

Scripture Readings

Kelby Werner

Matthew 11:28-30

Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light."

Psalm 23 (The Message)

God, my shepherd! I don't need a thing.
You have bedded me down in lush meadows, you find me quiet pools to drink from.
True to your word, you let me catch my breath and send me in the right direction.
Even when the way goes through Death Valley,
I'm not afraid when you walk at my side.
Your trusty shepherd's crook makes me feel secure.
You serve me a six-course dinner right in front of my enemies.
You revive my drooping head; my cup brims with blessing.
Your beauty and love chase after me every day of my life.
I'm back home in the house of God for the rest of my life.

Anthem

"Come Unto Him, All Ye that Labor" from *Messiah*

G.F. Handel

Lauren Carolan, soprano; Velda Graham Bell, organ

Come unto Him, all ye that labour, come unto Him, ye that are heavy laden, and He will give you rest. Take His yoke upon you, and learn of Him, for He is meek and lowly of heart, and ye shall find rest, and ye shall find rest unto your souls.

Offerring

Doxology ***Praise God, from Whom All Blessings Flow***

Praise God, from whom all blessings flow;
praise God, all creatures here below;
praise God above, ye heavenly host;
Creator, Christ and Holy Ghost. Amen

Pastor Jeanine Alexander

UM Hymnal #95

Sermon

How is it With Your Soul?: Soul Reset #1

Pastor Jeanine Alexander

* Hymn

Leaning on the Everlasting Arms

UM Hymnal #133

Benediction

Pastor Jeanine Alexander

Postlude

The Emperor's Fanfare

Antonio Soler

Velda Graham Bell, organ

* *Please stand as you are comfortable.*



Announcements

*Please fill out the Connect Cards each week. They are replacing the attendance pads formerly found in the pews. Keeping attendance and making sure the church has your current contact information is an important part of church records. **On the back of the card**, is a list of ministry opportunities, places where your help can make a difference! These will change often, so check them each week and please sign up where you can.*

***Visitors:** Welcome to First United Methodist Church. We are so glad you are worshipping with us today! Please stop by the Welcome Desk in the Narthex; we have a packet and small gift for first-time visitors.*

***Sermon series to start the year (Jan. 9 – Feb. 13): Soul Reset.** A soul reset is an invitation to slow down, to take stock of what we have given our hearts, time and work to. Together we will take a journey of setting down the burdens of hurry, worry and the urgent, and taking up the kind of meaningful and free living that Jesus offers to all who are willing to accept it.*

January 9: How is it With Your Soul?

January 16: When Depression Hits...

January 23: It's Not All On Me

January 30: Being Nourished

February 6: Life in Crisis

February 13: Living in the Light

***FUMC has a ministry place for YOU.** There are several open or new ministry areas needing your help:*

Hospitality Team – to focus on welcoming for the church and community and all church/community food events.

Mission Team – to plan, organize and implement the mission and outreach of our congregation.

Set-up/Take-down Team – to provide help when we have large set-up and take-downs of chairs and tables. This team will not have meetings.

Finance Team – to oversee and plan the finances of our congregations. There are monthly meetings.

FUMC Foundation – to oversee and use the great resources of our Foundation. There is a quarterly meeting commitment. An orientation to the Foundation and its resources will be held January 11 at 5 pm on Zoom. Please attend to learn more: <https://us02web.zoom.us/j/5446347519>

Meeting ID: 544 634 7519

Trustees – to care for, maintain and improve our facility. Meetins are once a month, plus special projects.

If you have an interest in any of these ministry areas, please contact Pastor Jeanine, Cindy Hedlund (lay leader) or Mary Giese (director of welcome).

***Refugee for 50 Minutes: an interactive learning experience. Sunday, January 16 at 11:15 am.** UWS Professir Khalil (Haji) Dokhanchi will present an interactive exhibit "Refugee for 50 Minutes: From Afghanistan to Germany" on **Sunday, January 16 at 11:15** in the East Lounge. The exhibit was originally designed and presented by Haji's political science students to teach UWS students and their community about the issues and challenges faced by refugees.*

***Thank you** to Alex Flinner, Nick Gosen and the Livestream Team for making the online service possible.*

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