



Welcome and Announcements

Prelude/Candle Lighting

"All Glory Be to God on High"
(F. W. Zachau)

Oxana Khramova

Ring of the Bell

*Call to Worship (*Stand if you are able)

Leader: We often forget that the greatest commandment also says:

All: love your neighbor as YOURSELF.

Leader: We may think that self-love is the unholy trinity of

All: me, myself, and I, seen through influencers and on social media.

Leader: Radical self-love is deeply knowing and accepting my authentic self

All: to live and love as God truly designed me to be.

*Opening Prayer (in unison)

God of love, you created in love and with love. Sometimes we forget to love ourselves, be kind to ourselves as we get caught up in human-made messages of love and acceptance. Enfold us in your abiding love for us to accept and love ourselves and others as well. Amen.

*Opening Hymn

"Spirit of the Living God"
(Sung Twice)

Hymnal #322

Readings

Amos 8:1-6

Luke 10:38-42

Excerpt from *"The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are"*

Nita Fitzgerald

Sermon

"Radical Self-Love as Resistance"

Pastor René Mehlberg

Transitional Music

"Just A Closer Walk with Thee"

SoF #74

Prayers of the People

Lord's Prayer

Our Mother, 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.

Offertory

Dunn County Barbershop Quartet

*Doxology

Praise God from whom all blessings flow;
Praise God all creatures here below;
Praise God above ye heavenly host;
Creator, Christ, and Holy Ghost. Amen.

*Prayer of Dedication (in unison)

Loving One, we give you our gifts as symbols of our lives and in love for you and one another. May these gifts be used for the common good so all your children, near and far, experience connection, belonging, community, and dignity. Amen.

*Closing Hymn

"Be Thou My Vision"

Hymnal #339

*Benediction

*Sung Benediction (unison)

God be with you till we meet again;
Loving counsels guide, uphold you,
With a Shepherd's care enfold you:
God be with you till we meet again.

Postlude

"We Are Travelers on a Journey"
(arr. M. Hayes)

Oxana Khramova

*The flowers today are in celebration of Natalie Wesolek's 18th birthday on July 21st
from her grandparents, Deb and John Wesolek.*

Credits

- Call to Worship and Opening Prayer inspired by Living Resistance: An Indigenous Vision for Seeking Wholeness Every Day by Kaitlin B. Curtice, Grand Rapids, MI; Brazos Press 2023.
- Brené Brown, The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are (Center City, MN: Hazelden, 2010), 49, 50).
- Licenses purchased to reprint, podcast, and/or stream the music in this service obtained: ONELICENSE #A-715543. All rights reserved. CCLI Copyright License B 20989858.

This Week

Monday, July 21, 1:00pm Membership/Fellowship Meeting, Room 1

Tuesday, July 22, 4-6pm: Early Service Planning Committee, Room 1

Wednesday, July 23, 5pm: Property meeting

Friday, July 25, 10am: Refugia Circle, Room 1

Link to the full church calendar: <https://www.menomonieucc.org/monthlycalendar>

Mission Statement of First Congregational United Church of Christ in Menomonie, WI

We are called together:

To celebrate God's presence.

To help each person to grow in his or her relationship with God;

To create a welcoming and supportive community of all God's people, affirming the diversity of race, gender, age, sexual orientation, gender expression, and identity, social and economic status, and the differently abled;

To observe and share life's passages and our faith traditions;

To reach out in love seeking justice and peace;

And to tell the old story of Jesus and His love.

Land Acknowledgement

Here we congregate on Ojibwe, Dakota, Menominee, Potawatomi, and Ho Chunk land. Generations of Indigenous people occupied and provided careful stewardship of this land long before Europeans arrived on these shores. The traumatic dispossession of this land by European immigrants and the displacement of countless individuals produced collective suffering that has repercussions for our Indigenous neighbors today. The original inhabitants of this land—known to some Indigenous peoples as Turtle Island—took seriously the Creator's call to be stewards of air, land, water, and creatures. With gratitude, we acknowledge the lessons we continue to learn from our Indigenous neighbors as we seek to be good stewards and pray for guidance in learning how to make reparations.

