

WAYS TO FIND OUT MORE ABOUT UNITED PRESBYTERIAN CHURCH

Call the church office at 715-392-4751.



Follow us on Facebook.

HELPFUL TO KNOW

If you'd like to join us for Sunday worship service live, please go to our Facebook page or YouTube and connect with the following link:

<http://upc-superior.com/youtube>

Please feel free to place any questions you may have by replying in the comments section (YouTube), or contact the church office by phone or email and request to be added to our email list.

PRAYER REQUEST

The Pastor is always glad to share prayer requests during the Prayer Time during each worship service. You can share a prayer request online in the comments section (YouTube) and by contacting the church by email or phone.

The Prayer Chain may be activated by calling
Jan Heckman at 715-392-1072 (jan_KB9LTA@yahoo.com) or
Dean Hecht at 715-398-6532.

Choirmaster & Handbell Director

Church Secretary

Custodian

Director of Children,

Youth & Family Ministries

Financial Secretary

Nursery Coordinator

Organist & Pianist

Pastor

Treasurer

Jane Wester

Tiffany Willie

Beth Lisak

Laura Foote

Jan Letsos

Iris Miller

Alexander Sandor

Rev. Brett M. Foote

Christy Willmore



**UNITED
PRESBYTERIAN
—CHURCH—**

*A congregation of the
Presbyterian Church (U.S.A)*

229 North 28th Street East

Superior, WI 54880

Office: 715-392-4751

Pastor: 717-247-4433

unitedpresbyterianchurch@gmail.com

www.facebook.com/UnitedPresbyterianChurch

Online Worship

Fourteenth Sunday in Ordinary Time

July 3rd, 2022

10:00 a.m.

If you are at home, please light a candle to remind yourself of the presence of God.

* Please rise in body or spirit

PRELUDE
WELCOME AND ANNOUNCEMENTS Alex Sandor

***INTROIT** I Love You, Lord (x2) #627

***CALL TO WORSHIP (Adapted from Psalm 130)**

One: Out of the depth we cry to you, God.

All: Lord, hear our voices!

One: Be attentive to our requests.

All: If you counted our sins against us, no-one would be worthy.

One: You don't count our sins against us.

All: With you O God, there is steadfast love and the great power of redemption. Amen.

***HYMN** Guide Me, O Thou Great Jehovah #65

PRAYER OF ADORATION & CONFESSION

One: Let us Pray.

All: God who feeds us, we give you thanks for the simple meal of bread and wine. We praise you for your presence with us as we partake in this meal. We give you thanks for the moments of rest in our lives. We confess the things we've done or said while "hangry." We confess our persistence to just push on and not rest. Forgive us God. Forgive our sharp tongues. Forgive our persistent pride. Feed us. Give us rest. Heal us. In the name of Jesus through the power of the Holy Spirit, Amen.

ASSURANCE OF PARDON

One: The late Lhasa de Sela wrote in her fragmented poem *Soon this space will be too small*: "As we get bigger and bigger/ The distance between ourselves and that other/ Outside world becomes smaller and smaller/ And this world that we are inside/ Which seems so huge in the beginning/ And so infinitely welcoming/ Has become very uncomfortable/ And we are obliged to be born/ And my father says that birth is so/ Chaotic and violent that he's sure/ That the moment of birth, we're all thinking/ "This is it. This is death. This is the end of my life."/ And then we're born and it's a surprise/ Cause its just the beginning."

Lhasa discusses an idea her father had, that at the very moment of new life, it feels like death. Rest is interesting because when we sleep we lay in the very image of death, and yet, it is there that we gain energy and new life for another day. Even when we resist rest, even when we think we can go at it on our own or we are ready to give up all together, may we recognize that we are forgiven and rest in God. Witness and believe the good news of the Gospel: because of Christ's birth, life, death, and especially his resurrection...

All: We are all forgiven. Amen.

***PASSING THE PEACE**

You are invited to bless those around you with the words, "Christ be with you." In response you may say "And also with you!" (You may pass the peace in the comments section if online. In person, say hello to others and connect. Please minimize contact.)

