

Encountering God Through the Word

Scripture Reading

Matthew 11:28-30
(New Revised Standard Version, updated edition)

Jen Morrill

28 “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. **29** Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy, and my burden is light.”

(The Message)

28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Hear what the Spirit is saying to the Church!
Thanks be to God!

A Message for All God’s Children

Following this, children ages 4-11 will be escorted to “Curious with Christ.”

Special Music

“Seasons of the Heart”
by Karen Lakey Buckwalter

Festival Chimes

Prayer of Preparation

Singing

“Come and Find a Quiet Center” (*verse 2*)

FWS # 2128

Message

“The Right Tempo”

Rev. Beckie Sweet

Responding with Joy and Generosity

*Hymn of Response

“Jesus’ Hands Were Kind Hands”

UMH #273

Prayers of the People And The Lord’s Prayer

Jami Breedlove-Crouch

Offering Our Gifts to God

Offertory

“Courante”
by John Blow

Molly MacMillan, piano

*Doxology

(sung to the tune: OLD 100th)
**For time to savor God’s good gifts
For space to breathe and hearts to lift
For ways to reach out and to give
We offer thanks and vow to live!**

UMH # 95

*Prayer of Dedication

God of Creation, you understand the tempos and rhythms of our lives. You know when we are able to give generously and when we feel cautious, stretched, or empty. Thank you for your unfailing love and acceptance. We dedicate each and all gifts to your glory and seek your direction in using them wisely. Amen.

Going Forth to Serve and to Bless

***Closing Hymn**

“I’m Gonna Live So God Can Use Me”

FWS # 2153

Invitation to Lenten Practice

Announcements

Dismissal with Blessing

Postlude

“It Don’t Mean a Thing If It Ain’t Got That Swing” *Molly MacMillan, piano*
by Duke Ellington/Irving Mills

-----PRAYERS-----

For **Prayer Chain Requests**, confidential concerns seen only by those who participate in the Prayer Chain, please contact Pastor Beckie at pastor@stpaulsithaca.org.

Prayer Requests: Joan Reppert; Nancy Potter and George Gull; the Agua Viva team in Costa Rica; Ben Hogben (Caroline Valley Community Church); Mary and Matthew Boardman.

Pray for healing within the United Methodist Church, especially for those who are excluded because of sexual orientation and gender identification. Pray for those preparing for General Conference.

Prayer requests will be published in the bulletin for four weeks. If you would like someone to remain on the list, contact Jami Breedlove-Crouch at lovingcare@stpaulsithaca.org or 607-269- 5509. Please remember that we also need permission from the person listed.

Village at Ithaca Update

Thanks to your continued generosity, we only need 20 more bottles of dish detergent and 5 more rolls of toilet paper to complete our monthly goal!

St. Paul’s Ministries ~ Week of February 18, 2024

Sunday, February 18

10:30am – Worship and “Curious with Christ.”
11:30am – Coffee/Fellowship Time in Memorial Room

Thursday, February 22

6:00pm – Festival Chimes Rehearsal – Bell Choir Room
7:15pm – Choir Rehearsal – Dining Room

Monday, February 19 – President’s Day
Presidents Day – Church Offices Closed

Friday, February 23 – Church Offices Closed

Tuesday, February 20

10:00am- Fiber Arts Memorial Room
6:00pm – Finance Meeting – ZOOM
7:00pm – Church Council - ZOOM

Saturday, February 24

Wednesday, February 21

10:00am – Staff Meeting – ZOOM

Sunday, February 25

10:30am – Worship and “Curious with Christ”
11:30am – Coffee/Fellowship Time in Memorial Room

Children and Worship – Children are always welcome in worship! To help keep hands busy, we have books and toys on the black cart near the main sanctuary door. *Children ages 4-11 are invited to attend “Curious with Christ.”*

Héctor A. Burgos Núñez

Laities of the Finger Lakes District are invited to meet our bishop on **Monday, February 26, 2024, 7:00-8:30 pm** at the Lansing UMC (32 Brickyard Road, Lansing). All are welcome!

