



LENT IV  
03.19.2023

Called from the Heart

**Orientation – Amy Sens**

---

**Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.**

**– Mahatma Gandhi**

**Song – It's Time to Move On – Tom Petty – The Band**

---

**It's time to move on, it's time to get going  
What lies ahead, I have no way of knowing  
But under my feet, baby, grass is growing  
It's time to move on, time to get going**

**Broken skyline  
Moving through the airport  
She's an honest defector  
Conscientious objector  
Now her own protector**

**A broken skyline  
Which way to love land?  
Which way to something better?  
Which way to forgiveness?  
Which way do I go?**

**Yeah, it's time to move on, time to get going  
What lies ahead, I have no way of knowing  
But under my feet, baby, grass is growing  
It's time to move on, time to get going**

**Sometime later  
Getting the words wrong  
Wasting the meaning  
And losing the rhyme**

**Nauseous adrenalin  
Breaking up a dogfight  
Like a deer in the headlights  
Frozen in real time  
I'm losing my mind**

**Yeah, it's time to move on, time to get going  
What lies ahead, I have no way of knowing  
But under my feet, baby, grass is growing  
It's time to move on, it's time to get going**

**Yeah, it's time to move on, time to get going  
What lies ahead, I have no way of knowing  
But under my feet, baby, grass is growing  
It's time to move on, it's time to get going**

**Yeah, it's time to move on, it's time to get going**

**Community Welcome – Ashley Gordy**

---

**Children's Sermon**

---

## **God Be In My Head**

---

God be in my head  
God be in my words  
God be in my heart

God be in my hands  
God be in my whole self

## **Kid's Time Downstairs**

---

## **Peace – Vaughn Vigil**

---

### **Confession – Jim Hamilton**

---

God of grace and mercy,  
You see us as we are:  
Beloved, separated, and yearning for wholeness.  
We cannot imagine our worth; so, we claw out a place of belonging apart from you.  
In doing so, we do not treat ourselves as you treat us;  
We do not treat others as beloved siblings;  
Collectively, we choose to regard others as problems or obstacles rather than as image-bearers. For these things, we are deeply sorry.  
Gather up the broken pieces of your people,  
So that we might understand and live into what has always been true:  
We are one: holy and forgiven.  
And now, steeped in your love,  
We boldly do justice,  
Love mercy,  
And walk humbly.  
Amen.

### **Absolution**

---

## **Reading One – The Necessity by Alice Fogel**

---

It isn't true about the lambs.  
They are not meek.  
They are curious and wild,  
full of the passion of spring.  
They are lovable,  
and they are not silent when hungry.

Tonight the last of the triplet lambs  
is piercing the quiet with its need.  
Its siblings are stronger  
and will not let it eat.

I am its keeper, the farmer, its mother,  
I will go down to it in the dark,  
in the cold barn,  
and hold it in my arms.

But it will not lie still—it is not meek.  
I will stand in the open doorway  
under the weight of watching trees and moon,  
and care for it as one of my own.

But it will not love me—it is not meek.

Drink, little one. Take what I can give you.  
Tonight the whole world prowls  
the perimeters of your life.

I will impale with words every ear  
pressed upon open air.  
I will not be meek.

Your anger keeps you alive—  
it's your only chance.  
So I know what I must do  
after I have fed you.

You remind me of the necessity  
of having more hope than fear,  
and of sounding out terrible names.

I will shape my mouth to the shape  
of the sharpest words,  
even those bred in silence.

I am to cry out loud  
like a hungry lamb, cry loud  
enough to waken wolves in the night.

No one can be allowed to sleep.

### Psalm 23

---

#### Refrain

The Lord is my shepherd;  
I shall not be in want.

The Lord is my shepherd;  
I shall not be in want.

He makes me lie down in green pastures  
and leads me beside still waters.

He revives my soul  
and guides me along right pathways for his Name's sake.

Refrain

Though I walk through the valley of the shadow of death,  
I shall fear no evil;  
for you are with me;  
your rod and your staff, they comfort me.

Refrain

You spread a table before me in the presence of those who trouble me;  
you have anointed my head with oil,  
and my cup is running over.

Refrain

Surely your goodness and mercy shall follow me all the days of my life,  
and I will dwell in the house of the Lord for ever.

Refrain

**Song – The Dreamer – The Tallest Man on Earth – The Band**

---

I'm just a dreamer, but I'm hanging on  
Though I am nothing big to offer  
I watch the birds, how they dive in then gone  
It's like nothing in this world's ever still

And I'm just a shadow of your thoughts in me  
But sun is setting, shadows growing  
A long cast figure will turn into night  
It's like nothing in this world ever sleeps

Oh, sometimes the blues is just a passing bird  
And why can't that always be?  
Tossing aside from your virtuous crown  
Just enough dark to see  
How you're the light over me?

And by your side, girl, where the acres grow  
Into the strong and stunning meadow  
A cowboy stumbling in the finest field  
And nothing good out there won't be old

Oh, sometimes the blues is just a passing bird  
And why can't that always be?  
Tossing aside from your virtuous crown  
Just enough dark to see  
How you're the light over me?

Sometimes the blues is just a passing bird  
And why can't that always be?  
Tossing aside from your virtuous crown  
Just enough dark to see  
How you're the light over me?