RESPONSE (Children please come forward at this time):
Jesus Loves Me #188

TIME WITH CHILDREN

Laura Foote

SCRIPTURE READINGS
New Testament Reading

Janice Letsos
Galatians 3:23-29

SERMON "Hangry & Tired: How To Rest"
Old Testament Reading

Rev. Brett M Foote
1 Kings 19:1-9

THE CONFESSION OF BELHAR (Abridged by Pastor Brett)

We believe in the triune God, Father, Son and Holy Spirit, who gathers, protects and cares for the church through Word and Spirit. This, God has done since the beginning of the world and will do to the end. We believe in one holy, universal Christian church, the communion of saints called from the entire human family. We believe that Christ's work of reconciliation is made manifest in the church as the community of believers who have been reconciled with God and with one another. This unity between people and God must become visible so that the world may believe that separation, enmity and hatred between people and groups is sin which Christ has already conquered, and accordingly that anything which threatens this unity may have no place in the church and must be resisted; We believe that God has entrusted the church with the message of reconciliation in and through Jesus Christ; that the church is called to be the salt of the earth and the light of the world, that the church is called blessed because it is a peacemaker. Jesus is Lord. To the one and only God, Father, Son and Holy Spirit, be the honor and the glory for ever and ever. Amen.

***HYMN** There is a Place of Quiet Rest #824

OFFERING
MOMENT FOR MISSION

OFFERTORY

Alex Sandor
#647

***RESPONSE**

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because we're given Jesus Christ, the Son (2x)

And now let the weak say, "We are strong"

Let the poor say, "We are rich"

Because of what the Lord has done for us!" (2x)

Give thanks, give thanks.

PRAYER OVER OFFERING

One: Let us bless these gifts.

All: God who feeds us and gives us rest, we offer all our gifts to you, our lives, our passions and so much more. Bless these tithes and offerings. Bless our mission and vision as the church, as we love alongside our neighbors for the betterment of our community. May we be good stewards of your gifts and may we be generous neighbors. In each and every gift we give, whether it be time, talents, or treasures, may we reflect Christ to others. May we live with your mercy. Help us to connect with, serve, and care for our community so that Superior, Duluth, and the surrounding areas may know your love and grace. In the name of the resurrected Christ, Amen.

SACRAMENT OF HOLY COMMUNION

Invitation to Holy Communion
COMMUNION HYMN I Come With Joy

#515

EUCCHARISTIC PRAYER

One: The Lord be with you.

All: And also with you.

One: Lift up your hearts.

All: We lift them up to God.

One: Let us give thanks to God most High.

All: It is right to give our thanks and praise.

One: Praise to You, O God, for all of Your works.

You created the world and called it good
and made us in Your image to live together in love.

You made a covenant with us,
and even when we turned from You,
You remained ever faithful.

You taught Your disciples to pray by saying...

LORD'S PRAYER

All: 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. 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 glory and the power, forever. Amen.

WORDS OF INSTITUTION

Sharing the Bread and Cup

You are invited to participate in this sacrament regardless of age, church affiliation, or location. We invite you to use what elements you have near you at home, preferably bread and grape juice. Please do not let having those specific items preclude you from participating in this sacrament. Please use what is available. At home we invite you to serve one another or yourself using the words "The Bread of Heaven" for the bread and "The Cup of Salvation" for the juice in whatever form they take after the pastor has spoken the words of institution. Here at the church we invite you to take your individual elements as you come into the church, and follow the above pattern.

PRAYER OF THANKSGIVING

One: Let us give thanks.

All: With this bread of life and cup of salvation, O God, You have brought us into Christ's presence, united us with Him, and bound us to each other. Now send us out, empowered by Your Holy Spirit, that we may be Your light and love in the world. Amen.

Prayers to be Shared Please email or call the church with your prayer requests or share them in the comments section. (YouTube)

Silent Prayer

Pastoral Prayer

***CLOSING HYMN** Let Us Break Bread Together on Our Knees #525

***BENEDICTION**

***POSTLUDE**

Alex Sandor

NEW TESTAMENT READING

Galatians 3:23-29

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith. As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

OLD TESTAMENT READING

1 Kings 19:1-9

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, 'So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow.' Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there.

