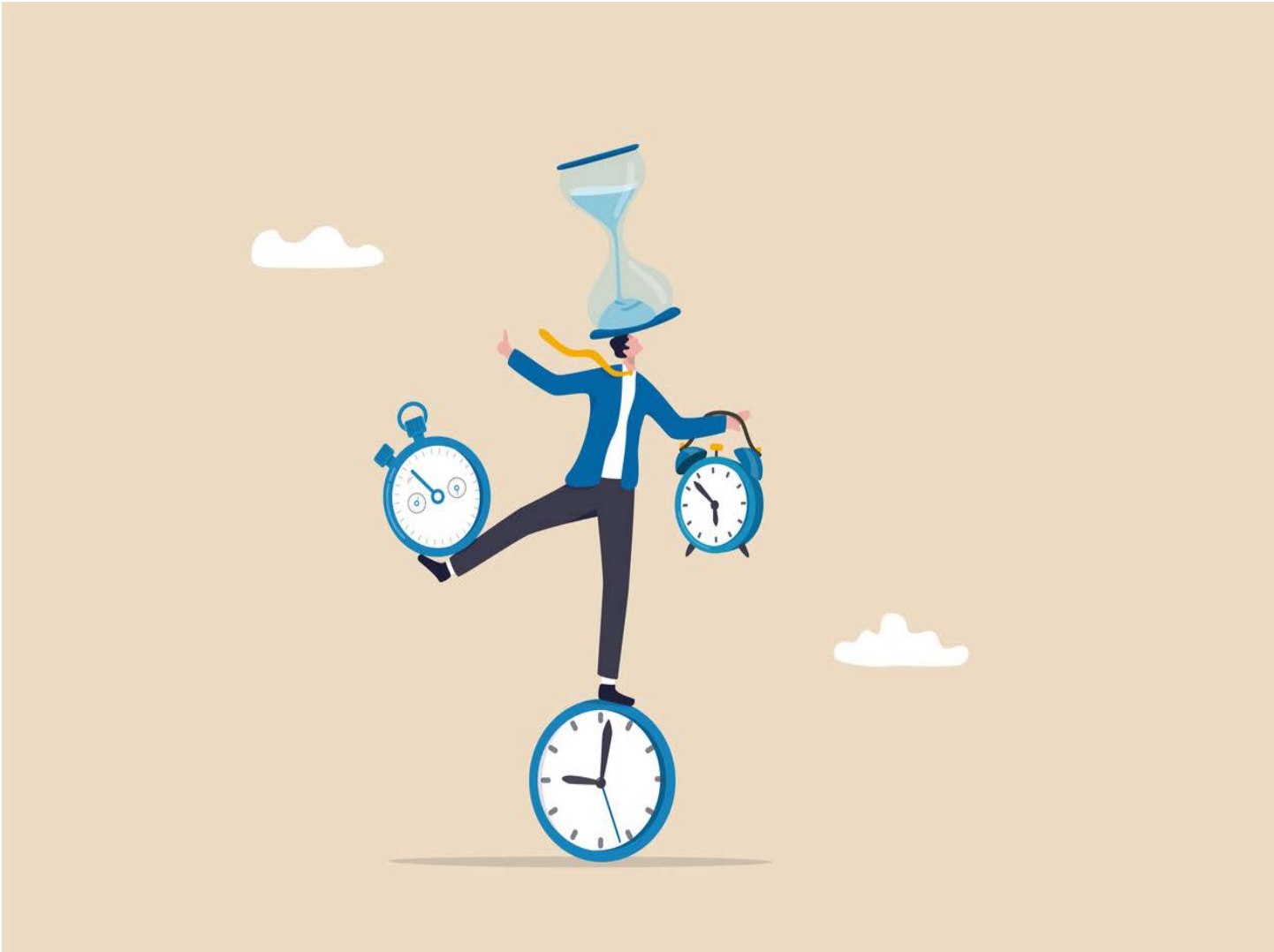


St. John United Church of Christ
Arlington Heights, Illinois



"Life Balance" by Uthawut Somsuk

Seventh Sunday of Easter
May 21, 2023

Welcome to St. John

Welcome Thank you for joining us for in-person worship today!

