

---

# First Congregational Church

---

16 August 2020



---

## Communion

---



2610 East Northern Lights Blvd., Anchorage, Alaska 99508

907.272.8363—[www.fccak.org](http://www.fccak.org)

*Enter with a spirit of preparation as we gather ourselves for worship*

**Prelude:** "Cantabile" Guilmant

**Welcome and Announcements**

**Call to Worship: Psalm 67:3-5 (unison)**

Let the peoples praise you, O God;

let all the peoples praise you.

Let the nations be glad and sing for joy,

for you judge the peoples with equity

and guide the nations upon earth.

Let the peoples praise you, O God;

let all the peoples praise you.

**Musical Offering**

**Children's Moment**

**Invitation to Giving**

**Dedication of Gifts: (unison)**

Holy God, you are our provider. We dedicate to your service our lives and these offerings from your blessing and our labor. Work in us and through us to extend your love and care, here and around the world. Amen.

**Prayers of the People**

Silent Prayer

Pastoral Prayer

The Lord's Prayer

**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.**

Hymn:

"We Gather Together"

No. 276 Pg. 7

**Scripture Reading:** Matthew 15:10-28

<sup>10</sup> Jesus called the crowd near and said to them, "Listen and understand. <sup>11</sup> It's not what goes into the mouth that contaminates a person in God's sight. It's what comes out of the mouth that contaminates the person."

<sup>12</sup> Then the disciples came and said to him, "Do you know that the Pharisees were offended by what you just said?"

<sup>13</sup> Jesus replied, "Every plant that my heavenly Father didn't plant will be pulled up. <sup>14</sup> Leave the Pharisees alone. They are blind people who are guides to blind people. But if a blind person leads another blind person, they will both fall into a ditch."

<sup>15</sup> Then Peter spoke up, "Explain this riddle to us."

<sup>16</sup> Jesus said, "Don't you understand yet? <sup>17</sup> Don't you know that everything that goes into the mouth enters the stomach and goes out into the sewer? <sup>18</sup> But what goes out of the mouth comes from the

heart. And that's what contaminates a person in God's sight. <sup>19</sup> Out of the heart come evil thoughts, murders, adultery, sexual sins, thefts, false testimonies, and insults. <sup>20</sup> These contaminate a person in God's sight. But eating without washing hands doesn't contaminate in God's sight."

<sup>21</sup> From there, Jesus went to the regions of Tyre and Sidon. <sup>22</sup> A Canaanite woman from those territories came out and shouted, "Show me mercy, Son of David. My daughter is suffering terribly from demon possession." <sup>23</sup> But he didn't respond to her at all.

His disciples came and urged him, "Send her away; she keeps shouting out after us."

<sup>24</sup> Jesus replied, "I've been sent only to the lost sheep, the people of Israel."

<sup>25</sup> But she knelt before him and said, "Lord, help me."

<sup>26</sup> He replied, "It is not good to take the children's bread and toss it to dogs."

<sup>27</sup> She said, "Yes, Lord. But even the dogs eat the crumbs that fall off their masters' table."

<sup>28</sup> Jesus answered, "Woman, you have great faith. It will be just as you wish." And right then her daughter was healed.

**Sermon:** "Retraining Heart Reactions"  
Rev. Jacob L. Poindexter

## ☞ Service of Holy Communion ☞

*This community meal celebrating Communion at FCC is an open table.*

*All are welcome to share in this meal, no matter what your faith tradition may be.*

*No matter what has led you to this moment, young and old alike come to share.*

*May this moment be a time of grace and belonging*

### **Invitation:**

ONE: God in Christ calls us to this meal of growing imagination...

ONE: At this table we receive God's peace made food, God's solidarity with us made living and real. What we receive, we now share together.

### **Communion Prayer:**

ONE: May God be with you.

**ALL: And also with you!**

ONE: Gather in your hearts.

