



**FIRST CONGREGATIONAL**  
UNITED CHURCH OF CHRIST · BOULDER



*"Blind Man Washes in the Pool of Siloam" 1886-1894 by James Tissot*

## Mental Health Sunday

July 14, 2024 | 10:00 AM

1128 Pine Street Boulder CO 80302 | 303.442.1787 | [www.firstcong.net](http://www.firstcong.net)

**Welcome to The First Congregational Church Boulder**, a community of faith on a journey of faith. Founded in 1864, the first church built in Boulder, we have been gathering ever since as a community of kindred hearts to worship, to learn and grow in the light of God's grace, to extend ourselves in compassionate service, and to be instruments of God's transformation in the world.

As a member congregation of the United Church of Christ, we believe "God is still speaking." We listen and open our lives to the movement of God's Spirit stirring us up in the new thing God is always doing in our midst. We trust as our Pilgrim forbears prayed, "There is yet more light and truth to break forth from God's holy word."

Our commitment to the extravagant love of Jesus makes the words, "All are Welcome," as inclusive as they sound. We are glad you are here: believers and agnostics, conventional Christians and questioning skeptics, people brimming with hope and those who wander in despair, people of all races, cultures, and abilities, of all gender identities and sexual orientations. Whoever you are and wherever you are on life's journey, you are welcome here.

Flowers today are given by Anne, Bill and Jessica Weiher, in memory of those whose lives have been cut short by the ravages of mental illness.

The new WISE parament on the communion table was designed and produced by Mindful Works and the Mindful Works Ministry. These will be available for other WISE Congregations to purchase.

Childcare for **INFANTS AND PRESCHOOLERS** is available with Ms. Laura downstairs. **CHILDREN** will start in the sanctuary and then may leave for Sunday School with Susan. **YOUTH** will remain through the worship service.

We have a **HEARING LOOP SYSTEM** in the Sanctuary which sends sound directly into a hearing aid/cochlear implant. Switch your hearing aid to T-coil. Or, in both the Sanctuary and Chapel, pocket-sized FM receivers are also available from the ushers. BYO earbuds or use the new ones provided. **WHEELCHAIRS** are also available, please ask an usher for assistance.

Through **YOUR GIVING** online or in-person, you can count on the nurturing ministry of FCC Boulder Church. Each one of us plays an important part, including through our financial support.

**MOBILE**

Text JOY2GIVEFCC to 73256

**ONLINE**

[www.firstcong.net/give](http://www.firstcong.net/give)

**ENVELOPE**

Cash or Check



**STAFF**

Rev. Christina Braudaway-Bauman *Senior Minister* | Rev. Linda Kowatch *Associate Minister*

Dr. Kajsja Teitelbaum *Director of Music* | Lianna Campos *Minister of Faith Formation*

Sam Bauman *Director of Youth Ministry* | Julie Griffiths *Office & Facilities Manager*

Christopher Carter *Communication Specialist* | Renee Loewen *Accountant*

Anne Martinez *Director of Children and Youth Music* | Jessica Kressin, *Chancel Choir Accompanist*

Er-Hsuan Li *Children's Choirs Accompanist* | Laura Bowen *Child Care Coordinator*

Angie Dickinson *Mickle AV and Event Specialist*

# ORDER OF WORSHIP

## PRELUDE

Sicilienne  
Anne Byrne flute

G. Faure

## WELCOME AND CALL TO WORSHIP (Based on Psalm 104)

Lianna Campos

One: We gather in the presence of the One who breathes life into all of Creation.

**All: We sing God's praises, breathing in God's glory.**

One: All are welcome in the presence of the Most High.

**All: We come, seeking the goodness in the hands of God.**

One: We gather as God's beloved people, leaving no one outside.

**All: Together we reflect the fullness of God's love;  
together we bring God's love into the world.**

One: Let us worship the Living God whose breath gives us life.

## \*PASSING THE PEACE

## \*HYMN #66

Day of Radiant Gladness

## INVOCATION (unison)

Kea Giles

O God, our God, we praise you for your presence here with us.

You hear us in our worship, and you hear us groaning.

You are with us in our praise, and you are with us in our pain.

