

# First Congregational Church Waterville United Church of Christ

January 22, 2023

9:30 AM



*Arise, shine; for your light has come,  
and the glory of YHWH has risen upon you.*

— Isaiah 60

**Seasonal Affective Disorder** happens when a lack of sunlight affects our moods and ability to cope effectively. **Spiritual Affective Disorder** can also be a condition when we've had prolonged stress and life is disturbingly uncertain. What is our faithful response to our strained mental health? What if everyday life activities could become spiritual practices — deepening our experience of a meaningful life and helping us shine a light on the "blahs?"

## Words of Greeting

## Mission Statement

**Seeking to walk in the Way of Jesus, we are an Open and Affirming church, faithfully using who we are and what we have to serve those on the margins of our community. No matter who you are or where you are on life's journey, you are welcome here.**

## Crossing the Threshold

### Opening Hymn

*Give to Us Laughter*

tune - NCH 451

### Opening to God

### Time with Children

### Presentation of Scripture

#### **Isaiah 9:1-4 (NRSVUE)**

But there will be no **gloom** for those who were in anguish. In the former time God brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time God will make glorious the way of the sea, the land beyond the Jordan, Galilee of the nations.

The people who walked in darkness have seen a great **light**; those who lived in a land of deep darkness — on them light has shined. You have multiplied exultation; you have increased its **joy**; they rejoice before you as with joy at the harvest, as people exult when dividing plunder. For the yoke of their burden and the bar across their shoulders, the rod of their oppressor, you have broken as on the day of Midian.

[sung]

**More light, more truth  
is breaking from Your Word.  
More light, more truth,  
Holy Spirit, help us hear what needs to be heard.**

### Sermon

*Lighten Up*

## **Prayer of the Day**

**Open unto me, light for my darkness,  
light for my darkness, open unto me.  
Open unto me, light for my darkness,  
open unto me, O God.**

**Open unto me, strength for my weakness,  
strength for my weakness, open unto me.  
Open unto me, strength for my weakness,  
open unto me, O God.**

**Open unto me, peace for my turmoil,  
peace for my turmoil, open unto me.  
Open unto me, peace for my turmoil,  
open unto me, O God.**

## **Joys & Concerns**

### **Prayer of our Savior** *(say the one that is in your heart)*

#### *A Traditional Version*

**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; and lead us not into temptation; but deliver us from evil. For thine is the kingdom and the power and the glory forever. Amen**

#### *A Contemporary Version*

**Our Creator in heaven, holy is your name. Your kingdom come. Your 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. Do not lead us into temptation; but deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.**

**Open unto me, peace for my turmoil,  
peace for my turmoil, open unto me.  
Open unto me, peace for my turmoil,  
open unto me, O God.**

## **Offering**

## **Creation Care Moment**

## **Announcements**

## Practices for the Week

### Closing Hymn

*Take Time to Be Funny*

tune – NCH 128

### Words of Blessing

#### **WORSHIP PARTICIPANTS**

Rev. Ian R. Lynch - Pastor  
David Dean – Soloist/Pianist  
Bethany Oliver - Liturgist

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## ANNOUNCEMENTS

### **Numbers Served this week:**

Essentials Closet: 182

Loads of Love: 6

Entire year of Essentials, Loads of Love & Stone Soup Café 2022: 6635

### **Annual Meeting**

Our church annual meeting is scheduled for Sunday, January 5<sup>th</sup> after worship, in-person and on Zoom. Please mark your calendars and join us.

**Annual Reports** are due in the church office by Friday, January 20<sup>th</sup>.

### **10:00 a.m. Daily Prayer Check in password**

The safest and most effective way to connect to a Zoom meeting is to manually enter the Meeting ID, 914 158 897 - and then the password - 693668

If you want to try just clicking on this link with the password embedded, it should also work:

<https://us02web.zoom.us/j/914158897?pwd=VkEwUG5rbEdwaFB3NGJyU3NhV2hGUT09>

And you can always call in: 1 929 205 6099 US

And enter the Meeting ID: 914 158 897      Password: 693668

## Our Church Life: This Coming Week

January 22, 2023

Today, January	22	9:30 a.m. Worship Service in-person and on Zoom and You Tube.
Monday	23	Office Closed 10:00 a.m. Daily prayer/check-in time on Zoom
Tuesday	24	Office Closed 10:00 a.m. Daily prayer/check-in time on Zoom
Wednesday	25	9:00 a.m. Essentials Closet 10:00 a.m. Daily prayer/check-in-time on Zoom
Thursday	26	10:00 a.m. Daily prayer/check-in-time on Zoom 5:00 p.m. Essentials Closet
Friday	27	9:00 a.m. Essentials Closet 10:00 a.m. Daily prayer/check-in-time
Saturday	28	10:00 a.m. Daily prayer/check-in-time
Sunday	29	9:30 a.m. Worship Service in-person and Zoom and You Tube

### CHURCH STAFF and OFFICERS

Rev. Ian R. Lynch - Pastor  
Sally Melcher-McKeagney, R.N. - Faith Community Nurse  
Rev. Maureen Ausbrook - Starfish Village Ministry  
Pete & Lora Downing - Essentials Closet  
Nancy Flynn - Administrative Assistant  
Bill Lee - Diaconate Chair  
Carl Daiker - Treasurer  
Jackie Dalton - Assistant Treasurer  
Mike Seavey - Financial Secretary  
Herb Oliver - Moderator  
Chet Manuel - Vice-Moderator  
Mary Lou Ogden - Clerk  
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