Livestreaming All of St. John's worship services are now livestreamed. You can watch the service live or at another time by going to our website, www.stjah.org or our Vimeo page, www.vimeo.com/stjah.

Holy Communion All are welcome to participate in Holy Communion at St. John. We believe that Jesus welcomed all to his mission of love and all are welcome to the table. We celebrate Holy Communion on the first & third Sundays of the month. All are invited to come forward, row by row. If you cannot come forward, a server will bring communion to you.
A gluten-free option is available.

Giving Offering plates are passed during worship. You can also give by going to www.stjah.org and clicking the "GIVE" tab at the top of the page, or by mail. Thank you for your generosity!

Children in Worship Infants and children bring life to our worship and are always welcome. Worship Activity Packets are available for children.

Interested in Membership? Contact the office at office@stjah.org or 847-255-6687.

Open and Affirming We are an ONA church. Please visit our website and see our ONA Statement on the back page of this bulletin for more information.

Wifi Network & Password Guest & StJohnGuest

CONTACT US –

308 N. Evergreen Avenue, Arlington Heights, IL 60004

www.stjah.org | office@stjah.org

facebook.com/stjohnuccah | twitter.com/stjohnuccah | instagram.com/stjohnucc

Office: 847.255.6687

Office Hours: 9:00 a.m. to 12:00 p.m. Monday – Friday

STAFF –

Rev. Judith Wang, Interim Pastor – pastor@stjah.org

Janice Gilligan, Church Administrator – office@stjah.org

Dr. J. Paul Cochran, Organist & Orchestra Director

Linda Styzek, Pianist & Worship Band Coordinator

Alberto Mantovano, Choir Director & Livestream Coordinator

Carin Zachar, Bell Choir Director

May 21, 2023

Please silence all phones and electronic devices. Thank you.

GATHERING MUSIC

WELCOME AND COMMUNITY ANNOUNCEMENTS

*CALL TO WORSHIP (Leader and **People**)

Always there is a choice: The God of Christ Jesus
Or those material things for which this world will sell its soul.
We cannot have it both ways.

Our God is greatly to be praised.

God is to be honored above all worldly gods.

We will declare God's glory among the nations

And celebrate God's love among all races on earth.

*OPENING HYMN #22

"Sing Praise to God, Who Has Shaped"

*LITANY OF THE DAY

Faith demands choice. By the grace of Christ, we can choose.

**We choose to believe that light is better than darkness,
Sharing is better than hoarding, truth is better than deceit,
Mercy is better than revenge, love is better than indifference,
And God is stronger than chaos.**

We choose to have faith in the God who is love.

And choice will verify itself on the long and narrow road of life.

By grace, we choose to choose faith. Thanks be to God! Amen.

*OUR LORD'S PRAYER (Unison)

**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.**

*THE PEACE [*Please simply say "Peace be with you" with a nod or wave.*]

The peace of Christ be with you!

And also with you!

*RESPONSE #236

**Halle, halle, hallelujah!
Halle, halle, hallelujah!
Halle, halle, hallelujah!**

Hallelujah, hallelujah!

HISTORICAL WITNESS

2 Peter 1:2-8

May grace and peace be yours in abundance in the knowledge of God and of Jesus our Lord. His divine power has given us everything needed for life and godliness, through the knowledge of him who called us by his own glory and goodness. Thus he has given us, through these things, his precious and very great promises, so that through them you may escape from the corruption that is in the world because of lust, and may become participants of the divine nature. For this very reason, you must make every effort to support your faith with goodness, and goodness with knowledge, and knowledge with self-control, and self-control with endurance, and endurance with godliness, and godliness with mutual affection, and mutual affection with love. For if these things are yours and are increasing among you, they keep you from being ineffective and unfruitful in the knowledge of our Lord Jesus Christ.

