

what r u up 2?

Get up to something instead of
giving something up this Lent.

Come Up
Lent 1

February 18, 2024

8am and 10:30am Worship



WORSHIP
DESIGN STUDIO
WDS

GUESTS, Welcome to our faith community. To learn more about us please visit our website at www.unionucc.org or like us on Facebook at www.facebook.com/unionneffs.

Let us know you're here by completing the Welcome Card in the racks in front of you and hand it to a pastor or drop it in the offering plate. Feel free to call or email a pastor.

Vision Statement

UNION UCC: RELEVANT, ENGAGED, and GROWING

Mission Statement

Our church is a diverse family of believers, spiritually united in Christ, rooted in a rich heritage and growing with vitality into the future. We proclaim God's word, nurturing and inspiring dedicated Christian discipleship through worship, education, pastoral care, fellowship, and outreach within our community and the world.

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

Lay Reader: Confirmands

8am Ushers: Debbie Romig, Connie Gioielli, Dixie Gross

10:30am Ushers: Deb Wenner, Maryann Puia, Carol Stout, Marianne Kitzmiller, Ralph and Connie Gioielli

Greeters: Nancy Jones, Eric Minnich, Ralph & Connie Gioielli

Sound: Karl Klinger

GATHERING UP

Music for Centering

Savior, Like A Shepherd Lead Us
Tune: Bradbury, William B. Bradbury

Blake Hoppes

Welcome

We Acknowledge What's Up

Jocelyn Karhea

You Raise Me Up

Leader: Lent is often known as a time of giving something up in order to make room in our lives for spiritual pursuits. Rather than just “giving up” in Lent, the scriptures ask us to consider all that Jesus is “up to” and all that he asks us to be up to in his name. Instead of bemoaning what we can’t do, or used to do, in a culture where “measuring up” to external standards seems impossible, this Lent we will celebrate the small things that we can do right now to respond to God’s call in our place, for our time.

The first Sunday of this series brings us to the moment at which Jesus comes up out of the waters of baptism to hear, “You are my beloved.” We are called to come up out of the depths of whatever seeks to keep us under and know that we are beloved of God. Come up, for now is the time to be fully who you are created to be for the sake of the world.

**ALL: When I am down and, oh my soul, so weary
When troubles come and my heart burdened be
Then, I am still and wait here in the silence
Until You come and sit awhile with me**

**You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas
I am strong, when I am on Your shoulders
You raise me up to more than I can be**

Madison Eckhart

Leader: Let us pray together:

**Loving God, we come before you needing to feel lighter.
We are weighed down with expectations and difficult news.
Sometimes it is our own doing that weighs us down.
In this moment of quiet, we lift up to you
those things we'd like to give up for good...
for the sake of The Good. Amen.**

Meditative Moment

Hear assurance in what the Psalmist proclaims:

To you, O Lord, I lift up my soul. O my God, in you I trust; do not let me be put to shame; do not let my enemies exult over me... Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. Be mindful of your mercy, O Lord, and of your steadfast love, for they have been from of old. Do not remember the sins of my youth or my transgressions; according to your steadfast love remember me, for your goodness' sake, O Lord! Good and upright is the Lord. (*Psalm 25, excerpts*)

In the name of Christ, you are forgiven.

**ALL: In the name of Christ, you are forgiven.
Glory to God, Amen!**

***Please stand in body or spirit.**

**ALL: You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas
I am strong, when I am on Your shoulders
You raise me up to more than I can be**

The Peace

As a people forgiven and freed,
we reach out to lift others up, offering the peace of Christ.
Peace be with you!
And also with you!

You are invited to share the Peace with those around you
[remembering to send your peace through the camera to
those worshiping remotely].

***Opening Hymn**

#198 Lift High The Cross (New Century Hymnal, black)

**1. Lift high the cross, the love of Christ proclaim;
Let all adore and praise that sacred name**

**Come, Christians follow where our savior trod,
The lamb victorious, Christ the Child of God**

**2. Lift high the cross, the love of Christ proclaim;
Let all adore and praise that sacred name**

**Each newborn servant of the Crucified bears
On the brow the seal of Christ who died**

**3. Lift high the cross, the love of Christ proclaim;
Let all adore and praise that sacred name**

O Christ, one lifted on the glorious tree,
Your death has brought us life eternally
4. Lift high the cross, the love of Christ proclaim;
Let all adore and praise that sacred name

Set up your throne, that earth's despair may cease
Beneath the shadow of its healing peace

5. Lift high the cross, the love of Christ proclaim;
Let all adore and praise that sacred name

So shall our son of triumph ever be
Praise to the Crucified for victory

Refrain: Lift high the cross, the love of Christ proclaim;
Let all adore and praise that sacred name

Please be seated.

