



First Christian Church

Disciples of Christ

430 S. 16th St. Lincoln, NE 68508 402.475.4289

Weekly Worship

love all • live spiritually • rejoice in hope • show hospitality

Rev. Dr. Karen Moritz, Pastor

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Week of February 7, 2021



Public Worship WILL be held at 10:30 am Sunday morning.

If you are not quite ready to join us for public worship, we ask that you follow along with this printed service. Find a comfortable place to be, relax your body, and calm your mind. Try to come into a prayerful mindset. As you pray the community prayer, remember, your fellow congregants at First Christian will be praying this along with you. Feel free to keep this prayer to pray all week.

Community Prayer

O Lord, who knows our comings and goings, thank you for waking us up each morning. Help us to create daily practices where we spend less time watching the news, or social media, and more time with you and your holy Word. Remind us to pray in the mornings and set our intentions to be faithful disciples throughout the day. Urge us to return to you at night to recount our successes and reconcile our errors. Help us create a rhythm that is focused on you, as we know you in your Son, Jesus. Amen.

Check out our weekly video at www.fcclincoln.org, First Christian's Facebook page, or search for First Christian Church, Lincoln, Nebraska on YouTube.

<https://www.youtube.com/channel/UCVejAW8Dmqv8Jmk5rzj43g>

Call to Worship

Feel free to follow along with our Call to Worship from today's live-streamed worship service.

One: When we look at the night sky, speckled with stars,

Many: We discover the never-ending imagination of our God.

One: When we pick those not chosen on life's playgrounds,

Many: We join Christ in the ministry of healing and hope.

One: When we set aside the time for prayer, as well as wonder,

Many: We meet the Spirit who is at our side in every moment.

Even if you are worshiping from home, please continue your regular giving to the church in addition to your faith giving. The FCC office is accepting checks at 430 S. 16th Street, Lincoln, NE 68508. We can also mail you a debit authorization form to do automatic withdrawals. Finally, there is a "GIVE" button on the top right-hand side of the fcclincoln.org website to make an online donation via PayPal.

Scripture Reading

Psalms 147:1-11

¹ Praise the LORD!
How good it is to sing praises to our
God;
for he is gracious, and a song of praise
is fitting.
² The LORD builds up Jerusalem;
he gathers the outcasts of Israel.
³ He heals the broken-hearted,
and binds up their wounds.
⁴ He determines the number of
the stars;
he gives to all of them their names.
⁵ Great is our Lord, and abundant
in power;
his understanding is beyond measure.
⁶ The LORD lifts up the downtrodden;
he casts the wicked to the ground.
⁷ Sing to the LORD with thanksgiving;
make melody to our God on the lyre.
⁸ He covers the heavens with clouds,
prepares rain for the earth,
makes grass grow on the hills.
⁹ He gives to the animals their food,
and to the young ravens when they
cry.
¹⁰ His delight is not in the strength of
the horse,
nor his pleasure in the speed of
a runner;
¹¹ but the LORD takes pleasure in those
who fear him,
in those who hope in his steadfast
love.

Mark 1:29-39

²⁹ As soon as they left the syna-
gogue, they entered the house of Simon
and Andrew, with James and John.
³⁰ Now Simon's mother-in-law was in
bed with a fever, and they told him
about her at once. ³¹ He came and took
her by the hand and lifted her up. Then
the fever left her, and she began to serve
them.
³² That evening, at sunset, they
brought to him all who were sick or
possessed with demons. ³³ And the
whole city was gathered around the
door. ³⁴ And he cured many who were
sick with various diseases, and cast out
many demons; and he would not permit
the demons to speak, because they
knew him.
³⁵ In the morning, while it was still
very dark, he got up and went out to a
deserted place, and there he prayed.
³⁶ And Simon and his companions hunt-
ed for him. ³⁷ When they found him,
they said to him, 'Everyone is searching
for you.' ³⁸ He answered, 'Let us go on
to the neighboring towns, so that I may
proclaim the message there also; for
that is what I came out to do.' ³⁹ And he
went throughout Galilee, proclaiming
the message in their synagogues and
casting out demons.

Reflection

Meditation for the 5th Sunday after the Epiphany

“The Daily Rhythm of Life”

In our reflections on last week's passage from Mark, we pondered a story about the life and ministry of Jesus. That story began by describing a typical Sabbath day for Jesus and his Disciples. Although it evolved into quite an encounter, full of yelling and confrontation, it began as a typical Sabbath day with worship in the local synagogue. In our passage today, Mark went on to describe a typical, non-Sabbath, day for Jesus. Such a day contained four key elements:

- ◇ Worship and teaching in the local synagogue
- ◇ Responding to pressing needs for care and healing by those close to him
- ◇ Retreat for prayer and rejuvenation
- ◇ Reaching out to new people and seeking opportunities for new ministry

With this story the author invites us to ponder what constitutes a typical day for us. We are invited to consider the rhythm and pattern of our lives today. Just as Jesus began his day with worship, which included time with the scriptures, we are also invited to begin our day in a similar way. With that foundation we are able to respond to the needs around us; in our families, church, and community. Like Jesus, after a full day of loving service we also need to retreat for prayer and quiet time with God. All this equips us to reach out to new people and to serve in new ways. This pattern is not just meant for us as individuals, it describes the pattern of life for a community as well.

But, given our present reality with COVID-19, such a life pattern is not really possible. Or, is it? In these days of isolation and self-quarantine, how do we structure our days? In many ways the structure remains the same, it's the contents that look so different. We are still invited to begin our days in prayer and worship, particularly our Sabbath days. Some of us are able to gather in person, but many of us participate in worship virtually or through the written word. It could be tempting to discount these other forms of worship, but they are still worship none-the-less. Our foundation is still God's word, we still open ourselves to God's Spirit. I suspect many of these components will remain even after COVID is simply a memory.