Mark 6:45-46

Immediately he made his disciples get into the boat and go on ahead to the other side, to Bethsaida, while he dismissed the crowd. After saying farewell to them, he went up on the mountain to pray.

FOOD PANTRY DONATIONS COLLECTION

MUSICAL OFFERING (Worship Band)

Cornerstone

My hope is built on nothing less
Than Jesus' blood and righteousness
I dare not trust the sweetest frame
But wholly trust in Jesus' Name
(REPEAT)

Christ alone cornerstone
Weak made strong in the Saviour's love
Through the storm He is Lord
Lord of all

When darkness seems to hide His face
I rest on His unchanging grace
In every high and stormy gale
My anchor holds within the veil
My anchor holds within the veil

He is Lord Lord of all

When He shall come with trumpet sound
Oh may I then in Him be found

Dressed in His righteousness alone
Faultless stand before the throne

CCLI Song # 6158927 Edward Mote | Eric Liljero | Jonas Myrin | Reuben Morgan | William Batchelder Bradbury © 2011 Hillsong MP Songs (Admin. by Capitol CMG Publishing) Hillsong Music Publishing Australia (Admin. by Capitol CMG Publishing) Hillsong Music Publishing UK (Admin. by Capitol CMG Publishing) For use solely with the SongSelect® [Terms of Use](#). All rights reserved. www.ccli.com CCLI License # 3266027

CONTEMPORARY WITNESS

“Balancing Act”

HYMN #493

“O Jesus, I Have Promised”

TIME OF PRAYER

INVITATION TO OFFERING AND OFFERTORY

For the Beauty of the Earth – arr. Joel Raney

*DOXOLOGY

Tune: LASST UNS ERFREUEN (#17)

**Praise God from Whom all blessings flow
Praise God all creatures here below
Alleluia, alleluia
Praise God the source of all our gifts
Praise Jesus Christ Whose power uplifts
Praise the Spirit, Holy Spirit
Alleluia, alleluia,
Alleluia**

CCLI Song # 5100718 Gilbert H. Vieira | Jeff Lowery | Thomas Ken © Words: 1989 The United Methodist Publishing House (Admin. by Music Services, Inc.) Music: 2007 Lowery, Jeff CCLI License # 326602

*PRAYER OF DEDICATION

SACRAMENT OF COMMUNION [All are welcome to partake.]

Invitation and Prayer of Consecration

Words of Institution

Distribution of the Elements

Prayer of Thanksgiving

*CLOSING HYMN #465

“Teach Me, O Lord, Your Holy Way”

*BENEDICTION

POSTLUDE

Come, Christians, Join to Sing – arr. Lloyd Larson

The Call to Worship and Litany of the Day were written by Bruce Prewer.

*Indicates when congregation may stand.

Bolded text is intended to be read in unison by the whole congregation.

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This Sunday's Worship Leaders: GREETERS: Judy Grimes, Dave Landeweer & Cindy Giambarberree. ANNOUNCEMENTS: Dave Landeweer. FLOWERS:. COFFEE:. SCRIPTURE READER: Barbara Jo Scott. CALLED TO CARE: Corrie Roesslein. SEXTON: Frank Styzek. ALTAR GUILD: Molly Tashima.

Next Sunday's Worship Leaders: GREETERS: Judy Grimes. Dave Landeweer & Cindy Giambarberree. ANNOUNCEMENTS: Judy Grimes. FLOWERS: Tom & Martha Mockaitis. COFFEE:. SCRIPTURE READER: Colleen Kave. CALLED TO CARE:. SEXTON: Frank Styzek. ALTAR GUILD: Molly Tashima.