ONA Covenant

We covenant as a congregation to welcome, celebrate, and include lesbian, gay, bisexual, transgender, queer, and questioning people and their families into the full life of our church. We take this stance publicly and proudly, knowing that silence is inadequate to confront the violent theology that is widespread throughout the Christian church. We covenant to support lesbian, gay, bisexual, transgender, queer, and questioning people and their families with our prayers, words, and actions.

Spirit of the Living God

322

LIVING GOD Irregular

Daniel Iverson, 1935; adapted

Daniel Iverson, 1935

Spir - it of the liv - ing God, Fall a-fresh on me;

The first system of musical notation for the song. It consists of a treble and bass staff in 4/4 time, with a key signature of one flat (Bb). The melody is in the treble staff, and the bass line is in the bass staff. The lyrics are written below the notes.

Spir - it of the liv - ing God, Fall a-fresh on me.

The second system of musical notation, continuing the melody and bass line from the first system. The lyrics are written below the notes.

Melt me, mold me, Fill me, use me.

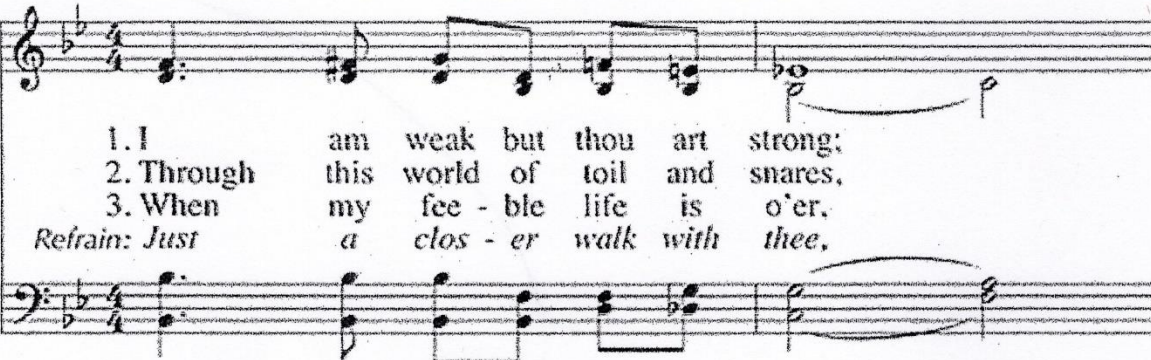
The third system of musical notation, continuing the melody and bass line. The lyrics are written below the notes.

Spir - it of the liv - ing God, Fall a-fresh on me.

The fourth system of musical notation, concluding the song. The lyrics are written below the notes.

Text and Music: © 1935, renewal © 1963 Birdwing Music (ASCAP). All rights controlled and administered by The Sparrow Corporation, P.O. Box 5010, Brentwood, TN 37024-5010. All rights reserved. International copyright secured. Used by permission.

Just a Closer Walk with Thee



1. I am weak but thou art strong;
 2. Through this world of toil and snares,
 3. When my fee - ble life is o'er.
Refrain: Just a clos - er walk with thee,



Je - sus, keep me from all wrong;
 If I fal - ter, Lord, who cares?
 Time for me will be no more;
 Grant it, Je - sus, is my plea;



I'll be sat - is - fied as long
 Who with me my bur - den shares?
 Guide me gen - tly, safe - ly o'er
 Dai - ly walk - ing close to thee,



As I walk, let me walk close to thee.
 None but thee, dear Lord, none but thee.
 To thy king - dom shore, to thy shore.
 Let it be, dear Lord, let it be.

Be Thou My Vision

SLANE 10.10.9.10

Ancient Irish poem

Trans. Mary E. Byrne, 1905

Vers. Eleanor Hull, 1912; alt.

Irish ballad

Harm. David Evans, 1927

1. Be Thou my vi - sion, O Lord of my heart;
 2. Rich - es I heed not, nor vain, emp - ty praise,
 3. Be Thou my wis - dom, and Thou my true word;

Nought be all else to me, save that Thou art—
 Thou mine in - her - i - tance, now and al - ways;
 I ev - er with Thee and Thou with me, Lord;

Thou my best thought, by day or by night,
 Thou and Thou on - ly, first in my heart,
 Heart of my own heart, what - ev - er be - fall,

Wak - ing or sleep - ing, Thy pres - ence my light.
 Great God of heav - en, my trea - sure Thou art.
 Still be my vi - sion, O Rul - er of all.