

TUMC Worshipping Together on Sunday May 10, 2020

Rev. Amy Overton-Harris



Prayer for Mother's Day

Today Most Gracious God, we give you thanks for the women in our lives. Women who cared for us when we were young, and women who endure in our lives. We lift up to you: mothers, sisters, teachers, aunts, neighbors, friends, grandmothers. We pray with joy and appreciation for women who noticed us, who cherished us, who spoke words of life over us and soothed our anxious moments.

Life Giving God, you brood over us in our weakness, fear and tantrums. We give thanks that you gather us in and shield us under your wings. Help us today to commit ourselves to others...to give strength, to show grace, to live patience, and to see in others your image. And above all else, inspire us to love all your children with a fierce and unrelenting love that calls them to love others as you love us. Amen

A Blessing for Staying Inside (Joyce Bartlett, March 22, 2020)

May you find happiness in the small spaces. Joy in the staying put. No highways. No office buildings. No crowded subways.

May you find peace in your own kitchen. May your four walls feel like a sanctuary. A haven from a noisy world.

May you take pleasure in a bad pun, a bowl of popcorn. Laughing with the people closest to you. Patting the grateful dog. The clever cat.

May you discover the delight of writing letters on paper. In baking cookies. In the birds visiting your early spring garden.

May you find yourself fully in the present moment. Where all of life is happening right now. And worries about the future don't exist.

May you invent ways to help people who need you. Because times like this were made to remind us that we are all the same. Even as you wrap yourself in a blanket of solitude, may you discover the secrets of the universe from your spot on the couch.

And... may you be so well loved that that others will rejoice when you are finally able to run into their arms again.

Good Morning Dear Ones!

What will be our path today? We may be feeling weary in this time of being physically distant from friends and family. One step at a time, right? Finding new life in our midst is a thing of joy. I walked into the front room and looked out the window. What might be in store for me today? Being stuck at home again didn't bode well for pending excitement or joy!

I couldn't help but smile when I saw a white van park a few doors up and out sprung two people with every kind of Birthday Celebration Thing, the world has EVER made. They decorated the lawn with balloons, streamers, and giant letters that said "HAPPY 6TH BIRTHDAY KYLIE!!" There was even a blow-up cake set in the middle of the lawn with 6 glitter topped candles! Finding new life in our midst is a thing of joy! We rejoice!

As I settled down in the chair, coffee in hand, a little while later, a silver car drove up to the very same festooned house! The driver got out, looked all around, making sure the coast was clear apparently. He stopped and looked back toward the car and motioned frantically to the car's other occupant. Out she jumped, (actually she got out of the car very carefully) giant cake box in hand. (in both hands). She stopped and seemed to ponder kicking the car door closed and instead motioned wildly with her head toward the man. He zoomed over and quietly closed the door. Up the side of the driveway they went, very stealthy I would say. The side door of the garage opened a crack, and then with a full swing. Much hand gesturing occurred and the people disappeared into the house.

What might be in store for me today? Being stuck at home again didn't bode well..... BUT GUESS WHAT!? A six-year-old girl will have the most fabulous birthday ever!with a few surprise guests bearing gifts and a very large cake. When she opens the front door and sees her front lawn, her mouth will drop open and her eyes pop out!!

Finding new life in our midst is a thing of joy. We rejoice! I sipped my coffee and thought "What a good day this is."

["I Was There to Hear Your Bournig Cry"](#)

Joys and Concerns



As always, please keep one another in your thoughts and prayers.

- Mildred Wells
- Ofilia Boyd is doing much better.
- Tami Weitman has a herniated disc.
- Emilie Kroen will be starting oral chemo therapy as an 'insurance policy' to help prevent recurrence. She will have radiation in the fall.
- All who are suffering with the Covid 19 virus.
- Health Care and essential workers.
- Sherris' friend Bud Stone in the hospital.
- Tim Wescott and family, on the death of his mother.
- Celebrate our HS Graduates: Kristen Poore (to PSU), Carson Poore (to PCC), Suzanne Harrell (off to OSU)

- Celebrate our College Graduate: Sharona Shnayder (she has applied for internship with Sen. Merkely, she will be taking CPA exam, working at Portland Gear, and moving to Israel in Spring 2021.)

(please send Amy additional prayer requests) amytumc@gmail.com

Prayer

Most compassionate God, hear the thoughts of our hearts and the prayers of our souls. Even before we utter a word or thought, you O Lord know our need. We pray for all those who have been lifted up. We pray for a world in need. May we not lose sight of one another in this global tragedy. Your love spans all time, all places and all situations. Help us to reach out to those in greatest need. Help us to lift up others with perseverance and hope. All these things we lift up to you as we pray together, The Lord's Prayer:

Our Father, who art in Heaven, hallowed be thy name.

*Thy kingdom come,
as it is in heaven.*

*forgive us our
trespass against us.
deliver us from evil.
and the glory*



thy will be done on earth

*Give us this day our daily bread. And
trespasses, as we forgive those who
And lead us not into temptation, but
For thine is the kingdom and the power
forever. Amen*

["Psalm 91" Shane & Shane](#)

Scripture

Philippians 4:4-9 ⁴Rejoice in the LORD always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The LORD is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy dwell on these things. ⁹Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of peace will be with you.

Reflections

I read something yesterday that just cracked me up! I saw something about a group called "MOPS" run across my screen when I was doing a search. MOPS?? What on earth is that? Just knowing me even a bit would lead you to say "of course she clicked on it". I did. And what better way to start reflections on Mother's Day??

