



Mr. Robert Moses and Rev. Bruce Hanson at a meeting with voting rights activists (photo by Gene Smith)

August 1, 2021  
Tenth Sunday after Pentecost  
First Congregational United Church of Christ  
945 G Street NW, Washington, DC

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

# ORDER OF WORSHIP

*(Please prepare your heart and space for worship.)*

OPENING CHIMES

OPENING VOLUNTARY

*Go Down, Moses*

Richard Lloyd

WELCOME

Rev. Sam McFerran

OPENING HYMN

*I Sing the Mighty Power of God*

(see page 8)

PRAYER OF CONFESSION (unison)

Diane Brenneman

Merciful God, whose care never ceases, we come to you as we are. We are tired from doing more than we can manage. We are anxious about problems that go unresolved. We worry about events beyond our control. We do not easily let go. For mistakes we cannot redeem, forgive us. For recovery of strength, send your Spirit. For fullness of life, generous hearts, and contented souls, help us follow in the ways of Jesus. In your mercy, restore us now and lead us into the ways of life. Amen.

WORDS OF ASSURANCE

Diane Brenneman

Friends, hear the good news in Jesus Christ: There is no chasm that cannot be bridged, no mistake that cannot be forgiven, no life that cannot be redeemed--by the grace of our God. Amen.

PASSING OF THE PEACE

Rev. Sam McFerran

*(Please unmute yourself and greet those around you with words such as "The peace of God be with you."  
Let us bless one another with deep peace across time and space.)*

CENTERING MOMENT

*You are My Hiding Place*

Tom Keene

SCRIPTURE READING

Patrick Darling-LaGamma

Exodus 16:2-4, 9-15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the Lord in the land of Egypt, when we sat by our fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the Lord said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Lord, who has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At

twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.”

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, “What is it?” For they did not know what it was. Moses said to them, “It is the bread that the Lord has given you to eat.”

SERMON Lynaya Morris, M.Div.

MUSICAL SELECTION *Come to Me, O Weary Traveler*

PRAYERS OF THE PEOPLE Rev. Sam McFerran

INVITATION TO COMMUNION Rev. Sam McFerran

COMMUNION PRAYER

PRAYER OF OUR SAVIOR

Our God, 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.

WORDS OF INSTITUTION

SHARING OF THE BREAD AND CUP

COMMUNION MUSIC *Let Us Break Bread Together* Anna Laura Page

PRAYER AFTER COMMUNION

O God, with gratitude and praise you have blessed and fed us in this sacrament, united us with Christ, and given us hope in the face of turmoil, to remind us that in you, everything is already alright. Make us children of remembrance so that herstory and history lives on in us. Send us from this place with purpose and in your power, blessed, transformed and bent toward the arc of justice for the sake of Jesus Christ, our Lord. Amen.

CLOSING HYMN *Spirit, Open My Heart* (see page 9)

ANNOUNCEMENTS Rev. Sam McFerran

BENEDICTION Lynaya Morris, M.Div.

CLOSING VOLUNTARY *At the Lamb's High Feast We Sing* Theodore Beck

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## Connect with us!

Connect with us! If you are worshiping from afar but would like to connect with the First Church community, please [click here](#) to fill out a Visitor's Card and check out our newsletters on our website [www.firstuccdc.org](http://www.firstuccdc.org).

We are so grateful to be extending our reach beyond the DC region and welcome you warmly! With gratitude we thank Alyx Cheng and Allison Truhlar for serving as our Zoom moderators each week. Their work makes our worship possible!

We also thank Tom Sowers and Graham Marsh, our sound designers.

Following worship, please join us for our Zoom coffee hour, a time of fellowship with one another. The optional discussion question will be: Where is your favorite place to wade into the water?

## Participating in Worship

First Church Choir

First Church Ringers

Dr. Karen Bartman, Guest Musician

Pre-recorded hymns and anthems were created under the direction of John Horman.



### Welcome Guest Preacher, Lynaya Morris

Originally from Pocomoke on Maryland's Eastern Shore Lynaya holds a Master's degree in Higher Education Administration from George Washington University, and a bachelor's degree in biology from Syracuse University. She recently graduated Wesley Theological Seminary with a Master of Divinity degree. Lynaya served and lived among students as part of GWU for eight years, as an Area Coordinator, Residence Director, and later a Career Coach. Lynaya currently works at Catholic University as an Academic & Career Advisor but will return to GWU as an Associate Director of Career Coaching this summer. Lynaya enjoys not just science disciplines and theology, but also creative endeavors such as baking, painting, knitting, and listening to music.



### Welcome Guest Musician, Dr. Karen Bartman

Dr. Karen Bartman is on the piano faculty of the Levine School of Music, a community music school with four campuses in Washington, DC, and the Greater Metropolitan Area. Dr. Bartman served as the Minister of Music at The Interfaith Chapel in Silver Spring, MD, from 1998 until 2013 where she was organist and directed four choirs.

