



## **Minnehaha United Methodist Church Service Bulletin**

*This is Church | March 22, 2020*

**Greeting** – Pastor Becky Sechrist

**Music** – Anders Nelson  
“Open My Eyes, That I May See”  
*Clara H. Scott (1895)*

**Prayers** – Pastor Becky Sechrist

**Morning Prayer** – *adapted from “Guerrillas of Grace: Prayers for the Battle” by Ted Loder*

O Ingenious God,  
I rejoice in your creation,  
and pray that your Spirit touch me so deeply  
that I will find a sense of self  
    which makes me glad to be who I am  
    and yet restless  
    at being anything less  
    than I can become.  
Make me  
simple enough not to be confused by disappointments,  
clear enough not to mistake idleness for freedom  
honest enough not to expect truth to be painless,  
brave enough not to sing all my songs in private,  
compassionate enough to get in the right kind of trouble,  
humble enough to admit trouble and seek help,  
joyful enough to celebrate all of it,  
myself and others and you  
through Jesus Christ our Lord. Amen.

**Silent Prayer**

**Lord’s Prayer** (inclusive)

Our Creator, God 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 trespasses as we forgive those who trespass against us.  
Lead us not into temptation, but deliver us from evil.  
For thine is the kingdom and the power and the glory forever. Amen.

**Hymn #2193** – “Lord, Listen to Your Children Praying”

Lord, listen to your children praying,  
Lord, send your Spirit in this place;  
Lord, listen to your children praying,  
Send us love, send us power, send us grace.

**Children’s Message** – Jenia Strom

**Offering of Gifts and Tithes**

**Offertory** – The Methodicals

“Hey Tomorrow”

*Jim Croce (1968)*

Hey tomorrow, where are you goin'  
Do you have some room for me  
'Cause night is fallin' and the dawn is callin'  
I'll have a new day if she'll have me

Hey tomorrow, I can't show you nothin'  
You've seen it all pass by your door  
So many times I said I been changin'  
Then slipped into patterns of what happened before

"Cause I've been wasted and I've over-tasted  
All the things that life gave to me  
And I've been trusted, abused and busted  
And I've been taken by those close to me

Hey tomorrow you've gotta believe that  
I'm through wastin' whats left of me  
'Cause night is fallin' and the dawn is callin'  
I'll have a new day if she'll have me

**Scripture** – Jenny Ammerman

I Kings 19:11-13

**Sermon** – Becky Sechrist

“Spiritual Fitness: Listening”

**Music** – The Methodicals

“Over My Head”

*African American Spiritual*

**Benediction** – Becky Sechrist

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## Practices for Listening

- **Take time each evening to review the day aware of conversations.** Did you talk too much? Was somebody else trying to say something that you blocked, unintentionally or deliberately, or were too preoccupied to hear? There are usually plenty of opportunities to correct such situations. The direct and honest approach is by far the most effective. “I thought of you and our conversation last night and began to wonder what you meant when you said you were considering changing jobs,” or “It took me a while to react to the news about your mother’s illness . . . I just want you to know that I’d like you to call on me if I can be of any help at all.”
- **Be aware that people speak with more than words and listen with more than ears.** Slowly and unselfconsciously become aware of body language: eye contact, posture, clothing, grooming. Someone may be sending you messages before a word is spoken.
- **Listen for feelings, not just for facts.** If a friend undergoes a mastectomy, or a neighbor becomes a father for the first time, *listen*, and do not assume you know the feelings. Surface behavior and communication style (anger, impatience, coldness) can mask the real message (of fear, insecurity, need for warmth or assurance).
- **Be available as a listener to others.**
- **Resist the urge to offer advice.** A teenage daughter who has just failed her driver’s exam does not want to hear advice on how to pass the next test. Most likely, you’re being called on to be a vulnerable, patient listener when she tells you the story.
- **Share of yourself when appropriate.** When you listen to the stories of others, it is appropriate to provide empathic backup; the aim is togetherness rather than one-upmanship.
- **Honor the confidentiality of what you’ve been told.**
- **Listen to your body.** Is it telling you you need to slow down? Speed up? Get more sleep? Pay attention to what your body is telling you.
- **Tell the good listeners in your life how grateful you are for their patient attentiveness.**
- **Practice being comfortable with silence.**

*Adapted from Spiritual Fitness: Everyday Exercises for Body and Soul by Doris Donnelly.*

### In Our Prayers:

- **Home from the hospital:** Karissa Kelley and new baby Amelia
- **Hospitalized:** Gary Claude (*Sue Claude's father*)
- **Transitional Care:** Andrew Nordloef
- **Undergoing Cancer Treatment:** Scott Christianson (*son-in-law of Mary Doelz*); Ray Ryan (*brother of Peggy Anderson*); Elaine Luzzi (*sister of Peggy Anderson*); Kay Lintz (*Jan Hougén's sister*); Joan Ellison; Jordyn Meskan (*Elaine Chadwick's niece*)
- **Partnership Families:** The Dauds & Omars

### Worship Personnel:

Rev. Becky Sechrist, Pastor; Jenia Strom, Program Director of Children, Youth, and Families; Alex Rack, Choir Director; Anders Nelson, Organist; Tim Siefkes and Josh Espinosa, Second Service Band Leaders; Nicholas Sabah, Communion Steward