The Week Ahead at St. John

- **St. John Social BBQ Pot Luck** – Saturday, May 20 at 5:00 P.M.
 - **Seventh Sunday of Easter Worship** – Sunday, May 21 at 10:00 A.M.
 - **Coffee Hour** – Sunday, May 21 at 11:00 A.M.
 - **Table Talks** – Sunday, May 21 at 11:15 A.M.
 - **Table Talks** – Tuesday, May 23 at 9:00 A.M.
 - **Bible Study** – Tuesday, May 23 at 10:00 A.M.
 - **Stewardship Committee Meeting** – Tuesday, May 23 at 7:00 P.M.
 - **Summer Bassoon Workshop** – Thursday, May 25 at 1:30 P.M.
 - **Girl Scouts Troop Meeting** – Thursday, May 25 at 4:00 P.M.
 - **Summer Bassoon Workshop** – Friday, May 26 at 1:30 P.M.
-

Strengthening the Church Offering: Strengthen the Church Offering will be taken on Pentecost Sunday, May 28th. The funds raised support leadership development, new churches, youth ministry, and innovation in existing congregations. As God calls our congregations to be the church in new ways, your generosity will plant new churches, awaken new ideas in existing churches and develop the spiritual life in our youth and young adults.

Teacher Appreciation Sunday is June 4: We will show appreciation for our Sunday School teachers and High School teacher Cliff Schultz at a special Coffee Hour.

Graduation Sunday: The Christian Education committee will celebrate Graduation Sunday on June 11. If you have a high school or college graduate you would like to honor, please submit their name, where they are graduating from, and their future plans, to the office no later than June 5th. We would also love to honor your graduate in the next journal publication. If you would like to include a picture along with the other information, please complete and submit a photo consent form. Thank you!

PADS Update: This summer, St. John will participate in the Summer Suppers program with 16 other faith communities. Once a month, we will serve dinner to our PADS guests and any other community members who are food insecure. We will serve dinner from 6:30-7:30 pm at St. John on the following dates – Sunday, May 28; Sunday, June 25; Monday, July 31; Sunday, August 27; and Sunday, September 24. We need your help! We will need food donations and volunteers!

Saturday, May 27 - Porch drop off: We will have 3 drop off locations for non-perishable food and paper goods. Items can be dropped off between the hours of 8:00 am-5:00 pm. Boxes will be on the porches. Drop off locations: 1. Laurie Gaza's house - 316 S. Dwyer, AH; 2. Barbara Jo Scott's house - 22 N. Peartree Lane, AH; 3. Kathy Winters' house - 546 E. Delgado Drive, Palatine.

Sunday, May 28 - Summer Supper at St. John - Guests will be served dinner from 6:30 - 7:30 pm. We will need volunteers to help set up, serve and clean up. We will also need dinner items provided that

evening. If you are providing dinner options, we would like them delivered hot if they will be served hot. Dinner items will be delivered to St. John between 4:30-5:00 pm upstairs in Fellowship Hall/Kitchen. Please sign up - <https://www.signupgenius.com/go/10c0e45adaa28a7f4ce9-stjohn#/>

Sign-ups will come out monthly. Questions? Please contact Barbara Jo Scott (847-302-1099) or Kathy Winters (847-997-4152).

Guns, Gun-Control and the Second Amendment: Firearms are a major cause of unnatural deaths in the United States. In 2021 alone, 26,328 Americans took their own lives with a gun. Another 21,009 died from accidents or willful violence using a firearm. There were 647 mass shootings in 2022, and there have already been 160 as of April 17, 2023. Meanwhile Congress and many state legislatures have not only failed to pass reasonable gun control laws, but in many cases have dismantled those that exist. How did this crisis arise? Has the second amendment “right to bear arms” always been unconditional? How should people of faith respond to the epidemic of gun violence? Join Tom Mockaitis for a presentation and discussion of the gun rights/gun controversy. The adult education session will take place via Zoom on Wednesday, May 31 from 7-8:30 p.m.

TABLE TALKS: We are beginning a series of guided conversations, seeking your answers to questions that will provide input for our church profile when the Search Committee (yet to be formed) begins its work. Please plan to attend one of the following sessions! Sessions are one hour long.

Sunday, May 21	11:15 am	Tuesday, May 23	9:00 am
Sunday, June 11	11:15 am	Wednesday, June 21	6:30 pm

Buffalo Grove Pride Parade: St. John has had a presence at the Buffalo Grove Pride Parade every year since its inception in 2019. Jane Allen will be leading the St. John team for 2023. Please contact Jane at (847) 542-6228 or Jane.Cameron.allen@gmail.com to let her know that you would like to walk in the parade. The parade is on Sunday, June 4 at 11am.

