

SERMON: Black History Month: “Hush: When Words Really Aren’t Necessary”

Pastor Clarissa

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~INVITATION TO SHARING OUR GIFTS, TITHES, & OURSELVES~

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**\*OFFERTORY PRAYER: (UNISON)**

Righteous God, we mark these early days in the Lenten journey with reminders of your covenant with your people. In your judgement, you sent upon creation the great flood – yet you saved a faithful remnant. You followed with a covenant not to use the flood again. As we prepare to offer our gifts to you, we are reminded that we have been spared from judgment by the one, your son, our Savior, who took on our guilt and bore our judgement. May gratitude for his sacrifice move us to offer not only money, but our whole being. In Christ, we pray. Amen. (Genesis 9:8-17)

**\*CLOSING HYMN:** “Spirit Song” UMH 347

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~SENDING FORTH/BENEDICTION~

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L: Christ, as a light – illumine and guide me. Christ, as a shield – overshadow me. Christ under me; Christ over me; Christ beside me – on my left and my right. This day be within and without me, lowly and meek, yet all-powerful. Be in the heart of each to whom I speak; in the mouth of each who speaks unto me. This day be within and without me, lowly and meek, yet all-powerful. Christ as a light; Christ as a shield; Christ beside me – on my left and my right.

Pastor: May the peace of the Lord Christ go with you, wherever He may send you. May He guide you through the wilderness, protect you through the storm. May He bring you home rejoicing at the wonders He has shown you. May He bring you home rejoicing once again into our doors. In the name of the Father, and of the Son, and of the Holy Spirit

**POSTLUDE:**



5th AVE. UNITED METHODIST CHURCH

323 South 5th Avenue ~ West Bend WI 53095

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1<sup>st</sup> Sunday in Lent ~ February 21, 2021

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## BLACK HISTORY MONTH



a word of silencing, but a word of comfort!

“Let Us Break  
Bread  
Together”

On this Sunday, it’s an invitation to come together in worship and more specifically, to share the Lord’s Supper together, journey together during Lent, as we “hush” not as

**Liturgist**

# Rev. Clarissa Martinelli, Pastor

~GATHERING GOD'S PEOPLE~

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## ORGAN PRELUDE:

~WELCOME~

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## WELCOME - SUNDAY CHECK-IN

Pastor: Black History Month, which runs throughout February, overlaps with Lent, which began 17 February 2021. Black History Month accounts for lament and celebration. It laments the oppression committed against African Americans and celebrates their achievements in the face of overwhelming obstacles. Like the Lenten and Easter seasons, Black History Month moves through lament to celebration. This Lenten season should be especially purposeful as we have a new opportunity to be reenergized in our faith and hope. Come, humbly enter this holy time that will occur from Wednesday, February 17, to Saturday, April 3, 2021. Come!

Pastor Clarissa: 847-721-1826; Ms. Ellen Johnson: 262-339-7673 or famuc.org

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~CHORAL CALL TO WORSHIP~

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## CENTERING MUSIC:

### \*GATHERED IN WORSHIP: (Responsively)

L: Friends, the God of hope is calling,  
Offering refreshment to those who are weary and heavy laden.

**P: Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.** (Matthew 11:28)

L: Friends, the God of peace is calling,  
Offering tender words of comfort to those in distress.

**P: Come children, how often I have longed to gather you together as a hen gathers her brood under her wings.** (Matthew 23:37, alt.)

L: Friends, the God of love is calling,  
Offering friendship and communion to those who feel alone.

**P: Come everyone who thirsts, come to the waters; and you that have no money, come buy and eat without money and without cost.** (Isaiah 55:1, alt.)

L: Friends, come, God is calling us to worship. **P: It is an offer too irresistible to refuse.**

## PRAYER:

Lord, open my lips and my mouth will proclaim your praise.

I arise today, through God's strength to pilot me,  
God's might to uphold me, God's wisdom to guide me,  
God's eye to look before me, God's ear to hear me,  
God's word to speak for me, God's hand to guard me,  
God's way to lie before me, God's shield to protect me,  
God's host to secure me: against snares of devils,  
against temptations of vices, against inclinations of nature,  
against everyone who shall wish me ill,  
afar and anear, alone and in a crowd.