She moved to the Washington area from Jefferson City, MO, in the summer of 1997, where she had been Organist/Music Director at First Christian Church from 1976-1997. She also owned and operated a private piano studio. She holds degrees from the University of MO (PhD, Education; MA, Music History; BM, Piano Performance). She is a past president of Missouri Music Teachers Association and was instrumental in helping to form the Mid-Missouri Music Teachers Local Association. While in Missouri she was also active in Missouri Fine Arts organizations and Gifted Education organizations.

Karen has been a board member of AGO Chapters in Missouri and DC/Maryland and is an approved Suzuki Teacher Trainer for the Suzuki Association of the Americas.

## Summer Fun at Yard's Park on August 21

Join us on August 21 for summer fun at Yard's Park. Come meet Rev. Amanda in person from 10:00 AM through noon on Saturday, August 21, at Yards Park. Yards Park is located at 355 Water Street SE, Washington DC. We will meet on the west bank of the water feature. Consider packing swim clothes if you want to splash around and walking shoes to go for a stroll on the boardwalk. For more information about Yards Park, including parking options, please check out their website: <https://www.capitolriverfront.org/yards-park/faqs>. We look forward to seeing you there. Please contact Kristy Goodfellow Mills with questions at [kristy.a.goodfellow@gmail.com](mailto:kristy.a.goodfellow@gmail.com) or 563.580.5558.



## Memorial Service for Pat Ashbrook: August 4 at 2:00 PM

Join us in the sanctuary on Wednesday, August 4, at 2:00 PM for a Memorial Service to mourn the loss and celebrate the life of Pat Ashbrook led by the Rev. Sam McFerran with John Horman providing music. [Click here](#) if you prefer to join us by Zoom. A reception hosted by Care of Parish will follow in the Community Room. The reception is being coordinated by Kristy Goodfellow. To read Pat's loving obituary written by her family to honor her life and legacy, [click here](#). Let us continue to hold Pat's family and all who have loved her in our hearts and prayers.

## All-Church Summer Book Read: *See No Stranger* by Valerie Kaur

This year's selection is *See No Stranger* by Valerie Kaur. Valerie is a Sikh activist, filmmaker, and civil rights lawyer. In this memoir/manifesto, Valerie shares her personal experiences confronting racism, sexual assault, and police violence and her vision for a revolutionary love that can transform and heal our personal relationships, our communities, and nation.

## Summer Read Book Discussion

Join us by Zoom following the worship service on August 29 as we discuss our congregational summer read, *See No Stranger*, by Valerie Kaur. If you are in need of a book, please contact Rev. Amanda who has an extra book to share (donated by Jamey Moore). We hope you will join us for a deeper dive into this profound book.

## Theology Book Group: September 7

The Theology Book Group meets next on September 7, at 7:00 PM, to discuss Dietrich Bonhoeffer's classic and ever relevant, *The Cost of Discipleship*. The meeting will be held on Zoom: <https://georgetown.zoom.us/j/93643277834>. All are welcome.



## August Second Sunday Offering on August 8: AMOS Health and Hope

By Jamey Moore

Our August Second Sunday offering is dedicated to AMOS Health and Hope. AMOS stands for A Ministry of Sharing Health and Hope and is also named for the Hebrew prophet. Amos was a farmer who spoke out against the injustices of his time. His message about justice flowing everywhere is still relevant today.

I first heard about AMOS from our guest preacher, Felicia Zamora. The dream for AMOS began in 1967 with the work of Dr. Gustavo Parajón, a physician, medical missionary and American Baptist pastor. Faced with overwhelming need in the poorest rural villages, Dr. Parajón frequently remarked:

“In Nicaragua, a doctor shouldn’t just be a doctor; a doctor must also be a teacher.”

This vision for empowerment gave birth to an integral health care initiative devoted to local leadership development. The heart of Dr. Parajón’s work focused on communities themselves, teaching local people to provide basic primary health care services, thereby dramatically reducing unnecessary illness and death. This focus on strengthening communities through education and preventive care lives on in AMOS today.

Through a community-based model, AMOS trains and empowers health promoters in rural areas to identify and treat common illnesses, right in their own villages. And at their community clinics in vulnerable neighborhoods of Managua, AMOS provides quality primary health care services to people who would otherwise be unable to afford them.

No person should die from a preventable cause. People who live in extremely remote rural areas or in underserved urban neighborhoods deserve the same access to health care as people who live closer to health care facilities or who have greater access to resources. So please give generously to this worthy cause. For more information check out their website: [www.amoshealth.org](http://www.amoshealth.org)

### Develop a Spiritual Practice: Come Meditate with Us!

From Nora Marsh: for the past few years, I have had a regular spiritual (non-religious) practice of participating in our Wednesday 12:15-12:45 PM meditation group. We previously met in the chapel but have been meeting remotely via Zoom since September during COVID. We do a mix of silent and guided meditations with time on either end for checking in with each other. Taking even ½-hour a week in a regular practice has been very grounding for me especially during the stress of COVID.