Justice Seekers Host “Witness to Injustice Blanket Exercise”

Mark **March 16** on your calendar: that’s when Justice Seekers will be hosting the “Witness to Injustice Blanket Exercise,” facilitated by Neighbors of the Onondaga Nation (NOOM) from **1-4pm**. A unique participatory workshop, the exercise explores the history of the colonization of Turtle Island and its impact on Indigenous People’s nationhood up to the present. Seating is limited to fifty, so if you’re interested, please contact Karen Kaufmann at tunafiki@twcnny.rr.com

Time Out Prayer Chair ~ Week 1

For the times when we have run ourselves and others ragged...forgive us.

For the times when we have asked of ourselves too much or too little...forgive us.

Help us find the right tempos for the right times, O God.

Help us to be gentle in our learning and growing – with ourselves and with others.

Help us step back when the toxic and overbearing pace of life

that we believe we must adhere to in order to live

threatens to tear down our connections to life, love, and to you.

In this moment we hear your promise:

“My yoke is easy, my burden is light.” Amen.

Our Staff

Rev. Rebekah (Pastor Beckie) Sweet / Senior Pastor / pastor@stpaulsithaca.org

Jami Breedlove-Crouch / Loving Care Ministries Coordinator / lovingcare@stpaulsithaca.org

Deirdre Levine / Church Administrative Assistant & Communications / office@stpaulsithaca.org

Michelle Eells / Business & Building Ministries Coordinator / business@stpaulsithaca.org

Maia Finkel / Choral and Ensembles Director / choirdirector@stpaulsithaca.org

Molly MacMillan / Pianist / pianist@stpaulsithaca.org

David Kingsley / Technical Director / dkingsley@stpaulsithaca.org

Dorothy Preston / Festival Chimes Director / dpreston@stpaulsithaca.org

Sue Orzel / Custodian

“St. Paul’s is a compassionate community led and transformed by the Spirit.”

St. Paul’s United Methodist Church, A Reconciling Congregation

402 North Aurora Street, Ithaca, NY

Find us at www.stpaulsithaca.org, Facebook and Instagram

Church Office Hours are 9:00 AM-12:00 PM Sunday – Thursday

Office Phone: 607-273-5971 Pastoral Care Phone: 607-269-5509

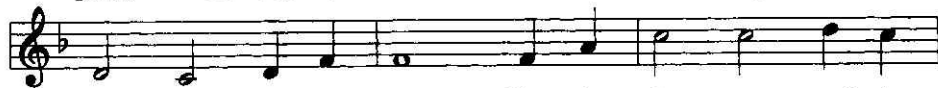
2128 Come and Find the Quiet Center



1. Come and find the qui - et cen - ter in the crowd - ed life we
2. Si - lence is a friend who claims us, cools the heat and slows the
3. In the Spir - it let us trav - el, o - pen to each oth - er's



lead, find the room for hope to en - ter, find the
 pace, God it is who speaks and names us, knows our
 pain, let our loves and fears un - rav - el, cel - e -



frame where we are freed: Clear the cha - os and the
 be - ing, touch - es base, mak - ing space with - in our
 brate the space we gain: There's a place for deep - est



clut - ter, clear our eyes that we can see all the
 think - ing, lift - ing shades to show the sun, rais - ing
 dream - ing, there's a time for heart to care, in the



things that real - ly mat - ter, be at peace, and sim - ply be.
 cour - age when we're shrink - ing, find - ing scope for faith be - gun.
 Spir - it's live - ly schem - ing there is al - ways room to spare.

WORDS: Shirley Erena Murray

MUSIC: Attr. to B. F. White

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BEACH SPRING

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Lord of All Hopefulness



1. Lord of all hope - ful - ness, Lord of all joy, whose
2. Lord of all ea - ger - ness, Lord of all faith, whose
3. Lord of all kind - li - ness, Lord of all grace, your
4. Lord of all gen - tle - ness, Lord of all calm, whose

WORDS: Jan Struther
MUSIC: Irish folk melody

SLANE
10 11.11 12

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trust, ev - er child-like, no cares could de - stroy: Be
strong hands were skilled at the plane and the lathe: Be
hands swift to wel - come, your arms to em - brace: Be
voice is con - tent-ment, whose pres - ence is balm: Be



there at our wak - ing, and give us, we pray, your
there at our la - bors, and give us, we pray, your
there at our hom - ing, and give us, we pray, your
there at our sleep - ing, and give us, we pray, your



bliss in our hearts, Lord, at the break of the day.
strength in our hearts, Lord, at the noon of the day.
love in our hearts, Lord, at the eve of the day.
peace in our hearts, Lord, at the end of the day.