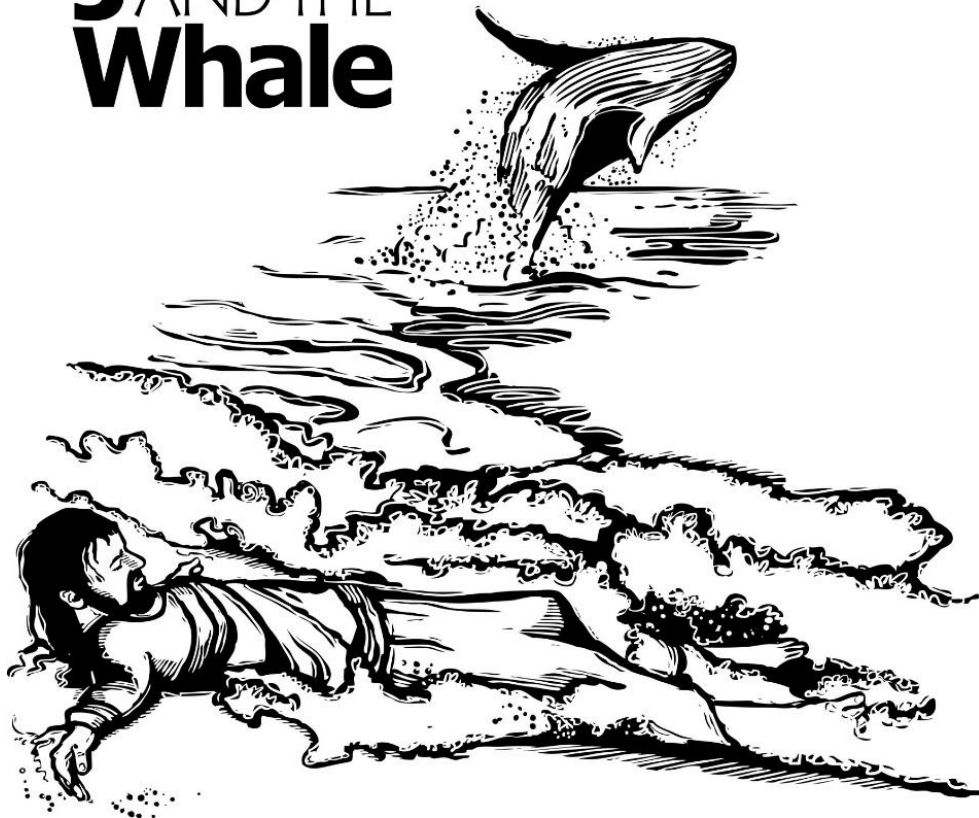


August 18, 2024 10:30 a.m.

# First Congregational UCC ~ Sarasota

## Jonah AND THE Whale



1031 S. Euclid Ave. Sarasota, FL 34237 ~ (941) 953-7044

[www.uccsarasota.com](http://www.uccsarasota.com)

Flowers given by: **Teri Crawford**, in memory of my husband **John Kelly Crawford**

PRELUDE *Arioso* Flor Peters

INVITATION to WORSHIP *Things to Do in the Belly of the Whale* Dan Albergotti

\*OPENING HYMN *God of the Sparrow, God of the Whale* #32

**God of the sparrow God of the whale God of the swirling stars  
How does the creature say Awe How does the creature say Praise?**

**God of the earthquake God of the storm God of the trumpet blast  
How does the creature cry Woe How does the creature cry Save?**

**God of the rainbow, God of the cross, God of the empty grave,  
How does the creature say Grace, How does the creature say Thanks?**

**God of the hungry God of the sick God of the prodigal  
How does the creature say Care How does the creature say Life?**

**God of the neighbor God of the foe God of the pruning hook  
How does the creature say Love How does the creature say Peace?**

**God of the ages God near at hand God of the loving heart  
How do your children say Joy How do your children say Home?**