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God. At that place he came to a cave, and spent the night there.

Then the word of the Lord came to him, saying, 'What are you doing here, Elijah?'



THE LORD'S SUPPER is open to all Christians. Celebrating the Eucharist is not a right conferred upon the worthy, but a privilege given to the undeserving who come in curiosity, faith, repentance, and love. In preparing to be brought into the presence of Christ in this Sacrament, the person confesses sin and brokenness, seeks reconciliation with God and neighbor, and trusts in Jesus Christ for cleansing and renewal. Even one who doubts, or whose trust is wavering, comes to the Table to be assured of God's love and grace in Jesus Christ.

ANNOUNCEMENTS

CURRENT COVID PROCEDURES

We are currently encouraging masking. There is no longer a hiatus on eating together. Session will continue to monitor the situation through the Public Health Department of Douglas County.

NURSERY AVAILABILITY

The nursery is now staffed 15 minutes before the service until 15 minutes after for children from new born up through 4 years old. The nursery is located to the left of the Narthex when facing the front, through the two glass doors, and it is the first door on the right.

LITURGIST & COFFEE HOUR SIGN UP

There are two sign up sheets at the back of the Narthex, one to sign up to host our coffee hours following the service, and one where you can sign up to be a liturgist during our Sunday worship services. These are both great opportunities to get involved with the church!

COMMUNITY GARDEN GOING STRONG; COMMITTEE SEEKS NEW MEMBERS

The UPC Community Garden is going strong! Crops are springing up apace, and fencing has recently been erected around our various garden containers to keep the critters away from them. Take a look when you're at church. With all that in mind, the Garden Committee is looking to expand so that all these efforts are well supported. If you are interested in helping with this year's gardening and in planning for next year's, please consider joining us. We meet on the first Monday of each month (except July) at 4 pm (but would be open to moving the meeting time if a new member could not meet then). Not sure if you want to join? Contact Deborah Schlacks at 218-348-6032 or at desertswan@aol.com for more information, or come to our next meeting (Monday, August 1 at 4 pm) to find out more.

CSA FOODS

If you're looking for fresh, local veggies, meat, breads, and cheeses, look no further than Bayfield CSA Foods! Bayfield CSA drops off boxes of fresh food shares from a variety of local farmers every Wednesday, where they can be picked up right here at the church! Simply sign up online at the link below, pick a box type, pickup frequency, and put in United Presbyterian Church as the pickup location. Pickup is from 2-6 PM on Wednesday. Link to sign up: <https://www.harvie.farm/profile/bayfield-foods>

SOFTBALL

Softball season is here! If you are looking for a fun way to get to know others, come out and join us this summer for softball! If you would like more information, connect with Laura after the service, or by sending an email to lmfoote.upc@gmail.com.

PLAY BY PLAY BY JAY

Last week, Jay #0 pitched for UPC and Nick #81 homered off the fence for the Presbyterians in a 17-10 loss vs The River. We are proud of the entire team and our loyal fans! There is no softball this week. Our next game will be July 12th at 58th St Field 3 vs Renew Church.

ANNOUNCEMENTS

INCLUSIVE CARE UNIT

We are ready for donations for the summer! We are currently accepting: **toiletry items (toothpaste, toothbrush, shampoo, chapstick, lotion, floss, deodorant, etc.), canned/sealed food items that are not expired, water bottles, sunscreen, hats and/or visors, and sunglasses.** Please bring donations in during office hours or on Sunday morning. Thank you!

SUMMER BONFIRES

Every 2nd Thursday of the month this summer we will be having a bonfire at Girl Scout Point in Billings Park (aka the big fire pit overlooking the river). Come join us for s'mores, food, singing around the fire, and games! Bring a friend or two or three! If the weather isn't all that good we will gather in Fellowship Hall. Mark your calendars for June 9, July 14, and August 11 at 5:30p and come on out. If you have any questions feel free to reach out to Laura by sending an e-mail to lmfoote.upc@gmail.com.

FELLOWSHIP AND OUTREACH

Thank you, thank you, thank you! The Talent Show was a huge success. The night was filled with much laughter and joy. A huge shoutout to David Waite for being our MC for the evening. F&O will host their next event July 27th at 6:30 PM. The very talented trio of ladies, known as Ambrosia will be performing tunes all night long at UPC. There will be a small concession stand with items for purchase. Please mark your calendars for another fabulous night of fun!