May we experience that which we need in order to love you and feel your love more deeply.

Amen.

*We bless the children as they leave to go to church school with Susan.*

## WISE COVENANT TESTIMONY

Anne Weiher

## SCRIPTURE

John 9:1-7

## SERMON

Spit and Mud

## MUSICAL MEDITATION

## **\*A WISE AFFIRMING STATEMENT OF FAITH**

Mary Catherine Molpus  
Lianna Campos

**One:** Will you please stand in body and/or spirit so that together we may renew our covenant as a WISE Congregation of the United Church of Christ, a congregation that is Welcoming, Inclusive, Supportive, and Engaged for mental health.

**All:** **Made in God's image, as persons loved by God, we are called to fully accept ourselves and all people.**

**One:** We claim our Christian faith as the foundation of our values in human relationships.

**All:** **We envision a community in which all persons know, celebrate, and have confidence in themselves as whole beings just as they are.**

**One:** We believe in and affirm the deep and constant movement of God's Holy Spirit, seeking to bring us to the fullness of life.

**All:** **We believe that all people are beloved by God, and if a person has a mental health challenge that person has a right to be seen as a person first.**

**One:** We believe it is important to examine our own attitudes and understanding regarding the issues of mental health.

**All:** **We will commit to learn more so that we can be more welcoming, inclusive, supportive and engaged with all people who have mental health challenges.**

**One:** We will commit to working with mental health groups outside our congregation to extend our hospitality and to find opportunities to be in shared mission and ministry together.

**All:** **We offer support and thanksgiving for persons who have mental health challenges which last for a limited time or for a lifetime.**

**One:** We recommit ourselves to working for justice for persons with mental illness in our community and society.

**All:** **We proclaim and participate in God's wide welcome, extending the radical hospitality of Jesus Christ, and boldly living out our faith in the practice of love. Blessing and honor, glory and power be unto God. Amen.**

## **PRAYERS OF THE PEOPLE**

Rev. Linda Kowatch

### **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.**

## INVITATION TO COMMUNITY LIFE

### OFFERTORY

Anthem of the Lullaby  
Merlin Mulligan, harp and vocals

M. Mulligan

*The sun came up the other morning  
and my day seemed pretty boring  
but I got up anyways.*

*Then with the sunrise I opened up my eyes  
and with my eyes I opened up my mind  
to the possibilities... that the day can bring.*

*But all I wanted to see  
was the back of my eyelids  
because that's where you are.*

*So little Sleepyhead  
why don't you crawl back in bed  
run away, hide away from the day?  
Little Lover just pull up your covers  
and you won't have to face anything.*

*This is a chorus of comforting lies  
for all those times I'd rather weep than cry*

*Until the shadows are my only friends  
'cause I abandoned light  
and now light just bends  
away from me when I walk near.  
Now there is only darkness here.  
So little Sleepyhead  
why don't you crawl back in bed  
run away, hide away from the day?  
Little Lover just pull up your covers  
and you won't have to face anything.*

*This is the Anthem of a Lullaby  
for all of those who'd rather sleep than try  
But I don't wanna try anymore  
For I tried trying before  
And it never really worked out  
Always ended up tripping up  
Falling face first on the floor  
No more can I endure...*

*But if all you ever do is sleep  
then you'll only ever get to dream.  
'Cause though it seems quite a measure  
and it takes a lot of courage,  
Love, there really is a pleasure  
in living in reality.  
So little Sleepyhead,  
get yourself out of bed  
run outside, live your life in the light!  
Little Lover,  
please throw open your shutters  
and you might overcome everything.*

*This is our anthem! Anthem of a Lullaby:  
sing "All will pass, as day returns to night"  
There is a serenade of silent forces  
inside each of us, though some try to ignore it.*

*If ever you're afraid, please hear my siren calling  
"This too shall fade, as night returns to day"  
Be it quiet call or a screaming chorus  
voices big and small, we unite victorious*

*In a new Anthem of a Lullaby  
For all of those who'd rather sleep than  
Tra-la, la la la...  
la tra-la la la la  
Zippity doo dah...  
no day, no day, no day  
No day like today!*



## SACRAMENT OF HOLY COMMUNION

*This congregation practices open Communion. All are welcome.*

### INVITATION

#### THE GREAT THANKSGIVING

God be with you.  
And also with you.  
Lift up your hearts.  
We lift them up to God.  
Let us give thanks to God Most High.  
It is right to give God thanks and praise.