\*OPENING PRAYER

**God, there are moments that swallow us up and spit us out. Like Jonah, we know what it is like to be covered with the seaweed of life. We get tossed to and fro by waves of emotions. There are too many voices clamoring for our attention; relationships that cause hurt we can't solve or resolve; and don't get us started on those who post anonymously online with keyboard courage. Like Jonah, we have an urge to run from Your call to face the challenges. We don't want to reach out to people we don't like or love. Like Jonah, our inner two-year-old stomps a foot in protest. Help us, O God. We need grace, guidance, wisdom, and love that comes from You. All this we pray in Your many names. Amen.**

\*RESPONSE *Precious Lord (vs. 1 & 3)* #472

**Precious Lord, take my hand, lead me on, let me stand,  
I am tired, I am weak, I am worn;  
Through the storm, through the night, lead me on to the light**

**When the shadows appear and the night draws near,  
and the day is past and gone,  
At the river I stand, guide my feet, hold my hand  
Take my hand, precious Lord, lead me home.**

PAUSE to BE AND BREATHE

ENGAGING SCRIPTURE

Jonah 2

Then Jonah prayed to the Lord his God from the belly of the fish, saying, "I called to the Lord out of my distress, and God answered me; out of the belly of Sheol I cried, and You heard my voice. You cast me into the deep, into the heart of the seas, and the flood surrounded me; all the waves and billows passed over me. Then I said, 'I am driven away from Your sight; how shall I look again upon Your holy temple?' The waters closed in over me; the deep surrounded me; seaweed was wrapped around my head. I went down to the land whose bars closed upon me forever; yet You brought up my life from the Pit, O Lord, my God. As my life was ebbing away, I remembered the Lord, and my prayer came to you, into your holy temple. Those who worship vain idols forsake their true loyalty. But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Deliverance belongs to the Lord!" Then the Lord spoke to the fish, and it vomited Jonah out onto the dry land.

SERMON

Swallowed Up/Spit Out

PASTORAL PRAYER and 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.**

OFFERING/ANTHEM

*Surely It Is God Who Saves Me*

David Ashley White

\*DOXOLOGY/PRAYER OF DEDICATION

**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**

\*CLOSING HYMN

*Take My Life, God, Let It Be*

#448

**Take my life, God, let it be consecrated faithfully. Take my moments and my days,  
let them flow in ceaseless praise.**

**Take my spirit, let it move at the impulse of your love.  
Take my intellect and use all its powers as you choose.**

**Take my will; your will be done! Make your will and mine be one.  
Take my heart, and by your grace make of it your dwelling place.**

**Take my love and help it grow; let my loving overflow. Take me now, and help me  
be part of Christ's community.**

\*BENEDICTION

POSTLUDE

*Prelude in Classic Style*

Paul Manz

## ANNOUNCEMENTS ~ August 18, 2024

We are delighted to welcome **Glenn Priest** as our guest choir conductor and organist.

Please stay for fellowship time following worship! We are continuing to celebrate summer with ice cream treats being served along with honoring National Chocolate Chip Cookie Day which was August 3, in case you missed it. Thank you to the Finance Team for offering hospitality today.

**Please remember in August through September 1, we will have ONE service at 10:30 a.m.** If you have questions please see Pastor Wes or our moderators. (*Harold Mezile ~ Moderator; Carol McCloud ~ Vice-Moderator; Nancy Morris ~ Immediate Past Moderator*)

**If you are willing to usher during the month of August, please sign up in the narthex today. Thank you!!**

**Church Directory** ~ Do you need a new photograph for our online directory? Susan Moore will be available **after** worship today if you'd like to have a new picture for the Directory. You can go to [instantchurchdirectory.com](http://instantchurchdirectory.com) to verify your address is correct. If you need help, please contact the church office.