**Reading Two: 1 Samuel 16:1-13 (CEB) – Vaughn Vigil**

---

Now when Jesus saw the crowds, he went up a mountain. He sat down and his disciples came to him. The Lord said to Samuel, "How long are you going to grieve over Saul? I have rejected him as king over Israel. Fill your horn with oil and get going. I'm sending you to Jesse of Bethlehem because I have found my next king among his sons."

"How can I do that?" Samuel asked. "When Saul hears of it he'll kill me!"

"Take a heifer with you," the Lord replied, "and say, 'I have come to make a sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will make clear to you what you should do. You will anoint for me the person I point out to you."

Samuel did what the Lord instructed. When he came to Bethlehem, the city elders came to meet him. They were shaking with fear. "Do you come in peace?" they asked.

"Yes," Samuel answered. "I've come to make a sacrifice to the Lord. Now make yourselves holy, then come with me to the sacrifice." Samuel made Jesse and his sons holy and invited them to the sacrifice as well.

When they arrived, Samuel looked at Eliab and thought, That must be the Lord's anointed right in front.

But the Lord said to Samuel, “Have no regard for his appearance or stature, because I haven’t selected him. God doesn’t look at things like humans do. Humans see only what is visible to the eyes, but the Lord sees into the heart.”

Next Jesse called for Abinadab, who presented himself to Samuel, but he said, “The Lord hasn’t chosen this one either.” So Jesse presented Shammah, but Samuel said, “No, the Lord hasn’t chosen this one.” Jesse presented seven of his sons to Samuel, but Samuel said to Jesse, “The Lord hasn’t picked any of these.” Then Samuel asked Jesse, “Is that all of your boys?”

“There is still the youngest one,” Jesse answered, “but he’s out keeping the sheep.”

“Send for him,” Samuel told Jesse, “because we can’t proceed until he gets here.”[c]

So Jesse sent and brought him in. He was reddish brown, had beautiful eyes, and was good-looking. The Lord said, “That’s the one. Go anoint him.” So Samuel took the horn of oil and anointed him right there in front of his brothers. The Lord’s spirit came over David from that point forward.

### **Song – Thuma Mina – The Band**

---

**Zulu:**

**1 Thuma mina, thuma mina,  
thuma mina, Nkosi yam.**

**English:**

**1 Send me, Lord, send me, Jesus,  
send me, Jesus, send me Jesus, send me Lord.**

**2 Lead me, Lord, lead me, Jesus, lead me, Jesus,  
lead me, Jesus, lead me Lord.**

**3 Teach me, Lord, teach me, Jesus,  
teach me, Jesus, teach me Jesus, teach me, Lord.**

### **A Discussion – Rev. Amy Sens**

---

### **Offering Invitation – Vaughn Vigil**

---

### **Balm in Gilead – The Band**

---

**There is a balm in Gilead  
to make the wounded whole.**

**There is a balm in Gilead  
to heal the sinsick soul.**

Sometimes I feel discouraged,  
and think my work's in vain,  
but then the Holy Spirit  
revives my soul again.

If you can't preach like Peter,  
if you can't pray like Paul,  
you can tell the love of Jesus,  
who died to save us all.

**REFRAIN**

There is a balm . . .

**REFRAIN**

There is a balm . . .

**Celebration of Eucharist – Jim Hamilton**

---

*All are welcome at the Eucharistic table. If you do not wish to partake, feel free to come forward for a blessing, or to take this time for meditation and personal reflection.*

**Prayer of Thanksgiving**

---

**Announcements and Commissioning – Vaughn Vigil**

---

**Sign up to meet one-on-one with a fellow Squarian**

**Sunday afternoons at 4 – Jesus as Community Organizer at Luke & Jill's**

**Monday at 7:30pm – The Challenge of Jesus Bible Study – via zoom**

**Yoga & Meditation as usual**

**March 29 at 7pm – Cuba Reunion – hear the stories, see the pictures, eat the food**

**Holy Week is April 2-9 –**

**Maundy Thursday – Last Supper reflection April 6**

**Easter vigil on April 8, Easter morning on April 9**

**Prayer & Blessing – Jim Hamilton**

---

**Song – Everybody's Gotta Beating Heart – Eric Hutchinson – The Band**

---

Everybody's gotta beating heart  
Everybody's wishin' they could heal it  
Everybody tries to play their part  
Everybody has a human spirit  
Alright everybody's gotta beating heart

Everybody wants a fightin' chance  
Everybody wants a turn to show up  
Everybody's looking to advance  
Everybody's got the right to grow up.....alright  
Everybody's gotta beating heart

Even when we all don't seem the same  
Even when we all act oh so strange  
Feel the blood a-pumping pumping in your veins  
Everybody everybody everybody's gotta beating heart  
Everybody's gotta beating heart

Everybody's waiting for a friend  
Everybody wants a sense of purpose  
Everybody's blowing in the wind  
Everybody's wishing they were perfect  
Alright everybody's gotta beating heart

Everybody has a sense of freedom  
Everybody wants to feel alive  
Everybody wants to have the same rights  
Everybody's trying to touch the sky  
Alright, everybody's gotta beating heart

Even when we all don't seem the same  
Even when we all act oh so strange  
Feel the blood a-pumping pumping in your veins  
Everybody everybody everybody's gotta beating heart  
Everybody's gotta beating heart

Dismissal – Vaughn Vigil

---