



Pacific Beach

United Methodist Church

HOLY COMMUNION SUNDAY WORSHIP

AUGUST 6, 2023 10:00 AM

WE GATHER TOGETHER PRAISING GOD

Prelude
Greeting
Introit
Welcome

Call to Worship

Lucia Leon

One: Temptation surrounds us: do more, take more, have more.

All: More food, more money, more power, more life!

One: 'What could it hurt?' we hear—from friends, the media, our own souls:

All: More hunger, more suffering, more need, more fear, more anger.

One: So we gather in God's abundance and remember: God rested.

All: God gave us Sabbath for renewal. In Christ we have everything!

One: Let us drink deeply from God's spirit. God gives us all we need to

All: Live fully, love deeply, and serve faithfully. Thanks be to God!

*Opening Hymn

"Let Us Build a House" Vs. 1, 3 & 4

**Let us build a house where love can dwell and all can safely live,
A place where saints and children tell how hearts learn to forgive.
Built of hopes and dreams and visions, rock of faith and vault of grace;
Here the love of Christ shall end divisions:
Refrain: All are welcome, all are welcome, all are welcome in this place.**

**Let us build a house where love is found in water, wine and wheat;
A banquet hall on holy ground, where peace and justice meet.
Here the love of God, through Jesus, is revealed in time and space;
As we share in Christ the feast that frees us:
Refrain: All are welcome, all are welcome, all are welcome in this place.**

**Let us build a house where hands will reach beyond the wood and stone
To heal and strengthen, serve and teach, and live the Word they've known.
Here the outcast and the stranger bear the image of God's face;
Let us bring an end to fear and danger:
Refrain: All are welcome, all are welcome, all are welcome in this place.**

*Opening Prayer

Lucia Leon

Lord of Creation,
create in us a new rhythm of life
composed of hours that sustain rather than stress,

**Please stand as you are able*

Credit for liturgical elements: <https://sabbathinthesuburbs.wordpress.com/2014/03/19/more-more-more-a-sabbath-call-to-worship/>;

Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne and Jonathan Wilson-Hartgrove; Abingdon Worship Annual, September 2022

of days that deliver rather than destroy,
of time that tickles rather than tackles.
Lord of Liberation,
by the rhythm of your truth, set us free
from the bondage and baggage that breaks us,
from the Pharaohs and fellows who fail us,
from the plans and pursuits that prey upon us.
Lord of Resurrection,
may we be raised into rhythms of your new life,
dead to deceitful calendars,
dead to fleeting friend requests,
dead to the empty peace of our accomplishments.
To our packed-full planners, we bid, "Peace!"
To our over-caffeinated consciences, we say, "Cease!"
To our suffocating selves, Lord, grant us release.
Drowning in a sea of deadlines and death chimes,
we rest in you, our lifeline.
By your ever-restful grace,
allow us to enter your Sabbath rest
as your Sabbath rest enters into us.
In the name of our Creator,
our Liberator,
our Resurrection and Life,
we pray. Amen.

*Sharing the Peace of Christ #2036

"Give Thanks"

**Give thanks with a grateful heart, give thanks to the Holy One,
Give thanks because God's given Jesus Christ the Son.
Give thanks with a grateful heart, give thanks to the Holy One,
Give thanks because God's given Jesus Christ the Son.**

**And now, let the weak say, "I am strong";
Let the poor say, "I am rich because of what our God has done for us."
And now, let the weak say, "I am strong";
Let the poor say, "I am rich because of what our God has done for us." Give thanks.**

WE LISTEN FOR THE WORD OF GOD

Children's Time

Madison Rowe

Music to Lift Our Spirits

Scripture: Genesis 2:1-3 and Exodus 20:8-11

Lucia Leon

Message: Rhythms of Life

Rev. Lori Leopold

WE RESPOND TO GOD'S LOVE

Song of Prayer #2006

"Lord God, Almighty"

**Lord God, Almighty, Savior, Redeemer, only true
God to be worshipped and praised:**

**Please stand as you are able*

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**How can we tell you how much we love you?
Take now our lives, Lord, and teach us to love.**

Pastoral Prayer

Invitation to the Offering and Offertory

*Doxology

**Praise God, from whom all blessings flow;
Praise God, all creatures here below: Allelulia! Allelulia!
Praise God, the source of all our gifts!
Praise Jesus Christ, whose power uplifts!
Praise the Spirit, Holy Spirit! Allelulia! Allelulia! Allelulia!**

*Prayer of Dedication

Lucia Leon

Thank you, generous God of grace, for pouring your love and abundance so freely upon us. Pour this same love and abundance upon the gifts we now return to you, that they may become signs of grace and instruments of love to bring the world back home to you. Amen.

Holy Communion *Please turn to page 13 in the hymnal*

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 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.**

*Closing Hymn #364

"Because He Lives" Vs 1

**God sent his Son, they called him Jesus;
He came to love, heal, and forgive:
He lived and died to buy my pardon,
An empty grave is there to prove my Savior lives.**

Refrain: Sing twice

**Because he lives, I can face tomorrow;
Because he lives, all fear is gone;
Because I know he holds the future,
And life is worth the living just because he lives.**

*Benediction

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*Eagle's Wings

**And God will raise you up on eagle's wings,
Bear you on the breath of dawn,
Make you to shine like the sun,
And hold you in the palm of God's hand.**



Pacific Beach
United Methodist Church

The altar flowers are in honor and memory of Dave Hoskins.

Thank you for worshipping with PBUMC today! You make this gathering richer, brighter, and better by your participation. **All** are welcome at PBUMC!

PB UMC offers a three week "Belonging Class" for those who are interested in church membership and for others for who seek deeper involvement in the life of the church.

Class 1: What's a United Methodist?

Class 2: Connected and Involved

Class 3: Next Steps to Church Membership

Our next Belonging Class will be held on Sundays, September 10th, 17th and 24th following church with a light lunch provided. If you are interested in attending or have other questions related to church membership, please contact Pastor Lori.

For pastoral support or spiritual conversation, please contact Pastor Lori at the church office or via the [website](#). Want to know what's happening at PB UMC? Sign up for our weekly emails! We have several different categories you can sign up for: there's the weekly news with a rundown of that week's sermon and events happening soon, a weekly email with prayer requests, a monthly email with a link to our Beach Breeze newsletter, as well as youth/Sunday school emails and memorial notifications. Whether you'd like to sign up for one or sign up for all, visit <https://pbumc.flocknote.com/>! To financially support the ministries of PBUMC in this community and beyond, please go to pbumc.org/give or scan the QR code.



PBUMC Staff

Lead Pastor: Rev. Lori Leopold

Music Director/Organist: Ron Jessee; Director of Education: Jesse Hodge

Office Administrator: Susie Virgilio; Church office: 858-274-6573

www.pbumc.org/who-we-are/contact/

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