SUPERIOR REBUILD PROJECT PT.1

We have a Superior Rebuild project opportunity for the whole family on Tuesday, July 26 doing Demo work at 5630 Ogden Avenue @ 9:00 a.m! The work will consist of tearing down a deck. Lunch and snacks will be provided. Any member of the church is welcome to join us no matter their skill level. There will be plenty of work especially for students and young adults. We will have several skilled volunteers working with us to ensure everyone is safe and pointing their noses in the right direction. Be on the lookout for a Pt. 2 date where we construct a set of stairs and a landing from the back of the house. Come get your hands dirty and put your faith into action! If you have any questions please reach out to Pastor Brett.

OUR SABBATH MONTH & CHURCH WIDE POTLUCK

United, as a reminder we will be taking the month of July off from all committee meetings as a concerted effort to rest as a church. This will culminate with a church wide potluck in Billings Park at Pavilion 1 on Thursday, August 4 at 5:30 p.m. Please bring a plate, utensils, and cup as well as a dish or dessert to share. Some food and snacks (as well as backup utensils and plates) will be provided by the church. We will have Cornhole and a few others games to be played as well. We hope to see everyone there. Last years potluck was amazing and we are hoping for a great time again.

United Presbyterian Church Weekly Calendar

SUNDAY 7/3

10:00 AM Morning Worship
6 PM Boy Scouts

MONDAY 7/4

OFFICE CLOSED

TUESDAY 7/5

10 AM Pickleball
3-7 PM Piano Lessons

WEDNESDAY 7/6

2-6 PM CSA Pickup
4:30 PM Pattison Park Hike

THURSDAY 7/7

7 PM AA Meeting

FRIDAY 7/8

SATURDAY 7/9

Birthdays This Week

7/4 Beverly Underdale
7/6 Sophia Bergstrom
7/8 Cameron Campbell
7/9 Brendan Tuura

LOOKING AHEAD

July 14
July 19

CYF Bonfire
Pizza in the Park

DID YOU KNOW YOU CAN DONATE ONLINE?

At United Presbyterian Church, we offer many opportunities to give of yourself to glorify God. From signing up to volunteer to donating financially, if you'd like to support the mission and vision of the church you can do so at the following link:

<https://www.upc-superior.com/donate>

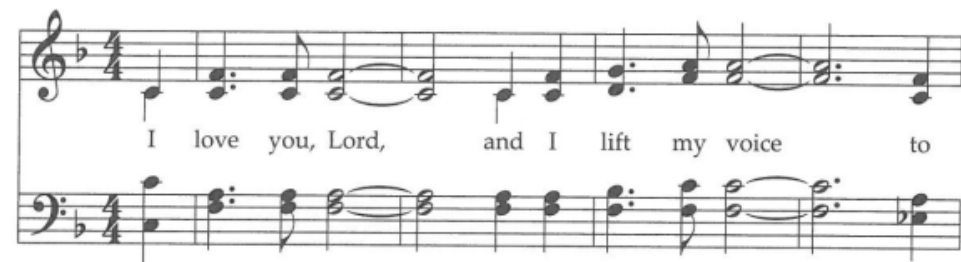
KING
The Truth
JESUS
CHRIST CRUCIFIED
*The
Light
The Lamb
The Alpha and the Omega
Immanuel
THE WAY