FILLING UP

What's Up? with Children

10:30 Children's Time

**ALL: I'm gonna believe that you are up to something good
I'm gonna believe that you are up to something good
When I can't understand the things that happen in my life
I'm gonna believe that you are up to something good**

Children's Church – during 10:30am Worship for ages 3-grade 5. Kids start in worship with their family and are invited forward for a children's time, They then leave with Ms. Tiffany and return before worship is over.

Kids are invited to the Education Hour and Faith For-

mation for All Ages – 9:15-10:15am on Sundays, ages 3 to grade 7.

Children will be in **Room 100** and will return before worship is over. If worship ends early, parents are welcome to meet their children downstairs.

**ALL: I'm gonna believe that you are up to something good
I'm gonna believe that you are up to something good
When I can't understand the things that happen in my life
I'm gonna believe that you are up to something good**

Music for Soaring

Music Offering

What God Can Do with "This is My Father's World"

Nancy Price & Don Besig

8:00 Heritage Choir

Lead Me To The Cross

Brooke Fraser

10:30 High School Choir

The Word Uplifts

Kendall Miller

Scripture

Mark 1: 9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness.

He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Message Pastor Kayli

BUILDING UP

Up to Something Good

Prayers of the People

Let My Prayer Rise Up

Leader: Lent is traditionally a time when the church focuses on spiritual practices that can take many forms: various ways of praying, meditating, journaling... any repeated practice that makes more room for relationship with the Holy to grow and to deepen. This year we are providing you with a journal that you can use each day in a quiet time of reflection. The entries are brief and you don't need to spend a long time each day, but carving out a regular moment to stop and offer your intentions to God can build us up in ways we never imagined.

If you like incense, or candles, we encourage you to light them at home each day when you spend time in reflection and prayer. This connects our practice to an ancient practice mentioned by the Psalmist in chapter 141: *"I call upon you, O Lord; come quickly to me; give ear to my voice when I call to you. Let my prayer rise up as incense before you and the lifting up of my hands as an evening sacrifice."*

Let us sing Psalm 141 as our prayer song. This first Sunday, we'll listen to our choir sing it once and then we'll repeat the refrain:

Let my prayer rise up
like incense before you,
the lifting up of my hands
as an offering to you.

**Let my prayer rise up
like incense before you,
the lifting up of my hands
as an offering to you.**

We call upon you, O God, in the midst of all the contours of our lives — those that feel life-giving as well as those that pain us. All of life is filled with the joy and sorrow of living and loving. Especially in times when life feels like the difficulties of journeying in the desert, we pray that we can be “up to something good” for our selves, our neighborhoods, and our world. And so this week we start with thanksgiving for these acts of uplifting goodness:

**Let my prayer rise up
like incense before you,
the lifting up of my hands
as an offering to you.**

We call upon you, O God, to incline your ear and extend your love and healing power for these laments:

**Let my prayer rise up
like incense before you,
the lifting up of my hands
as an offering to you.**

We call upon you, O God, to give us the strength and courage to be up to something good for the sake of The Good. In this moment — in our mind's eye — we imagine and offer our commitment to one small thing this week that will lift someone up, elevate and affirm the good when we see it, and bring a bit more calm or joy where we are. And if we find we are not up to it, we pray we can accept the goodness of others and feel your encouraging love.

We pray this in the name of Jesus, who taught us to pray...

The Lord's Prayer

**ALL: 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 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.**

NEWS ABOUT THE MINISTRY AND MISSION OF GOD'S CHURCH

Uplifting Messages of Support

Offering/Offertory

During this series, we will offer our support for our church activities, mission, and budget in the usual ways, but we will also be collecting "uplifting messages" to each other, our church and community and the world.

As we listen to our announcements, you are invited to write a message that you want to put out into the world on the card insert. Share an encouraging word of hope or message for others as a prayerful response to worship. We will gather

these in the offering plates. Or you can place them in the hot air balloon baskets at the doors. For those of you at home, you can post your messages in your comments or email them to the office or a pastor. We will be adding these to our hot air balloon throughout the season and on Easter Sunday.



OFFERING

Easter Mission Offering

Please share your financial support by using the Easter Mission Offering envelope in your envelope packet, or blank envelope marked - Easter Mission, or donate online at <https://secure.myvanco.com/L-Z51X/campaign/C-12H63>

The Allentown Warming Station at the YMCA

The Warming Station provides shelter, food, and a safe place for those experiencing homelessness in the community. They are open to welcome guests Nov 1 - April 15 each night from 7 pm - 7 am. The YMCA also provides healthy dinner time meals seven days a week.

Parkland C.A.R.E.S. Food Pantry

Parkland C.A.R.E.S. strives to feed and serve every member of the community affected by and suffering from hunger in the Parkland community. The food pantry serves over 130 families who are provided with a variety of food items each month.

Thank you for the many ways you give of yourself to God's ministry and mission here at Union.

Because of YOU our church changes lives....

Here are some of the ways you can share your financial

generosity at Union.