We welcome newcomers and drop-ins, so please give it a try. And it's free! You can contact me, Nora Marsh, at [knoramash@icloud.com](mailto:knoramash@icloud.com) or Amanda Hendler-Voss at [ahendlervoss@gmail.com](mailto:ahendlervoss@gmail.com) to receive an invitation on Wednesday mornings. We hope to resume in the chapel in the near future.

## Prayer List

Prayers of healing for Lance Warren.

Prayers of peace and liberation for Nicaragua, Cuba, and Haiti.

Prayers of comfort for the family of Ron Hopson after the death of his nephew.

Prayers of comfort for the family of Pat Ashbrook following her death.

Prayers of healing for Dwan Reece's daughter, Maya, with long haul COVID

Prayers of comfort for Grace Bassler following Don's death.

Byron Adams' niece, Valerie, undergoing treatment for breast cancer.

Prayers of hope for our Racial Justice Audit yearlong process.

All those who mourn the loss of a beloved one.

Families struggling to eat and make ends meet.

Garnell Yarbrough, for continued healing

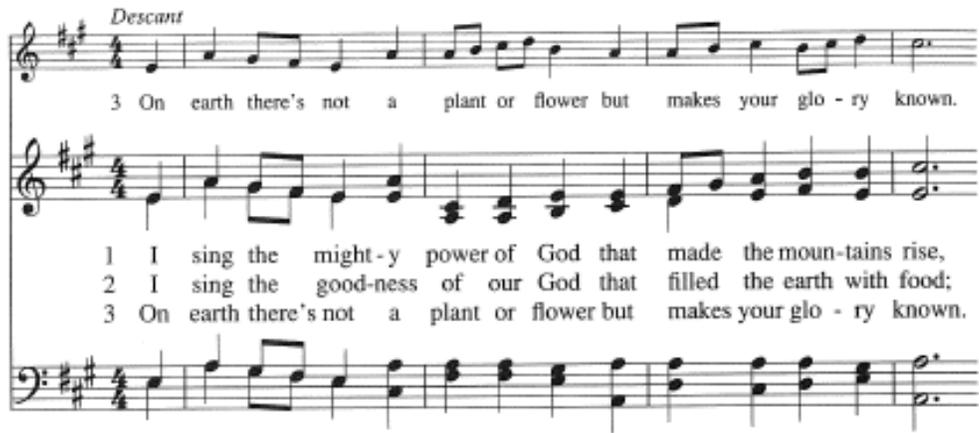
People's UCC, our sibling congregation

Emmanuel Okorie-Dunn and Ellen Bushmiller, who serve as nurses.

Rev. Laura Johnson and Rev. Diana Gomez de Molina, who serve as chaplains.

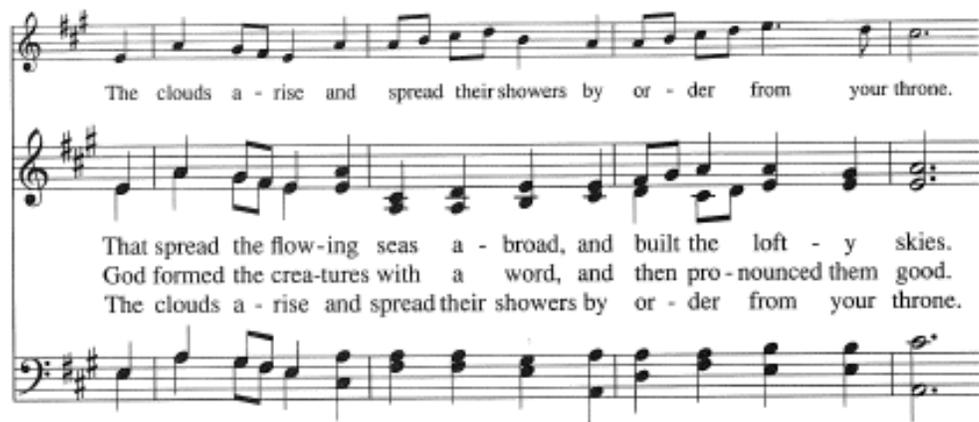
I Sing the Mighty Power of God

*Descant*



3 On earth there's not a plant or flower but makes your glo - ry known.

1 I sing the might - y power of God that made the moun - tains rise,  
2 I sing the good - ness of our God that filled the earth with food;  
3 On earth there's not a plant or flower but makes your glo - ry known.