It is the next phase of a typical day that might be the most altered by our present circumstances. How do we respond to the human need that still surrounds us. In some ways we might be more attuned to the needs around us, particularly in our families and faith

communities. We may find ourselves with a little more time to hear and respond to the needs of those around us. Without many of the usual activities in our lives we may discover more time to listen to the news, read the paper, or browse through the latest edition of the FCC Messenger. Instead of seeing friends and family and travelling to various places, we may find ourselves Zooming more often. We may not be able to respond in the ways we have in the past, but we still respond.

During Advent many of you did the “Reverse Advent Calendar” which involved gathering together food items for those in need. It was an impressive response, it took several people to gather up the bountiful boxes of foodstuff! Our prayer list is always growing as well, as we all learn of so many people in need. Cards and phone calls have gone out to those in our congregation especially hit hard by the isolation of self-quarantine. Undoubtedly, our response looks different than that of Jesus and the Disciples, but it is as powerful.

Although we may find ourselves isolated more than usual, we still need to make time and space for God. Hopefully, we are able to do this on a daily, weekly, or monthly basis. However we do this, we, like Jesus, must make time and space for prayer and reflection on God's word. During Lent we are all invited to use the daily devotional “Go to Jerusalem” which will be sent to everyone in the congregation. We will also have a weekly study on Wednesday evening which will invite us to think about the intersection between what's happening in our world today and scripture.

Finally, our text today invites us to move on and engage in ministry with others. Jesus and the Disciples went to the next town. Where will we go? As we begin to ponder the future, life in the next stage of COVID, we are invited to question where God is leading us now. Jesus told the Disciples; “let us go to the neighboring towns.” What is the “neighboring town” for us here at FCC?

May we be emboldened and empowered to embrace the rhythm of life demonstrated by Jesus. Even in these unusual times we are still invited to be grounded in worship and prayer, called to respond to those in need, invited to make time and space away with God, and urged to go out and seek new opportunities for ministry.

AMEN

Prayers & Praises

February 7, 2021

In Our Church Family:

- Georgann Jordan
- Arlene Heimer
- Marvin Thurber
- Roger & Jessica Vocasek
- William Deterding
- Jill Carpenter, *diagnosed with COVID-19*
- Nancy & Leo Jelinek
- Vic Burgess
- Donna Baker
- Polly Putney
- Mildred Brockemeyer
- Rae Hope Putney

Relatives:

- Friends and Family of Vic Burgess
- Rick Pickel, *for returning to chemotherapy, son of Dick & Roxie Pickel*
- Fred Ogren, *prayers for healing during hospitalization, son of LaVonne Ogren*
- Tricia Gangwish, *prayers for fighting breast cancer, aunt of Lindsay Swanson*
- Will Oldenburg, *prayers as he anticipates deployment to the Middle East, cousin of D'Arcy Blosser*
- John Swanson's father, *in nursing home with COVID-19*
- Phyllis Jones, *hospitalized with COVID, cousin of Dick Pickel*

Friends:

- Our sympathy to the friends and family of Pam Larsen, *upon her recent passing, friend of Marcia Foster*
- Karen, *during cancer treatments, co-worker of Rhonda Ball*
- Tallu Schuyler Quinn, *diagnosed with glioblastoma, prayers for healing, friend of Kaleo and D'Arcy Blosser*
- Dan Principato, *complications with COVID-19, friend of the Vocaseks*
- Cedric Gibb, *healing prayers, friend of Cec Burkhardt*
- Tomi, *healing prayers for cancer diagnosis, friend of Sara Lugin*
- Mother of Dave Schwaninger, *upon recent stroke, friend of Marcia Foster*
- Derek Hilgert, *prayers for multiple health issues, friend of the Effle family*
- Carson Mousel, *13-year-old grandson of Bob and Eileen Kunz, suffering from anorexia nervosa, from Mildred Brockemeyer*
- Judy Nord, *with bile duct cancer, friend of Dick & Roxie Pickel*

Our Timothys:

- Bruce Frogge at Cypress Creek CC in Spring, TX
- Glenda Dietrich Moore, Creative Arts Ministry in Lincoln, NE

In the Nebraska Region:

Beatrice FCC and Rev. Dave Bigley

Our Global Ministries Missionaries:

Maria Abigail Hernandez serving in Japan

Find more information and stories about our Global Ministry partners at

www.globalministries.org



Song of the Week

Jesus, Lover of My Soul

Text: Charles Wesley, 1740

Music: Joseph Parry, 1876

Jesus, lover of my soul,
let me to thy bosom fly,
while the nearer waters roll,
while the tempest still is high.
Hide me, O my Savior,
hid, till the storm of life is past.
Safe into the haven guide.
O receive my soul at last!

Other refuge have I none;
hangs my helpless soul on thee.
Leave, ah! leave me not alone;
still support and comfort me.
All my trust on thee is stayed;
all my help from thee I bring.
Cover my defenseless head
with shadow of thy wing.

Thou, O Christ, are all I want;
more than all in thee I find.
Raise the fallen, cheer the faint,
heal the sick, and lead the blind.
Just and holy is thy name;
I am all unrighteousness.
False and full of sin am I;
thou art full of truth and grace.

Plenteous grace with thee is found,
grace to cover all my sin.
Let the healing streams abound;
make and keep me pure within.
Thou of life the fountain art;
freely let me take of thee.
Spring thou up within my heart.
Rise to all eternity.