• **ELECTRONIC GIVING** <https://secure.myvanco.com/L-Z51X/home> or use the QR code with your cell phone. Choose an ongoing regular donation or a single donation with your credit or debit card. (Help us with fees if you can.)



Electronic Giving

• **FREE Vanco Mobile Faith Engagement app**
Look for our church Union United Church of Christ, Neffs, PA and register your information to contribute.



Vanco Mobile

• **Venmo @unionuccneffs** Make a donation or pay for a fundraiser or event. Complete “What’s this for?” See QR code.

• **Cash or checks (to “Union UCC”)** Place in the offering plate with a member offering envelope or guest envelope (in the seat racks) or drop in the mail if you’re not in person.



Venmo

Contact John Harting (610-799-2508) or Don Penrod (610-972-8719) or Pastor Kris if you have questions or if you’d like to learn more about other giving options or legacy gifts to Union.

Music Offering

As the Deer Martin Nystrom

Blake Hoppes

***Please stand in body or spirit.**

***Offering Response**

What R U Up 2 for My Sake?

[sung to the tune LASST UNS ERFREUEN]

**What are you up to for my sake?
What are you up to “for the Good?”**

Would you come now, follow, join up?

**Let us take up, wake up anew,
Let us build up, fill up with you!**

**Let us lift up
the gifts we raise up.
For the sake of,
for the shape of,
heaven on earth.**

**Offertory Prayer
Madison Eckhart**

Spirit of Belovedness, we ask you to multiply these gifts
in ways that extend what we can do exponentially.

Through them may many be uplifted —
our gifts transformed into your voice of love in the world.

**Blessing for the Journey
Grayson Christman & Noah Roth**

Leader: We are providing you with a journal that you can use each day in a quiet time of reflection. The entries are brief and you don't need to spend a long time each day, but carving out a regular moment to stop and offer your intentions to God can build us up in ways we never imagined. You can pick up your journal in the lobby today. At home – contact office or a pastor if you'd like a copy emailed to you. You can also watch for the journal in our weekly emails and on our Facebook page too.

And so now go into the world,
knowing that as a disciple of Jesus,

as a beloved child of the Holy One,
and an heir of the Holy Spirit with angels attending you,
you have all you need to be up to something.

When someone asks you, "What are you up to?"
you can respond,
"With God's help, I'm up to something good!"

Let the people say, Amen!
Amen!

LIVING IT UP

***Closing Hymn**

**#404 Give Up Your Anxious Pains (New Century Hymnal,
black)**

**1) Give up your anxious pains, confusion, and remorse
To God who set and still maintains creations complex
course
God leads what may appear chaotic, random, wild;
So God has planned and will make clear a path for you,
dear child**

**2) All things conform to please the faithful when they pray,
So fall upon your trusting knees and all together say;
O faithful God of grace who rules the raging storm,
Enlighten our poor mortal race; your promised works
perform**

**3) Don't let us be dismayed by grievous social wrong;
Responsive, active, unafraid, may we be brave and strong
Extend your loving care through all our livelong days;
And when we die, bring us to where bright angels sing your
praise.**

Music for Movin' on Up

Holy, Holy, Holy Tune: Nicaea John B. Dykes

Blake Hoppes

Holy Grounds Coffee Hour on Sundays

Enjoy some coffee, tea, juice, hot chocolate, and snacks on Sundays in Memorial Hall after both worship services.

Upcoming hosts include:

Feb 25– Church & Ministry

March 3– Mission Committee

March 10– Consistory

March 17– Youth Group

March 24– Fellowship Committee

March 31– Easter Crew!

EVIDENCE OF STEWARDSHIP LAST SUNDAY

Offering (e-giving, envelopes, and plate)	
Last Week	\$8,456.00
Calendar Year 2023 (Jan.-Dec.)	\$ 403,460.00
Calendar Year 2022 (Jan.-Dec.)	\$ 408,693.00
Change from Last Year	-1.3%
Budget FY 2023-24 (July-Dec.)	\$ 228,270.00
Actual Fiscal Year-to-Date (July-Dec.)	\$ 207,436.61
Difference in Giving vs. Budget	-9.1%
<i>Additional financial information available in Consistory Minutes</i>	

Attendance Last Week	
8 AM	61
10:30 AM	155
Education Hour	5
Online Views	292
Breathe	20

2023 Donations to the Northern Lehigh Food Bank:	
Last Week:	\$, 300lbs
Total YTD:	\$100, 1,400lbs

Blanket Sunday	\$704.00
Souper Bowl	\$378.00

Presentations to the Glory of God

Proud of our Confirmands! Pastor Kris

Be a sponsor for \$20, send to Union UCC through your offering envelope or online marked Spread the Good News or \$8 for Children's Bulletin. Contact Marissa to sign up for a certain date or to sponsor in honor or memory of someone.

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