**ALL: We gather together with God.**

ONE: Let us give thanks to God among us.

**ALL: It is right to give God thanks and praise!**

ONE: Through the Spirit's imagining, we give thanks...

### **Words of Institution:**

One: We remember ...

One: So now, renewing God, bless those gathered here, together with this bread and cup, through the outpouring of your Holy Spirit. Through this meal, make us one household, the church, your serving people, that we may be the bread and cup shared for your hope for the world.

**All: Amen! Come Holy Spirit!**

## Gathering and Preparation of Elements at Home

*You are invited to share in the bread and cup elements as you are ready. They may be bread and wine, cookies and milk, Chic-O-Sticks and Dr. Pepper, or beef jerky and water. This is a shared meal of grace and belonging. We eat together the promise of fullness of life.*

### Prayer of Thanksgiving:

**ALL: Gracious God, we thank you for this meal and for all of the ways you nourish us. Grow among us that we may nourish others. Sustain us as we press toward the goal of your call in Christ Jesus. Amen.**

**Hymn:** "O Christ, the Healer" **No.503, Pg. 8**

**Benediction**

**Postlude:** "Final" **Guilmant**

The prelude and postlude are both from Guilmant's 7th Organ Sonata  
Cover Art: Provided by Susan Faith; picture of her grandfather gardening

# We Gather Together

276

C Dm7 G C

1. We gath - er to - geth - er to ask for God's bless - ing,  
 2. Be - side us to guide us, O God, we per - ceive you  
 3. May all sing your prais - es, Re - deem - er tri - um - phant,

G C D G Am D7 G

to turn to a wis - dom sur - pass - ing our own;  
 or - dain - ing, main - tain - ing the pow - er of life.  
 de - fend us, be - friend us, what - ev - er may be.

G7 C Dm7 G7

the pow'rs that op - press us now cease to dis - tress us.  
 Yes, yours be the glo - ry; let all tell the sto - ry.  
 May your con - gre - ga - tion es - cape trib - u - la - tion.

F G C Dm7 .G7 C

O God, be pres - ent with us, and make your will known.  
 Our God, be ev - er with us, in glad - ness and strife.  
 Your name be praised for - ev - er, O God, make us free!

WORDS: *Nederlandsche Gedenckclanck*, 1626; tr. Theodore Baker, 1894;  
 adapt. Ruth Duck, 1981  
 MUSIC: Dutch melody (16th century); arr. Edward Kremser, 1877

KREMSE  
 Irr.

## O Christ, the Healer

1. O Christ, the heal - er, we have come to pray for  
 2. From ev - ery ail - ment flesh en - dures our bod - ies  
 3. How strong, O Christ, are our de - sires, how weak our  
 4. In con - flicts that de - stroy our health we rec - og -  
 5. Grant that we all, made one in faith, in your com -

1. health, to plead for friends. How can we fail to  
 2. clam - or to be freed; yet in our hearts we  
 3. knowl - edge of our - selves! Re - lease in us those  
 4. nize the world's dis - ease; our com - mon life de -  
 5. mu - ni - ty may find the whole - ness that, en -

1. be re - stored when reached by love that nev - er ends?  
 2. would con - fess that whole - ness is our deep - est need.  
 3. heal - ing truths un - con - scious pride re - sists or shelves.  
 4. clares our ills. Is there no cure, O Christ, for these?  
 5. rich - ing us, shall reach the whole of hu - man - kind.

WORDS: Fred Pratt Green, 1967  
 MUSIC: Anonymous; harm. Edward Miller, 1790

ROCKINGHAM  
 LM

Words © 1969 Hope Publishing Co.