HYMN:  
620

“One Bread, One Body

UMH

## WORDS OF ASSURANCE:

Jesus has opened the doors for service to each one of us. We have been freed from our fears and doubts. Rejoice, dear friends! In Jesus' Name, we are forgiven and healed. **Amen.**

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~WE PROCLAIM~

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## Luke 4:14-21 The Passion Translation (TPT)

Then Jesus, armed with the Holy Spirit's power, returned to Galilee, and his fame spread throughout the region. He taught in the synagogues and they glorified him.

When he came to Nazareth, where he had been raised, he went into the synagogue, as he always did on the Sabbath day. When Jesus came to the front to read the Scriptures, they handed him the scroll of the prophet Isaiah. He unrolled the scroll and read where it is written, “The Spirit of the Lord is upon me, and She has anointed me to be hope for the poor, freedom for the brokenhearted, and new eyes for the blind, and to preach to prisoners, ‘You are set free!’ I have come to share the message of Jubilee, for the time of God's great acceptance has begun.” After he read this, he rolled up the scroll, handed it

back to the minister, and sat down. Everyone stared at Jesus, wondering what he was about to say. Then he added, “These Scriptures came true today in front of you.”

L: The Word of God for the People of God. **P: Thanks be to God!**

## **Let Us Break Bread Together | Holy Communion Liturgy**

Liturgist: As we prepare to partake of the Lord’s table, let us come with a spirit of humility, repentance, and thanksgiving.

Let us break bread together on our knees;  
let us break bread together on our knees.

Let us drink wine together on our knees;  
let us drink wine together on our knees.

Let us praise God together on our knees;  
let us praise God together on our knees.

When I fall on my knees,  
with my face to the rising sun,  
O Lord, have mercy on me. ~ African-American Spiritual

God who redeemed Joseph from slavery and prison and your people Israel from slavery and oppression – you continue to hear the cries of the suffering and remember your covenant. Your loving kindness remains true from generation to generation. God in your faithfulness, we give you thanks.

Jesus who redeems our lives from the grip of death – you continue to save your people. Having set aside your privilege to walk with us in the messiness of the human condition, we seek to follow your example. You showed that power is not about oppression but liberation. Jesus in your love, we give you thanks.

Holy Spirit who redeems the secular within us to make it sacred – you continue to work within believers and the Church to bring light to the world. You both encourage and convict us in truth. Spirit in your advocacy, we give you thanks.

Compassionate God, have mercy on us we pray. Let us examine our thoughts, our actions, our motives, and our attitudes toward others. O Holy God, have mercy and

forgive us for our shortcomings. Help us to remember our responsibility to our families and our neighbors, our stewardship to you, and the work you have given to our hands. Guide us. Awaken us. Energize us for the massive tasks that lay ahead. O Living God, we stand in need of your grace, strength, and mercy.

Pastor: As you have in the past and will do until time ends, we pray, Holy Spirit, that you would make this cup and loaf more than what we set on the table. May they become the reality of our hope in you, our communion with Christ and one another.

As we prepare to break bread together, we first join our voices in the prayer, using the words each of us finds most familiar, saying: **Our Father...**

In order to be shared, the loaf must be broken. If it isn’t, it does not fulfill its promise. And so, we break the bread and give thanks for it – for in its brokenness, we find wholeness. As we eat of the bread, which represents your body, which is the True and Living Bread, open our eyes to recognize the intimacy that you yearn to share with us. O Loving God, teach us to love you above all else, even above our ambitions.

The cup too, must be poured. One vessel is emptied, so the other might be filled. And from the cup, we share the juice – for in the pouring out, we find grace. As we drink the cup, which represents Christ’s blood shed for us, we thank you for the new covenant, “Love ye one another,” which is written on our hearts. Help us to live it out. Let us rejoice because our names are written in the book only you can open and close.

God of our weary years, God of our silent tears, you have brought us thus far and we trust that you will not leave us. Pour out your Holy Spirit on these gifts that they may strengthen us in the faith, in the fight, and in our freedom in Christ.