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 6 PM AA Speaker Meeting
3 10 AM Worship (YouTube & In Person) 6 PM Boy Scouts	4 OFFICE CLOSED	5 10 AM Pickleball 3-7 PM Piano Lessons	6 2-6 PM CSA Pickup	7 7 PM AA Meeting	8	9
10 10 AM Worship (YouTube & In Person)	11	12 10 AM Pickleball 3-7 PM Piano Lessons 6 PM Softball @ 58th St Field 3	13 2-6 PM CSA Pickup	14 5:30 PM CYF Bonfire 7 PM AA Meeting	15	16
17 10 AM Worship (YouTube & In Person) 6 PM Boy Scouts	18	19 10 AM Pickleball 3-7 PM Piano Lessons 6 PM Softball @ Wicklund Field 7:30 PM Pizza in the Park	20 1 PM Caregiver Conversations 2-6 PM CSA Pickup	21 7 PM AA Meeting	22 1 PM UPBeat Deadline	23
24 10 AM Worship (YouTube & In Person) 6 PM Boy Scouts	25	26 9 AM Youth @ Superior Rebuild 10 AM Pickleball 3:30-8:30 PM Piano Lessons 6 PM Softball @ Wicklund Field	27 2-6 PM CSA Pickup 6:30 PM Ambrosia Performance	28 6 PM Hike @ Bear Creek & Earth Rider 7 PM AA Meeting	29 UPBeat Mailing	30
31 10 AM Worship (YouTube & In Person) 6 PM Boy Scouts						

I Love You, Lord

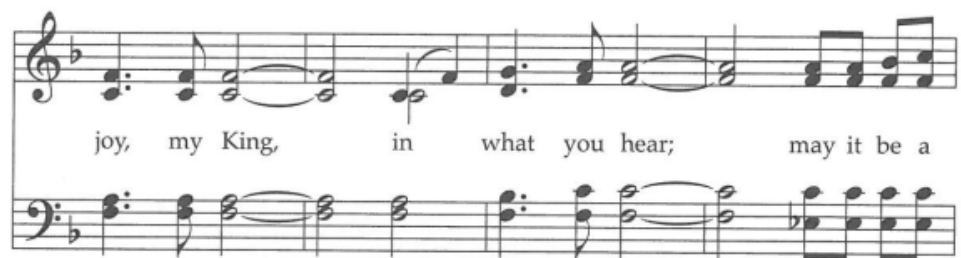
627



I love you, Lord, and I lift my voice to



wor - ship you; O my soul, re - joice. Take



joy, my King, in what you hear; may it be a

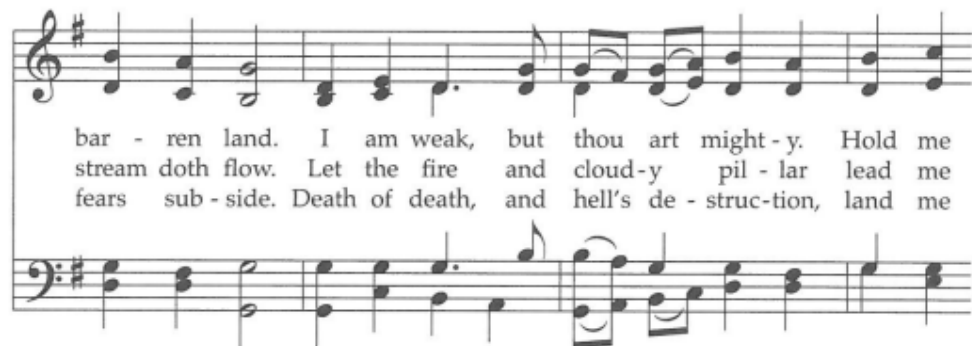


sweet, sweet sound in your ear.

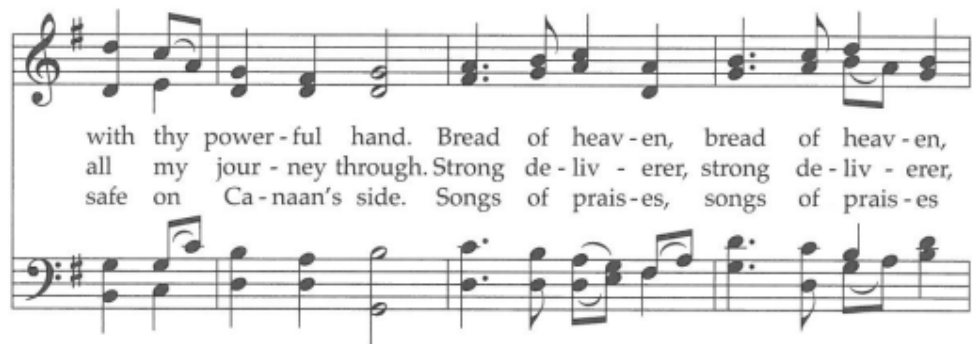
Guide Me, O Thou Great Jehovah 65



1 Guide me, O thou great Je - ho - vah, pil - grim through this
2 O - pen now the crys - tal foun - tain, whence the heal - ing
3 When I tread the verge of Jor - dan, bid my anx - ious



bar - ren land. I am weak, but thou art might - y. Hold me
stream doth flow. Let the fire and cloud - y pil - lar lead me
fears sub - side. Death of death, and hell's de - struc - tion, land me