Not Your Average Church Directory: If you have a photo for the church directory, deposit it (on photo paper) in the burgundy box near where we will hang the photos. Label the photo on the back or on an envelope it is placed in with first and last names, from left to right. Photos must be 4"x6".

Little Free Pantry: There is a need for athletic socks, sunscreen, deodorant and soap/body wipes for the Little Free Pantry. Sign up to help for a 2-week commitment at <https://tinyurl.com/2uzc4tdf>. Contact Jay Virchow or Jenn Borrell with questions.

Food Pantry Focus: The Lutheran Church of the Cross Food Pantry is thankful for our weekly donations. The following items are needed: 5/21-Canned chicken and tuna; 5/28-Canned fruit; 6/4-Canned SpaghettiO's and ravioli; 6/11-Peanut butter, 16-28 oz. max.; 6/18-White rice, 1-2 lb. bags or boxes; 6/25-Canned soup. Thanks, Connie & Mission Team

Conversations on Race: The St. John & Temple Beth Am discussion group meets on the 2nd & 4th Tuesdays from 7-8 pm via Zoom. Tom & Martha Mockaitis lead the discussions. All are welcome! Please let Martha or Tom know if you would like to join.

St. John Social: Join us on Saturday, May 20 for our BBQ Potluck. Share your favorite dish at the neighborhood BBQ. Then on June 10, it's Breakfast for Dinner! We meet at 5 pm in Fellowship Hall. All are welcome!

Book Club: Book club meets the second Monday of the month at 2:00 pm. All are welcome!

“Pandemic has us living at 80% of our stress capacity. This is why those minor things set us off. We aren’t going from 0 to 100 without cause. We are going from 80 to 100 with good reason. If there was no pandemic, the dog incessantly barking might cause usual stress levels to go up 20 points. We get annoyed and yell at the dog with a little more volume than strictly necessary. However, given the 80% stress we endure as a result of COVID-19, the same constant barking puts us at or over maximum capacity to cope. We might end up crying over the stubborn dog or feeling way more anger than the situation calls for.

Of course, not all of us are in the same boat. Those of us with more resources have an obligation to support those with fewer resources. We need to remember that for some of our neighbors pandemic conditions have elevated their stress levels to maximum; they are coping the best they can. Now is a time to practice compassion and not judgment. Remember that Paul tells us in Romans that we are to “owe no one anything, except to love one another.” If you are doing okay today, right now, what can you do to help someone else alleviate some of their stress? Reach out and listen before choosing what to do. Remember that people living alone, single parents, healthcare workers, retail workers, delivery people, people with physical disabilities, people with mental health challenges, People of Color, and many others have increased stress, often more than the 80% we can attribute to COVID-19.

One of the most often over-looked spiritual need is the need for community. A good spiritual practice is to intentionally connect with a community (church, AA, book club, etc.). Remember that it is okay to be stressed, to be overwhelmed, to feel what you feel in any given moment. It is not okay to ignore the stress, self-destruct, or take out our emotions on another person. We are not alone. God wants us to find life in God’s ways even now.”*

*Keefe, Rev. Dr. Rachael. “Recognizing Reality: The Stress of Pandemic.” *United Church of Christ Mental Health Network*, 7 Sept. 2020, <https://www.mhn-ucc.org/2020/09/07/2281/>.



www.stjah.org

ST. JOHN UCC OPEN & AFFIRMING STATEMENT



The congregation of St. John United Church of Christ rejoices that our community of faith is strengthened by diversity. We declare ourselves to be an open and affirming congregation, extending God’s extravagant welcome to all people regardless of culture, economic status, age, sex, ethnicity, race, sexual orientation, gender identity and gender expression, marital status, or physical/mental condition. We invite everyone to join our journey of faith and participate fully in the life of our congregation.