### COMMUNION PRAYER

#### SHARING THE BREAD AND THE CUP

*The congregation seated in the sanctuary is invited to come forward down the center aisle to receive communion elements. Please take the bread that is given to you, dip it into the cup and eat immediately. Or if you prefer, cups with both bread and juice are available on the table to the side for you to pick up. The cups are filled with grape juice. The bread is gluten free.*

#### HYMN #438

When Peace Like A River

#### SONG

Eat this Bread, Drink this Cup

Taize

Eat this bread, drink this cup, come to me and nev-er be hun - gry.

Eat this bread, drink this cup, trust in me and you will not thirst.

#### PRAYER OF THANKSGIVING

W.I.S.E. God, We thank you for your gifts to us  
of Jesus and your Spirit, for the bread and the cup,  
as they all nurture and guide us on this journey.  
Because we have received,  
we are drawn by the power of your breath,  
and we dedicate to you our gifts and our very selves  
that you may continue to build your Body,  
one person at a time,  
until all know the joy of being your Beloved. Amen.

adapted from Rev. Dr. Rachael Keefe

**\*HYMN #539**

Won't You Let Me Be Your Servant

**\*BENEDICTION**

**POSTLUDE**

Perennial Prayer  
Merlin Mulligan, harp and vocals

M. Mulligan

*Don't you love the way the winter  
makes a grave out of the ground  
When summer comes she helps the  
dead things to sprout, let their insides out*

*And so I pray  
that one fine spring day  
I may do the same  
Let my corpses decay away  
And be replaced  
Say maybe it will be that  
The new dirt and fresh earth  
Will rebirth  
Remind me I'm worth caring for  
When it's so hard to care anymore*

*But grief,  
Grief could grow new leaves  
Suffering should spill its seeds  
Fear might find the power  
to unfurl into flowers  
Perhaps compassion decomposes  
baggage into roses*

*Don't you love the way the winter  
makes a grave out of the ground  
Don't make a sound  
Please don't break its spell  
As I wrote this song  
suddenly snow fell  
I trust it's a sign  
that I will get well*

## ANNOUNCEMENTS

### **Backpack School Supply Drive for Family Learning Center (FLC)**

**Today - Donations Accepted in the Link**

**Sunday 7/21 - Pack the Backpacks Following Worship**

Help the kids of Boulder's Family Learning Center get a good start for the new school year! From June 30-July 14 we will be collecting school supplies like notebooks, pencils, pens, crayons, markers and more to fill backpacks for students. You can pick up the full list of school supplies needed on the table in the Link, write a check to First Congregational Church with "Backpacks" in the memo, or give electronically with the QR code.



### **Mindful Works Pop-Up Store, Today - Plymouth Hall Following Worship**

Our ministry partner Mindful Works and members of the FCC Mindful Works Ministry have designed and created a WISE Parament for WISE churches in the UCC. Please visit the Mindful Works Pop-Up Store in Plymouth Hall to view and purchase some of their goods. Mindful Works is a social enterprise providing empowering work to individuals striving to overcome obstacles due to mental health challenges. For more information go to <https://mindful-works.org>

### **Spiritual Support Groups - Today, New Summer Time**

We were not created to travel through life in isolation. First Congregational Church provides companions of care and support through various support groups. These are open door groups. You are welcome to join if it is your first time or even if it's been a while.