♩=100-104



# Sunday Worship – Online!

## Joining FCC worship service by video:

-Click this link, or type it into your browser: <https://zoom.us/j/714054878>

-Password: 9072728363

### •Desktop/laptop:

- \* If you are using a computer or laptop, you may be prompted to open the Zoom app. If you do not have it already, press 'cancel' and there will be a link on the page that says something like 'join from your browser'. Mac users should download Zoom app or use Chrome browser.
- \* When joining the service you will be asked to enter a name for others to see.
- \* Select 'Join audio by computer' when prompted
- \* You may need to give permission to use your microphone and camera. You can mute and unmute your camera and microphone in the bottom left corner of your screen.

### •Mobile Device:

- \* If you are using a mobile device you will be prompted to download the app for Zoom. Download it now to make sure you are ready.
- \* When you join the service you will be asked to enter a name for others to see.
- \* You may need to give permission to use your microphone and camera. You can mute and unmute your camera and microphone in the bottom left corner of your screen.

## Join by Phone (audio only):

### •You can call into the service. The process goes like this:

- \* Call this number: (301) 715-8592
- \* Enter this meeting ID number: 714 054 878
- \* You do not need a participant ID number, press the # key when prompted.
- \* Password: 9072728363
- \* That's it! Your phone will be automatically muted when you enter in the meeting.
- \* You can mute and unmute your phone by pressing: \*6

# Stay Connected – Online!

## Classes and meetings:

Regular classes and meetings will still happen. They will be held remotely at the links below. All you need to do is click or enter the link and join the room. You may be prompted to allow use of your camera and/or microphone. All classes, meetings, and fellowship opportunities will be in the *Gathering Room* on Zoom.

- Gathering Room: <https://zoom.us/j/779177417>, Password: 9072728363
  - \* Lectio Divina (lectionary group)
    - ⇒ Tuesdays at 10:00am
  - \* Roots of Joy
    - ⇒ Tuesdays at 7:00pm
    - ⇒ Our current series is exploring anti-racism is/as the church
  - \* Afternoon Tea
    - ⇒ Wednesdays and Fridays at 3:00 pm.
    - ⇒ Informal gathering similar to a Sunday Fellowship Hour
  - \* Ministry Meetings
    - ⇒ Ministries will continue to meet online at their normal time
  - \* Deacon meetings
    - ⇒ As needed
  - \* Council
    - ⇒ May schedule additional meetings as needed
  - \* Chatting with friends
    - ⇒ Anytime that there are not other scheduled events
  - \* Any other scheduled meet-up that is not Sunday morning worship



# News from the Pews

- ☞ **Church Council Meeting**—Today, after worship
- ☞ **Lectio Divina**—Tuesdays at 10:00am
- ☞ **Roots of Joy**—Tuesdays at 7:00pm
- ☞ **Fellowship Ministry Meeting**— Wednesday at 4:00pm
- ☞ **Afternoon Tea**—Wednesdays & Fridays at 3:00pm
- ☞ **Handbell Choir**—Wednesdays at 5:00pm (at Caroline's)
- ☞ **Zoom Choir**—Wednesdays at 6:30pm
- ☞ **Worship Ministry Meeting**—Thursday at 6:00pm

**Books for Shungnak School**— Shungnak School is a has a pre K-12 population of about 85 students, most of whom are Alaskan Native (Inupiat), located north of the Arctic Circle in the Northwest Arctic Borough. While most teachers have books in their classroom, there is no school or community-wide library.

During the 2018-2019 school year, Outreach sent over 2000 books for teachers to use in their classrooms and for students to take home. State testing showed major improvement in students' reading level. In the fall of the 2019-2020 school year, we sent over 1500 books. This allowed the school to host a Community Reading Event with parents and students reading to each other and taking books home. The books generated a lot of interest in the community.

Outreach is again sponsoring this activity to include magazines such as National Geographic, Field and Stream, or others of interest to children or adults. To donate books or magazines, please drop them off at church. Jim Walker will be at church Monday and Wednesday from 5:00 pm-6:00 pm. Scott McClure will be at church on Monday and Wednesdays from 10:00 am to 1:30 pm.