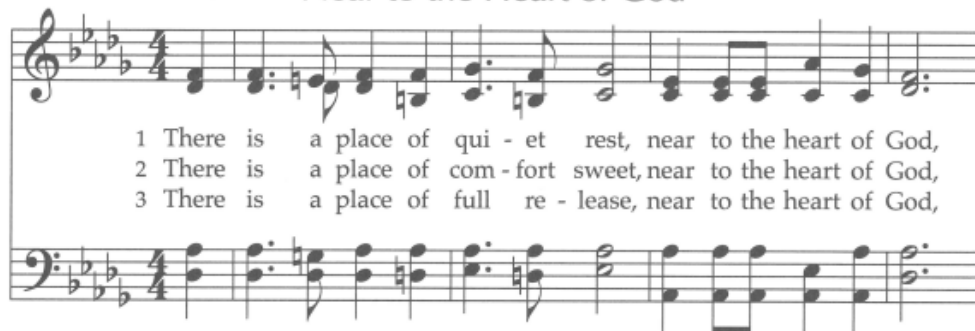
with thy power - ful hand. Bread of heav - en, bread of heav - en,
all my jour - ney through. Strong de - liv - erer, strong de - liv - erer,
safe on Ca - naan's side. Songs of prais - es, songs of prais - es



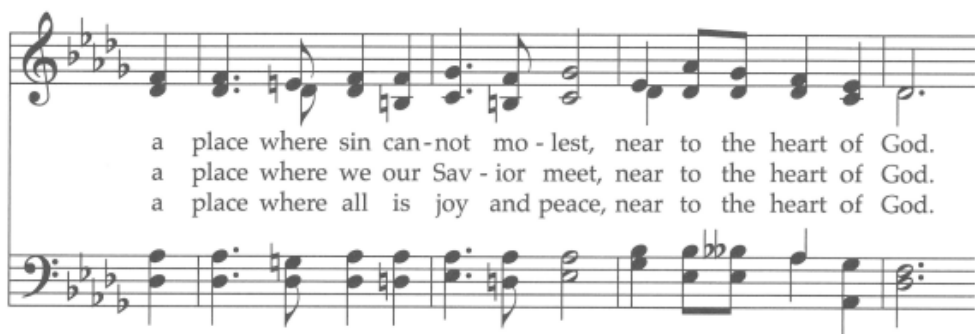
feed me till I want no more; feed me till I want no more.
be thou still my strength and shield; be thou still my strength and shield.
I will ev - er give to thee; I will ev - er give to thee.

There Is a Place of Quiet Rest 824

Near to the Heart of God

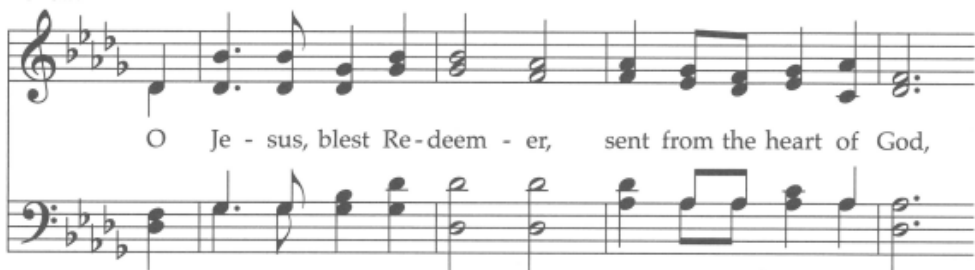


1 There is a place of quiet rest, near to the heart of God,
 2 There is a place of comfort sweet, near to the heart of God,
 3 There is a place of full release, near to the heart of God,