Grief: New Summer Time: 11:30 - 1 PM (In-Person)

Caregivers: 2:30 - 4 PM (Virtual)

### **FCC Get Out the Vote 2024 Campaign - Today, During Coffee Hour - Plymouth Hall**

Join the FCC Social Justice Ministries on Sunday, to continue our Get Out the Vote (GOTV) campaign. Throughout the summer, we will be working with non-partisan organizations to write letters and postcards to encourage low-propensity voters to vote in November. There will be a table in Plymouth Hall to train you, provide space to write or give you packets to check out and write at home. You may also donate to underwrite supplies online (<https://tinyurl.com/yc6sy5ub>). Contact [csmitty12@gmail.com](mailto:csmitty12@gmail.com)

### **Memorial for Tamsen (Tammie) Meyer - Saturday, 7/20 at 10 AM**

We extend our deepest sympathy to the family and friends of Tamsen (Tammie) Meyer, and her children, Madeleine and Christian and their spouses and children. Sue died on May 14, 2024, and there will be a memorial service held at First Congregational Church on Saturday, July 20, at 10:00 AM with a reception to follow. All are welcome.

### **Retreat: Spiritual Support for Grief - Tuesday, 7/23, 10 AM - 3 PM - Bill Forbes's Home**

Join Bill Forbes and Jean Manifesto for a five-hour contemplative retreat where those experiencing loss can come together, walk a labyrinth, share common experiences and support one another in our journey. The loss can be recent, in the near or distant past, an anticipated loss for those supporting a loved one, or a loss of another sort such as loss of health or home. For more details and/or to register here (<https://tinyurl.com/ar6ybzwa>) or email Linda at [linda@firstcong.net](mailto:linda@firstcong.net)

### **Mission Partner - Wildlands Restoration Volunteers Opportunity (WRV)**

#### **Tuesday, 7/23 10 AM - 2 PM - Longmont "Cooks in the Kitchen"**

Join our mission partner Wildlands Restoration Volunteers (<https://www.wrv.org>) Event "Cooks in the Kitchen" to help prepare meals that will later be consumed in the field as the teams work this summer. There are five spots available to members and friends of First Cong. To participate contact Jill von Trebra or call/text 708-227-4437 to be put on the list. WRV is a Colorado nonprofit 501(c)(3) that organizes thousands of volunteers each year to complete more than 150 conservation projects throughout Colorado. WRV 2100 Collyer St, Longmont, CO 80501

### **Memorial for Leona Stone - Sunday, 7/28 at 1:30 PM - Sanctuary and Plymouth Hall**

We extend our deepest sympathy to the family and friends of Leona Stone, as Leona died on June 29, 2024. There will be a memorial service held at First Congregational Church on Sunday, July 28, at 1:30 PM with a reception to follow. All are welcome

### **Braiding Sweetgrass Discussion & Salad Potluck - Wednesdays at 5:30 PM - 7/24 and 8/14 - Plaza**

Covering just one chapter or short story per meeting, Kevin Pettit, Sarah Schulte, and Lianna Campos will lead discussions on the book Braiding Sweetgrass by Robin Wall Kimmerer. For July 24th, we will be talking about chapter 6: Learning the Grammar of Animacy. All are invited to join and bring a salad dish to share!

### **Take Me Out to the Ballpark! Friday, 8/9 at 6:40 PM - Coors Field Denver**

The Church is sponsoring a trip to Coors Field in Denver to see a Colorado Rockies baseball game on Friday, 8/9 at 6:40 PM vs. the Atlanta Braves. Tickets are \$17 each and must be reserved and prepaid through [jestroh@comcast.net](mailto:jestroh@comcast.net) or 303.717.5432. Get your tickets now so you can sit with us!

### **Gathering of Remembrance for JoAnne Bogart - Sunday, 8/11 at 2 PM - LaForet**

Jeff Bogart and his family invite all to gather and remember JoAnne and her ministry to join them at LaForet on Sunday, August 11th at 2:00 pm. We will meet at the lower campfire circle (below the Blue Spruce cabin). Dress will be casual; camp attire is appropriate, and you might want to bring an umbrella for shade or rain.

### **Racial Justice Ministry Pilgrimage: Sand Creek Massacre and Amache Internment Camp: 10/19 & 20**

Registration is now open and accessed with this QR code. All ages including families are invited to participate. Registration will remain open through Sun, Sept 22. Maximum number of participants is 40. Contact: [karenwhoover@gmail.com](mailto:karenwhoover@gmail.com) To prepare for the pilgrimage, visit (<https://tinyurl.com/ys5zcpjr>) to access a resource list for your summer reading and video viewing.