Also we need large boxes for shipping the books so we'd welcome any donations of that type.



**Roots of Joy**— A service that explores other ways to engage our faith and spirituality together. Our current series is exploring anti-racism.

**Afternoon Tea**— Fellowship Ministry is inviting you and your family to Afternoon Tea, every Wednesday and Friday at 3:00 pm, in the online Gathering room. It is an informal gathering like we have for an hour after Sunday's worship service, so we have no set topic or purpose other than sharing and support.



## Did you know Obadiah Holmes...

Congregationalists have not always been open-minded toward others whose beliefs differ from their own. The leaders of the Massachusetts Bay Colony did not appreciate the prospect of a Baptist church in their close community.

Obadiah Holmes was born in England and emigrated to America in 1638. He was a glassmaker by trade and became a member of the Salem Church. Holmes became the leader of a small faction within the church, known as the "Schismatists," and by 1650 he and eight others had separated from the church and were baptized, with Holmes becoming their pastor.

He was later arrested for preaching Baptist doctrine, and was beaten 30 lashes with a three-corded whip in Boston Commons on September 6, 1651. Even the Rev. John Cotton joined in the denunciation, and Rev. John Wilson struck Obadiah when he was supposedly under the protection of the court.

Though the beating was so severe that Obadiah was unable for weeks afterwards to sleep in any other position than on his hands and knees, during the beating itself, he was so filled with divine joy that he told the magistrates, "You have struck me with roses." His punishment occasioned the conversion of Henry Dunster, president of Harvard, to the Baptists, and led to the founding of Boston's first Baptist church.

The year after this punishment, Obadiah became pastor of the Baptist congregation at Newport, and served in that position for 30 years.

**...was a Congregationalist?**

**Celebrating 400 Years of American Congregationalism**  
**Learn more about our Congregational History at [nacc.org](http://nacc.org)**

## New Prayer Concerns

Margaret Wolfe, and all students & educators

Meredith Trombly, step-daughter of Marilyn Lee

Jim Walton

Brenda Post

Claudia Kniefel

## Ongoing Prayer Concerns

Brenda Post

Daliso, son of Amana Mbise

Louise Smith

Linda Sereyko & her mother, Joyce Johnson

Stan Parker; brother of Lori Wasko

Alice Butler; mother of Jane vonBirgelen

Jeff Woodard; friend of Eric Johnson & Marilyn Lee

Cathy White & her family

Barbara May; great grandmother of Reagan & Avery Binek

Family of Ian White; Director, Crow Creek Pipe & Drum

Joe's daughter; friend of Elisabeth & Harry Kachline

Mary Anne's mother; friend of Elisabeth & Harry Kachline

Wayne Pratt; brother of Sharon Higgins

Jacob Kreuzenstein; grandson of Peggy Kreuzenstein

Elizabeth Amber; family of Jenna & Nathan Amber

Don May, great grandfather of Reagan & Avery Binek

Donna Werth, sister of Vivian Pike

Ron Broome

Elisabeth Kachline

Cecilia, sister of Amana Mbise

Karen Wasko; mother of Paul Wasko

Peggy Jones; sister of Claudia Kniefel

Bob Reupke; husband of Toni Reupke

Margaret Webber; friend of Barbara Bowerman & Pam Wright

Paul Chapin; cousin of Chris Walker

Nicole Johnson; niece of Eric Johnson & Marilyn Lee

Hans Roar Nilssen; father-in-law of Marilyn Lee's daughter

Sunny Bird; friend of Chris Walker

Charlene Demshki; mother of Ginger Smith

Lillian Soth; granddaughter of Jeanette & Fermen Dillon

## Deaths

Bill Werth, brother of Vivian Pike

Nicholas Nelson, friend of Erin & Reagan Binek

Lena Ward

Rossana De Marzo, cousin of Miguel De Marzo

Alan Johnson, brother of Linda Sereyko

For all the teachers, aides, staff, and volunteers who educate our children; for the first responders, those serving in the military, and those that serve our community in a variety of ways; for the peace-keepers and public servants; for those in our community who are in need and those struggling in different ways; for the people with whom we are in conflict, we pray.