We do this again and again – as has been done in homes and secret rooms, cars as homes, doorways as a shelter, in pews and at kneeling rails – knowing that each time we do, we proclaim the Lord’s death and resurrection until the day he comes again. Regardless of whether we sit or stand, let us come with humbled hearts and trust in your abundant grace. **Amen.**

### **PRAYER AFTER COMMUNION**

**Tender God, may your great sacrifice of redeeming love renew us for loving service and for sacrifice for others. Let us leave refreshed to serve. May this Lord’s Supper energize every area of our lives and enable us to transcend our circumstances, our inadequacies, and our enemies. Loving God, touch and**

empower us so that our lives will be remarkable testimonies of your presence. Fill us with the life-giving power of the Holy Spirit, so that when we leave this place, we will be forever changed. Amen.

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~WELCOMING, ENGAGING, AND TEACHING OUR YOUTH~

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## February is Black History Month!

February-- Black History Month-- is a great opportunity to showcase all the wonderful poetry created by African American poets who write for young people and there are so many great choices! Of course, we include this poetry in our programs, lessons, and special celebrations all year long, but this is a great opportunity to immerse ourselves in these great writers.

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Angelou, Maya; Alexander, Kwame; Giovanni, Nikki; Adoff, Arnold; Clinton, Catherine; Hughes, Langston; Nelson, Marilyn just to list a few. The following is one of my favorites from the Langston Hughes, *I, Too*>

I, too, sing America.

I am the darker brother.  
They send me to eat in the kitchen  
When company comes,  
But I laugh,  
And eat well,  
And grow strong.

Tomorrow,  
I'll be at the table  
When company comes.  
Nobody'll dare  
Say to me,  
"Eat in the kitchen,"  
Then.

Besides,  
They'll see how beautiful I am

And be ashamed—

I, too, am America.

Ingredients in Kid-Friendly Mac and Cheese

- elbow macaroni noodles
- butter
- all-purpose flour
- milk
- shredded cheese – any kind you prefer – we usually do cheddar
- salt
- pepper
- dry bread crumbs

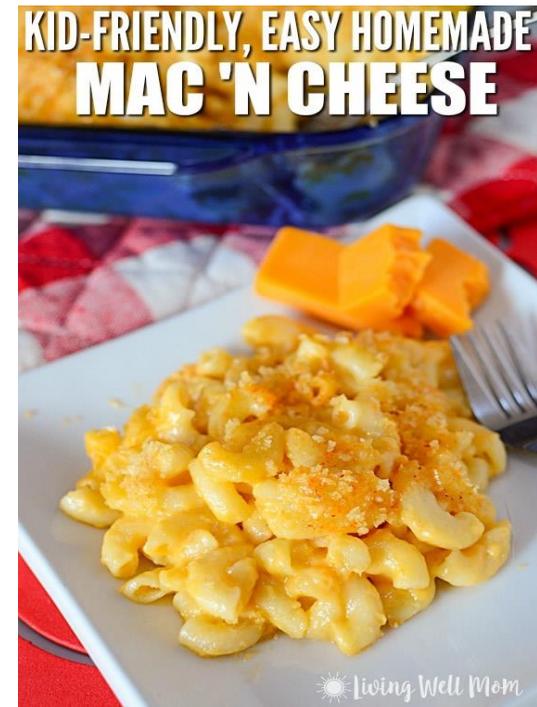
Cook the noodles in boiling water according to the package directions. Melt the butter in a saucepan, then add the flour. melted butter and flour in a pan - making homemade mac and cheese. Whisk in the milk gradually as you stir. Continue whisking until the mixture comes to a boil.

Cook and whisk the boiling milk mixture for about 2 minutes. By now it should have thickened. Remove from the heat. Stir in the cheese. Add the salt and pepper and stir until the cheese is melted.

Add the macaroni noodles to the cheese mixture and mix. Dump your homemade mac and cheese mixture into a casserole dish or 9×13" rectangle pan (your choice).

In a separate small bowl, stir together melted butter and bread crumbs with a dash of pepper. Sprinkle this breadcrumb mixture over your mac and cheese.

Bake mac and cheese with breadcrumbs in the pan until bubbly or cheese melts.



Doesn't this homemade mac and cheese look yummy? Enjoy!