MOPS is Mothers Of Pre-Schoolers.... That is a group I never heard of and for sure, my curiosity led me to click more. This group is a grassroots movement that believes moms are

world influencers. World influencers.... That sounds like a worthy path. And not just for moms but for parents, teachers, leaders of every kind and gender. Part of what they believe is that “incubating hearts and giving just-because-hugs can change the course of history”. One of their operating principles is that when we connect with others, when we share pieces of life, when we invest in the people around us, we find our identity as a community. And when we love, give, care for one another, it can indeed change the world for the better.
(That is the message of Jesus right there!)

These verses from Philippians 4 are ones that I return to time and again. How many thousands, even millions of people have read words such as these? Countless, I imagine. In verse 8, we read..... “let your mind dwell on these things: Whatever is true, honorable, right, pure, lovely, admirable, excellent, praiseworthy, dwell on these. Well, fulfilling this might take a lifetime! Exactly the idea.

I don’t think that this “selected dwelling” means we just pretend that wrong and false things don’t ever happen..... (because we know THAT IS SO NOT TRUE) I believe that Paul is guiding us into a spiritual practice. A life practice for us. A practice to navigate life and relationships with purpose, grace and justice.

Let’s take a parenting example, since today is Mother’s Day. When I think about the practice sessions that I had to have with myself as a parent of teenagers, I have to crack up!! (although I was not cracking up then!) I can hear my own “self-coaching” when my child was late again and now pulling the car into the driveway at midnight.

“just be calm Amy, just be calm, just be calm, just be calm”

It wasn’t and isn’t always successful of course, but I keep practicing. I think that might be something of what Paul had in mind. Be your best self, read these words: whatever is honorable, admirable, lovely, again and again.

These days, it does bring me a sense of joy to hear my children sweetly (and mockingly) say “Good bye! Love you, drive safely, make good choices” when I am leaving their place to head home. As you may have guessed, when our teenage children were getting ready to leave our house, those are the exact words we said each time.

Paul encourages us to recognize that the “peace of God will guard our hearts and minds.” And when we coach ourselves to dwell on what is right, what is good... it shapes how we think and it inspires how we live every day. We all have a mixture of memories, successes, regrets when we take a look at our lives, but the memories we choose to dwell on, they begin to shape us, now and into the future.

Think for a moment about what is praiseworthy right now. (For me: Kylie’s 6th birthday! People helping each other! Distance Teachers! The beauty of gardens and flowers!) These things shape our relationships, our interactions, our families and friends. Stories of love and hope abound, let your mind dwell on these things.

Of course, realistically, there are other things that influence us. There is hurt, pain, tragedy, grief, anger and a whole host of other things. These too are real experiences that need our attention and processing. Based on what we know, Paul experienced these all of these things during his lifetime. Maybe the key for his intent is the “dwelling” part. Unjustly, thrown into a jailcell, Paul still encouraged people to love, to hold fast, to help others, rather than succumb to bitterness and anger. As the story goes, he had compassion on his jailers and continued to treat them with love and grace until the end.

Paul was looking and teaching a larger-than-life outlook. A practice for life. Not pretending the hard things weren’t real, but focusing on a way to keep your best-self alive and well.

On this Mother’s Day, take a breath. If you feel compelled to check the news each day, attend to reputable news sources and professionals who have our best interests at heart. Set the other stuff aside for now. Take time to see beyond the screens. Contemplate what you most value. Raise your sights to things that feed your soul. Maybe call family or friends? Maybe take a nap? Go for a walk? Read a book? Do a crossword? Play with your kids? Hang out with your pets? Whatever feels life giving for you.

Rejoice and calm anxiety. Ponder: What is true? Noble? Right? Pure? Lovely? Admirable? Excellent? Praiseworthy? Dwell on these things.

Amen

[“Jesus, Lover of My Soul”](#)

Offering time

We invite you to continue your gracious offerings to our congregation. You can use Automatic Bill Pay, set it up with your bank and they will send it to the church. You can always send a check by USPS. If you would like to donate electronically,

GO TO OUR WEB SITE www.tualatinumc.org

On the opening page of the Website, a few lines down and on the left, you will find a blue link to donate.

THANK YOU SO MUCH for your generosity for the life of our church family, staff, and our ongoing ministry together. Mere words cannot express our deepest appreciation. With your help we will be able to pay our on-going bills and make employee payroll for the month of May.

Good for Your Soul

9-year-old Jayden has created and donated almost 100 3D printed face shields to local frontline healthcare workers. "I want to protect them from getting it (the coronavirus) so they can take care of the patients," said Jayden.

.....and he doesn't plan on stopping anytime soon. [#BetterBayArea](#)
[#CoronavirusKindness](#)



Benediction

May the Lord bless and keep you. May the light of God shine upon you and give you peace. Amen

["There is None Like You" \(Leblanc\)](#)

Special thanks to our Music Director/ Pianist, Kathy Niguidula for our worship music selections for today. I am still working on a single click URL!

Let me know if the music links don't work for you. Amy

I invite any of you to offer any items for our worship together. Prayers, pictures, joys, concerns etc.
Email me; amytumc@gmail.com

Announcement: The garden is doing great! You can come and volunteer to weed on your own schedule. Pick your area, lots of weeds to go around. Social distancing is easy in the big space, just be mindful. At least 10 feet apart would be great. If it feels too crowded, come back another time. You are encouraged to wear a mask. Bring your own tools and bag for weeds. Bring your own water bottle.

(email Larry McClure with questions: larry.mcclure@gmail.com)