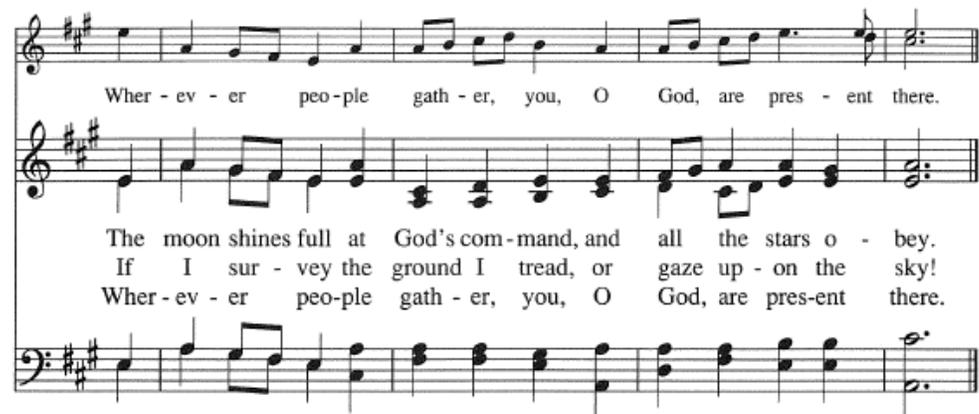
The clouds a - rise and spread their showers by or - der from your throne.

That spread the flow - ing seas a - broad, and built the loft - y skies.  
God formed the crea - tures with a word, and then pro - nounced them good.  
The clouds a - rise and spread their showers by or - der from your throne.



All life is but a gift from you and ev - er in your care;

I sing the wis - dom that or - dained the sun to rule the day;  
Oh, how your won - ders are dis - played, wher - e'er I turn my eye;  
All life is but a gift from you and ev - er in your care;



Wher - ev - er peo - ple gath - er, you, O God, are pres - ent there.

The moon shines full at God's com - mand, and all the stars o - bey.  
If I sur - vey the ground I tread, or gaze up - on the sky!  
Wher - ev - er peo - ple gath - er, you, O God, are pres - ent there.

## Spirit, Open My Heart

Spir - it, o - pen my heart to the joy and pain of

(Bm) (D/A) (G) (A7) (Bm) (D/A) (Em)  
 Dm F/C B<sup>b</sup> C7 Dm F/C Gm

liv - ing. As you love may I love, in re - ceiv - ing

(D) (G) (Em7) (D) (G) (D)  
 F B<sup>b</sup> Gm7 F B<sup>b</sup> F *Fine*

and in giv - ing. Spir - it, o - pen my heart.

(D) (G) (D) (G)  
 F B<sup>b</sup> F B<sup>b</sup>

1 God, re - place my ston - y heart with a heart that's  
 2 Write your love up - on my heart as my law, my  
 3 May I weep with those who weep; share the joy of

(A7) (Bm) (D/A) (G) (A7)  
 C7 Dm F/C B<sup>b</sup> C7

kind and ten - der. All my cold - ness and  
 goal, my sto - ry. In each thought, word, and  
 sis - ter, broth - er. In the wel - come of

(Bm) (Em7) (D) (G2) (G)  
 Dm Gm7 F B<sup>b</sup>2 B<sup>b</sup> *to Refrain*

fear to your grace I now sur - ren - der.  
 deed, may my liv - ing bring you glo - ry.  
 Christ, may we wel - come one an - oth - er.

## Phase 3 Protocol for In-Person Worship:

- Please keep your mask on at all times
- Observe physical distance from those outside your family group
- Please refrain from singing
- Place your completed survey in the basket as you exit
- One family group at a time in the elevator
- Remain in the sanctuary for an optional time of fellowship with one another



Welcome to First Congregational UCC. We were founded in 1865 by abolitionists as the first racially integrated church in Washington, D.C. In 1867 our mission committee played a prominent role in the founding of Howard University. The church has been located at its present site at 10th and G Streets NW since 1868. In more recent years, the church affirmed its vision as an Open and Affirming (ONA) Church (1987), a Just Peace Church (1985), and a Multiracial/Multicultural Church (2003). Our new building, constructed according to Gold LEED standards, was dedicated in 2012.

First Church continues to follow its faith journey into the future, and to be a prophetic voice for the Spirit in the nation's capital. If you would like to know more about First Church or would like to make it your spiritual home and community, please contact [churchoffice@FirstUCCDC.org](mailto:churchoffice@FirstUCCDC.org) or 202.628.4317.

Ministers – Friends & Members of the Church  
Designated Senior Minister – Rev. Amanda Hendler-Voss  
Associate Minister – Rev. Sam McFerran  
Building Manager – Mr. Byron Adams  
Administrative Assistant – Ms. Cindy Dobbs  
Sexton – Ms. Ines Marquez  
Members in Discernment – Lynaya Morris, LaTayna Purnell



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