pm Light Mission

Pentecostal Church

1:00 pm Matu Bethel Church

6:00 pm Bible Study

6:30 pm Transition Team Virtual

Meeting

Tuesday, January 24

11:00 am Staff Meeting

5:30 pm Parenting Way

6:00 pm Cub Scouts

Wednesday, January 25

9:30 am Refugee Ministry

6:00 pm Handbells

7:00 pm Adult Choir

7:30 pm AA

Saturday, January 28

9:00 am Bowtie Boyz

12:00 pm Cub Scouts

3:00 pm Light Mission

Pentecostal Church

6:00 pm Matu Bethel Church

UPCOMING EVENTS AT UUCC

Sunday, January 29

10:30 am Annual Budget Voting Meeting

Friday, February 10

5:00 pm Youth Lock-in

ANNOUNCEMENTS

TRANSITION TEAM VIRTUAL MEETING

The Transition Team has been thinking about our church's core values/purposes and how we currently implement and fulfill these core values/purposes. We have developed a **DRAFT** purpose statement for our church:

God calls Urbandale UCC to make connections, celebrate diversity, engage in social justice, and continue to question.

We have also developed a **DRAFT** list of ways that describe how we currently implement and fulfill our core values/purposes: worship and music, faith and spiritual formation, small groups, personnel (minister and staff), stewardship (including care for the earth), Open and Affirming, and Just Peace. Tonight is the last opportunity to attend a meeting to provide your input on these issues. The meeting tonight is virtual, if you choose to attend here are the login credentials:

Meeting ID: 890 4537 3700 | Passcode: 636400

BIBLE STUDY - WHAT MY GRANDMOTHERS TAUGHT ME

Lisa Griffith Tierney and Lynne Busch-Rae are leading a Bible study in Fellowship Hall (and by Zoom) on Sunday evenings, 6:00 - 7:30 pm. The study started on December 4 and will continue until February 12. *You are welcome to join any time.* If you choose to attend via zoom here are the login credentials:

<u>Meeting ID</u>: 879 6847 2691 | <u>Passcode</u>: 353070 A zoom link can also be found in the Friday email. Please let us know what accommodations you may need. All are welcome! Study guides are available and encouraged. Study guides are \$10 and can be ordered <u>HERE</u>:

https://www.presbyterianwomen.org/product/what-my-grandmothers-taught-me-english-edition/

Study guides are also available in the office for \$11.

SUNDAY SCHOOL

Sunday School (Preschool – 5th): Please join us in the choir room first from 9 - 9:15 AM for singing. We will then head upstairs to classroom 202 until 9:45 AM for our Bible story and other activities.

BUDGET MEETING

The annual UUCC 2023 Budget Meeting will be on Sunday, January 29 following the worship service. The congregation will vote on the proposed budget. An informational meeting will be held the week before on January 22 following the worship service.

PRAYER CONCERNS

Please keep Ruth Miller in our prayers for the loss of her brother, John, on Sunday, Jan. 8



SERVING AT URBANDALE UCC THIS SUNDAY

Opening/Closing the Church: Jon Greising Worship Greeters: Ed & Claire Sowder

A/V Booth: Ryan Nussbaum (Video) and Scott Davis (Audio)

URBANDALE UNITED CHURCH OF CHRIST

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"We welcome into this community of faith and affirm the participation in all aspects of church life, persons of every age, race, gender identity and expression, nationality, ability, and sexual orientation. We will continue our efforts toward inclusiveness and stand against all forms of discrimination. We will empower ourselves, our children, and one another to be fully present in the world, living in Christ's image and striving for justice and peace."

Staff

The Rev. Coqui Conkey, Intentional Interim Pastor
The Rev. Amy Murray, Ministry Program Coordinator
Steven Linn, Music Program Director
Bobby Stinnett, M.M., Organist,
Children/Youth Choirs and Handbell Director
Abigail Sinclair, Communications & Office Coordinator
Sadmir & Umihana Omerhodzic, Custodians

coqui.conkey@urbucc.org amy.murray@urbucc.org steven.linn@urbucc.org

bobby.stinnett@urbucc.org staff@urbucc.org sadmir.omerhodzic@urbucc.org

Covenant Ministers

Rev. Kendy Miller Tri-Conference Ministries UCC
Rev. Lisa Griffith Tierney Immanuel

Ministry Leaders

Caregiving Ministries:	
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Leadership Team:

Moderator	Sandy Gahn	moderator@urbucc.org		
Vice-Moderator	Jennifer Gardner	vicemoderator@urbucc.org		
Treasurer	Jim Nervig	treasurer@urbucc.org		
Financial Secretary	Steve Looney	financial@urbucc.org		
Recording Secretary	Taena Fowler	uuccrecorder@urbucc.org		
At Large Members: Bob Brandhorst, Debbie Gannon, Becky Swift, Kris Thompson				

Other Contacts:

Building & Grounds		B&G.team@urbucc.org
Social Media Team		social.media@urbucc.org
Membership	Jon Greising	membership.team@urbucc.org
For pastoral care, please con	ntact Pastor Coqui at 276-0625 (office	e) 515-723-3705 (cell) or

coqui.conkey@urbucc.org.