**Alta Vista Funds Needed for New School Year** ~ Each year since 2020 our church has been able to donate \$7000 to our neighbors at Alta Vista Elementary School. We hope to raise that much money again this year. Funds are used for both individual student and classroom supplies. Alta Vista is a K-5 school with an Adult Education Center. There are 473 students from diverse backgrounds. Most are eligible for free lunches. A food pantry is open twice a week for their families and is supported by Sarasota Rotary Club and All Faiths Food Bank. Please give generously. We are accepting donations until the end of August and will deliver our check to Dr. Long, Principal. (*Please write Alta Vista on the memo line of your check.*) *Thank you! Your Mission Team, Jan Andersen, Terri Crawford, Evelyn Crooks, Gretchen Friend-Jones, John Riston, Laura Taylor, Nancy Taylor*

**Beginning on September 1, you are invited to read the Gospels in 50ish days.** As students are heading back to school, we will ground ourselves in the four narratives of Jesus' life. Your natural first question is, "How many chapters a day is that?" It works out to about two chapters. Or you may wonder, "Why the Gospels? Another great question! Reading Matthew, Mark, Luke, and John can deepen our faith as we hear familiar stories or discover ones we forgot were there. It is fascinating to discover similarities and differences between the four Gospels. And this is a wonderful invitation for the church to embark on together. More information will be available next Sunday as we prepare to launch this initiative together. Questions, please see Pastor Wes.

**Drumming as a Spiritual Practice** meets the **first and third Tuesday** in the Chapel. Our next meeting is on **Tues 8/20 at 3:00pm**. New drummers are welcome; drums are provided.

Our Racial Justice Mission Group and Green Team are sponsoring: [Dr. Lyla June Johnston](#) on September 27-28. She is a scientist, public speaker, poet, hip-hop artist, and acoustic singer-songwriter of Diné (Navajo), Tsétséhestâhese (Cheyenne), and European lineages whose wide-ranging work focuses on Indigenous values, hidden histories, and their relevance to today's climate crisis. She completed degrees in environmental anthropology, indigenous studies, and American Indian education. At the heart of her teaching lies the Diné concept of Hózhó, a belief system that incorporates moral values such as beauty, harmony, goodness, relatedness, well-being, balance, and order. Lyla will help us reframe our worldview by sharing her extensive research into Indigenous spirituality and practices, her global consultations with Indigenous people, and her research into sustainable food production and land management. There is also a lineup of local panelists and speakers to accompany her. The topics are wide-ranging—from climate change and environmental racism to recovery and restoration, from intergenerational and interethnic trauma to healing, resilience, and community organizing. Registration is online and the link is in the midweek message.

**Gathering of the Waters** ~ As you travel this summer, please collect water from wherever you visit! Remember you can gather water from local Florida areas or wherever you find yourself in the coming months. On October 20th we will celebrate our annual Gathering of the Waters.

**Prayer Circle** ~ In the pews you will find our **new Prayer Request Cards**. You will also find a link to our online Prayer Request Cards on our website. Thank you to **Jane Delgado-Semidei**, we have a committed group of members who will pray for you each day. Please make use of these prayer cards to share a prayer and place your prayers card in the offering plate. Please contact Sherry, our office administrator, if you wish more information.

### **THIS WEEK**

#### **Sunday, August 18 ~ Welcome Glenn Priest, Guest Musician**

ONE Service at 10:30 a.m., Sanctuary and Online

Fellowship Time (ice cream and chocolate chip cookies) following worship, Syster Hall

#### **Monday, August 19**

Welcome Group, 1 p.m., Oasis Center and Zoom

#### **Tuesday, August 20**

Drumming as a Spiritual Practice, 3:00 p.m., Chapel

Church Council, 6:30 p.m., Zoom

#### **Thursday, August 22**

Staffing Team, 3 p.m., Zoom

#### **Sunday, August 25 ~ Welcome Glenn Priest, Guest Musician**

ONE Service at 10:30 a.m., Sanctuary and Online