



Welcome to First Church, we are so happy that you chose to worship with us! Here are some resources available to you this morning:

- **Children's Activity Packs** are located at the entrance and rear of the sanctuary.
- **Nursery Childcare** (under 3 years of age) is available during services (paggers available at the Check-In Childcare Greeter Desk).
- You are also welcome to bring your infant with you to worship! A **Comfort Corner** is available for your convenience, ask an usher for directions.
- **Wee Worship** (ages 3 to 5) and **Kids Worship** (ages 6 through 5th grade) follow the praise music at the 10:45 service. This program is designed to help children become accustomed to the structure and purpose of worship. Wee Worship is in Room 118 and Kids Worship is in Room 216.
- For **Hearing Assistance**, wireless receivers are available. See an usher for assistance.
- **Large Print Hymnals** are available, see an usher for assistance.
- **Seat Cushions** for the wooden pews are available at the Sound Desk located in the rear of the Sanctuary.

Thank you for joining us today and we hope to see you again! Please visit the **Welcome Desk** (located outside the multipurpose room) for more information and to receive a special gift.



FOUNDATION SERVICE ~ 8:15 AM

"For no one can lay any foundation other than the one that has been laid; that foundation is Jesus Christ."
~ I Corinthians 3:11

Gathering and Praise

Prelude

Welcome

*Greeting (Responsively)

Leader: Go faster. Do more. BE more.

People: Come to me all who are weary, and I will give you rest.

Leader: Work harder. Make ends meet. Deadlines are looming.

People: Be still and know that I am God.

Leader: Sun up to sun down, the work asks us to give, give, give.
But the Risen Christ says:

People: "My peace I give to you. Catch your breath and rest in me."

*Hymn of Praise..... "Come and Find the Quiet Center "..... No. 2128

(Ushers will receive green prayer cards)

*Opening Prayer (In Unison)

We get tired, God. We work hard in our jobs, in our service to you, in our families, in our communities. Today we ask that you nourish us. Help us to pause, savor the feast you have prepared for us, and just be in your presence. Give us the rest we need so that we can go out into the world refreshed and renewed for service. In Christ's Holy Name we pray. Amen.

*Praise Chorus..... "Sweet, Sweet Spirit" No. 334

Proclamation and Response

Faith Sharing.....Joanne Ciampa, Joan Mains, Janice Bowen

Anthem..... "His Eye is on the Sparrow" Sounds of Worship

*The Gospel.....John 21:1-19CEB Page 829

Sermon..... "Catch Your Breath: In Times of Exhaustion " Pastor Keller

*Hymn..... "Be Still My Soul" No. 534

Invitation

Confession and Pardon.....No. 12

*The Peace

Worship with Tithes and Offerings

Offertory

*Offering Response "Alleluia, Alleluia" No. 162 (vs 2)

Thanksgiving and Communion

The Great Thanksgiving.....No. 13-14

The Lord's Prayer (sins)

Breaking the Bread

Giving the Bread and Cup

Sending Forth

*Hymn..... "More Love to Thee, O Christ" No. 453

*Benediction

Postlude

**Please stand as able.*

SUNDAY SCHOOL ~ 9:30 AM

☪ Children's Sunday School ☪

- Classes for 3 year olds to 5th grade are using the Deep Blue Curriculum where kids dive deep into the bible and learn more about God, Jesus, faith and how it all fits together into life today. All classes learn the same bible lesson, but at different levels appropriate for their age.
- Classes for babies and toddlers are located on the first floor of the Children's Department. Check in with the greeter who will guide you to your child's room.

☪ Youth Sunday School: 4G ~ Morning Edition ☪

- **Middle School:** 6th-8th grade students meet in B003 for *Deep Discipleship*. Join us as we seek to grow deep roots of faith as we grow into more faithful followers of Jesus Christ.
- **High school:** 9th-12th grade students meet in the youth lounge for *Faith in Action: learn, lead, teach, and serve*.

☪ Adult Sunday School ☪

Walk-in visitors and new class members are welcome in all classes.

- **GROWING IN CHRIST** (Room B004) – An intergenerational class designed for adults of all ages. Short-term studies selected to challenge thinking and create fruitful conversation of Christian principles. New 6-week study, “Catch Your Breath” begins April 28.
- **FAITH IN EVERYDAY LIFE** (Room 207) - A group of singles and couples age 25ish and above, but all are welcome. A discussion-based class that values friendship. Come discuss a variety of contemporary topics related to living out the Christian faith, compassion, and social justice.
- **FAITHFUL FAMILIES** (B001A) - This class is made up of parents who are in the child-raising stage of life, and who enjoy discussion-based Bible studies related to living a faithful, Christ-centered life.
- **CHRISTIAN FELLOWSHIP** (Room 223) - A multi-generational adult class that selects short-term studies which generate challenging discussion of Christian principles.
- **HELPING HANDS CLASS** (Room 105) - A group of active seniors who focus on studies designed as encouragement and instruction on living a life of faith. Interactive studies and discussions are led by several class members. Also, class members enjoy many Christian social activities together.
- **GUYER CLASS** (Room 123) - A well-established group of elders in the church who study together using the United Methodist Quarterly Adult Bible Study lessons. Each lesson is focused on scripture, and encourages participants to live a faith-filled life.

For information on adult **Bible studies** held during the week and other **small-group opportunities** contact Tina Eaton at adultministry@fumchurch.com.



CONVERGENT SERVICE ~ 10:45 AM

“Many gifts, one Spirit, one love known in many ways.”

Gathering and Praise

Welcome

*Call to Worship (Responsively)

Leader: Go faster. Do more. BE more.

People: Come to me all who are weary, and I will give you rest.

Leader: Work harder. Make ends meet. Deadlines are looming.

People: Be still and know that I am God.

Leader: Sun up to sun down, the work asks us to give, give, give.

But the Risen Christ says:

People: "My peace I give to you. Catch your breath and rest in me."

*Praise and Worship

“Holy Spirit”

“How Deep the Father’s Love for Us”

Proclamation and Response

Faith Sharing..... Nicole Van Order

Children's Drama

(After this time, children are welcome to Wee Worship or Kids Worship)

Anthem..... “ ” Sanctuary Choir

*The Gospel..... John 21:1:19 CEB Page 829

Sermon “Catch Your Breath: In Times of Exhaustion ” Pastor Keller

*Praise Song “Jesus Messiah”

The Offering

Thanksgiving and Communion

Prayer of Thanksgiving

The Lord's Prayer (sins)

Breaking the Bread

Giving the Bread and Cup

Sending Forth

*Closing Song

“Even So Come”

*Blessing

**As you feel led, please stand or be seated.*