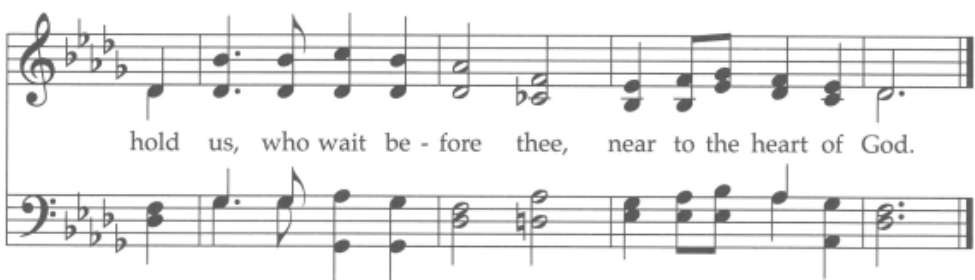


a place where sin cannot molest, near to the heart of God.
 a place where we our Savior meet, near to the heart of God.
 a place where all is joy and peace, near to the heart of God.

Refrain



O Je - sus, blest Re-deem - er, sent from the heart of God,



hold us, who wait before thee, near to the heart of God.

I Come with Joy 515

Capo 3: (D) (G) (A) (D) (Bm)
 F B \flat C F Dm



1 I come with joy, a child of God, for - giv - en, loved, and
 2 I come with Chris - tians far and near to find, as all are
 3 As Christ breaks bread and bids us share, each proud di - vi - sion
 4 The Spir - it of the ris - en Christ, un - seen, but ev - er
 5 To - geth - er met, to - geth - er bound by all that God has

(Asus) (Am) (G) (F#m) (D)
 Csus Cm B \flat Am F



free, the life of Je - sus to re - call, in
 fed, the new com - mu - ni - ty of love in
 ends. The love that made us, makes us one, and
 near, is in such friend - ship bet - ter known, a -
 done, we'll go with joy, to give the world the

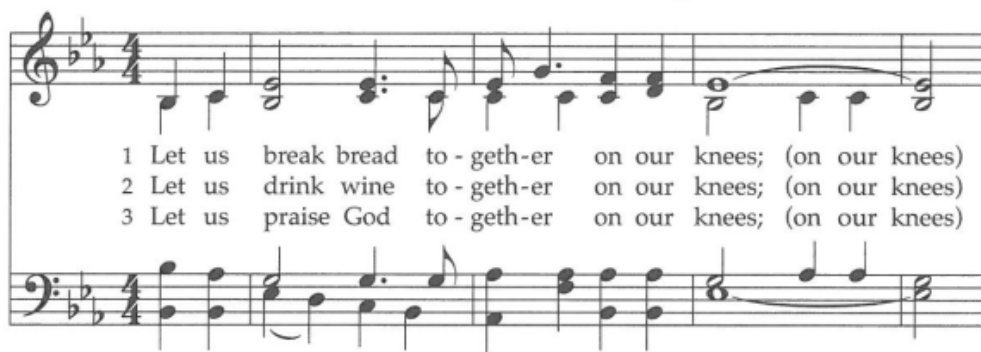
(Em) (D/F#) (G) (A) (Am7) (D)
 Gm F/A B \flat C Cm7 F



love laid down for me, in love laid down for me.
 Christ's com - mu - nion bread, in Christ's com - mu - nion bread.
 strang - ers now are friends, and strang - ers now are friends.
 live a - mong us here, a - live a - mong us here.
 love that makes us one, the love that makes us one.

Guitar chords do not correspond with keyboard harmony.

Let Us Break Bread Together 525



1 Let us break bread to - geth - er on our knees; (on our knees)
 2 Let us drink wine to - geth - er on our knees; (on our knees)
 3 Let us praise God to - geth - er on our knees; (on our knees)



let us break bread to - geth - er on our knees. (on our knees)
 let us drink wine to - geth - er on our knees. (on our knees)
 let us praise God to - geth - er on our knees. (on our knees)

Refrain



When I fall on my knees, with my face to the ris - ing sun,



O Lord, have mer - cy on me. (on me)