# People of First Congregational Church

## Senior Minister

**Rev. Jacob L. Poindexter**

907.272.8363—jacobp@fccak.org

## Music Ministry

**Caroline Valentine**

Organist and Director, Northern Lights Ringers

**Lori Parker Wasko**

Director, Chancel Choir

## Contacts

**Krystal Poindexter**

Administrative Assistant

907.272.8363—office@fccak.org

**Scott McClure**

Church Sexton

**Sandy Skaggs**

Wedding Coordinator

907.223.7659

## Sunday Volunteers

Deacon Serving: Erin Binek

Greeting:

Liturgist:

Fellowship Hour:

Usher Team:

This week's Communion Table flowers are given by Kathy and Tom Wood, in memory of Lena Ward, a longtime member of FCC and good friend.


**Flowers provided by Evalyn's Floral**

## Connect—Get Involved—Share a Prayer Request

Fill out one of the connect cards located in the back of the pew in front of you and drop it in the offering plate.

## Hearing-Assist System

Connect directly to a smart device with Bluetooth hearing aids or traditional headphones.

1. Download the AudioFetch app: 
2. Connect to Wi-Fi signal: FCCAK HEARING ASSIST
3. Make sure hearing aid is Bluetooth connected.
4. Open AudioFetch app and enjoy the sound!

## Member—

National Association  
Of Congregational  
Christian Churches



[www.facebook.com/fccak.org](http://www.facebook.com/fccak.org)

## Online Giving

In addition to cash or checks, First Congregational Church accepts donations and pledge payments securely online with a credit card.

Scan the QR code or go to [www.fccak.org/give](http://www.fccak.org/give)



Thank you for your financial participation in the work of First Congregational Church!

# First Congregational Church of Anchorage

## August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 <b>Communion</b> 10:30am Worship 11:30am Council Mtg	17	18 10am Lectio Divina 11:30am Staff Meeting 7pm Roots of Joy	19 3pm Afternoon Tea 4pm Fellowship Mtg 5pm Handbell Choir (@ Caroline's) 6:30pm Choir (on Zoom)	20 5pm Handbell Choir (weather contingency) 6pm Worship Mtg	21 3pm Afternoon Tea	22 9am Organist
23 10:30am Worship 11:30am Youth Mtg	24	25 10am Lectio Divina 11:30am Staff Meeting 7pm Roots of Joy	26 3pm Afternoon Tea 5pm Handbell Choir (@ Caroline's) 6:30pm Choir (on Zoom)	27 5pm Handbell Choir (weather contingency)	28 3pm Afternoon Tea 6pm Food & Fun	29 9am Organist
30 10:30am Worship	31	1-Sep 10am Lectio Divina 11:30am Staff Meeting 7pm Roots of Joy	2 3pm Afternoon Tea 5pm Handbell Choir (@ Caroline's) 6:30pm Choir (on Zoom)	3 5pm Handbell Choir (weather contingency) 6pm Investment Club (BR)	4 3pm Afternoon Tea	5 9am Organist
6 10:30am Worship 11:30am Outreach Mtg	7 <b>Office Closed</b> <b>Labor Day</b>	8 10am Lectio Divina 11:30am Staff Meeting 3:30pm Stewardship Mtg 7pm Roots of Joy	9 3pm Afternoon Tea 5pm Handbell Choir (@ Caroline's) 6:30pm Choir (on Zoom)	10 5pm Handbell Choir (weather contingency)	11 3pm Afternoon Tea 6pm Family Game Night	12 9am Organist 10am Mapping Our 2021 Journey

**Color Key—Black: Worship, Blue: FCC Activities, Purple: FCC Partnership Activities**