



Sanctuary & Zoom Worship Service  
April 28, 2024 – 8:30AM  
“Break the Silence” Sunday

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*Welcome to United! Thank you for joining us in worship today.*

**Prelude:** *Adagio* Gerry Amato  
Dan Meuse, Bassoon; April Kuhr, Piano

**Welcome and Announcements** Pastor Andy

**\*Call to Worship:** (Congregation reads **bold** text) Jennifer Carmer-Hall  
(**Ps. 22** from *Psalms for Praying* by Nan Merrill)

One: I will tell of your Name to all I meet; in the midst of assemblies I will praise You;

**Many: You, who are in wonder of the Mystery, give praise!**

One: For our loving Creator does not turn away from the afflicted, and does not hide from them;

**Many: But their prayers are heard; their prayers rise up to heaven.**

One: To You, O Beloved, I lift up my voice in the great congregation;

**Many: For You promise to remain with those whose love is steadfast.**

One: The hungry shall eat and be satisfied; Those who seek You shall sing praises!

**Many: Your Heart is our dwelling place forever!**

**\*Opening Hymn:** *Come to the Water* (p. 6)

**\*Passing of the Peace:** May the Peace of Christ be with you.  
**And also, with You.**

**Time on the Quilt** AnnElise Fishel

**Prayer of Confession<sup>1</sup>** Rev. Elaine Lyford-Nojima

God, we confess we have cultivated habits of distrust and dishonesty. We have not honored the stories that have been shared with us. We have failed to offer care to those who have bared themselves to us, leaving them emotionally spent and alone. We have kept secrets in the interest of protecting the powerful, and we have told secrets in a way that erodes trust between us and those we love. We have shamed and we have been shamed. Forgive us. Amen.

\* Please rise as you are able in body or in spirit.

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<sup>1</sup> Black Liturgies: Prayers, Poems, and Meditations for Staying Human by Cole Arthur Riley.

## Assurance <sup>2</sup>

Christ who named putting stumbling blocks in the paths of little ones as the most serious of sins affirmed that giving one cup of cool listening is worth a world of blessing. We are forgiven and given a chance to listen and love again.

**Scripture Reading:** John 4:4-42 Rev. Elaine Lyford-Nojima

**Anthem:** *In This Very Room* Ron and Carol Harris  
The United Chancel Choir

**Reflection:** *“Another Take on the Woman at the Well”* Rev. Elaine Lyford-Nojima

## Prayer Stations

During this time, there are prayer stations for you to go to, or you may sit quietly in your pew, listening to the music, and meditating on the words for reflection on pages 4 and 5. The prayer stations include:

- Candle lighting – silently light a candle of prayer for yourself or someone else
- Wailing wall. Here you may write a prayer on paper and place it in the wall, as our Jewish brothers and sisters have for generations in Jerusalem. The prayers you place here will be burned and the rising smoke will take your prayers to God.
- Water to remember your baptism – that you are a beloved child of God.
- Rocks. Write a message on a rock. Luke 19: 40 “I tell you, if these [disciples] were silent, the stones would shout out.” The rocks will be placed in a visible space for all to see.
- Anointing. Oil has long been used as a healing balm. Come to receive a blessing of healing.

**Hymn:** *God, Be the Love to Search and Keep Me* (p. 7) GREEN TYLER  
(Sung after People have returned to their seats)

**Pastoral Prayer** Pastor Andy

**\*Hymn:** *I Was There to Hear Your Boring Cry* (p. 8) WATERLIFE

**Benediction** Rev. Elaine Lyford-Nojima

You are not the darkness you endured. You are the light that refused to surrender. Go out and share your light and the living water of Christ.

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<sup>2</sup> Rev. Maren C. Tirabassi.

**Postlude:**            *I Want to Walk as a Child of the Light*

Marilyn Hamm

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*We hope you will stay and enjoy refreshments with us after the service and come  
back again and let us get to know you.*

### **Words for Reflection<sup>3</sup>**

For too long survivors have been told not to talk about what happened to them. “Nothing good will come of it.” “No one will believe you.” “Don’t rock the boat.” “We need to move on...what’s done is done”. Today, our congregation breaks the silence and acknowledges to all victims of sexual abuse and assault the following truth.

What happened to you was real. You did not imagine it or inflate it. You were violated.

What happened to you was not your fault.

You are not alone.

You did not provoke what happened to you. Neither did your clothing.

You have a right to feel safe and move safely in this world.

If there is any shame in what happened to you, the shame is not on you.

It can be painful to listen to someone’s story of how they were violated. We have silenced you out of our own insecurities, out of fear at how hearing your story will affect us.

We have silenced you in an effort to protect our own stories.

Today we break the silence, and vow to become a trauma-informed church.

We honor your story, even if you are not ready to tell it.

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<sup>3</sup> by Jennifer Carmer-Hall

## Psalm 139: 1-14<sup>4</sup>

YHWH, you have searched me, and you know me.  
You know if I am standing or sitting;  
you read my thoughts from far away.  
Whether I walk or lie down, you are watching;  
you are intimate with all my ways.  
A word is not even on my tongue  
before you know what it is.  
You hem me in, before and behind,  
shielding me with your hand.  
Such knowledge is too wonderful for me;  
a height my mind cannot reach.  
Where could I run from your spirit?  
Where could I flee from your presence?  
If I go up to the heavens, you are there;  
if I make my bed in Death, you're already there.  
I could fly away with wings made of dawn  
or make my home on the far side of the sea,  
but even there your hand will guide me,  
your mighty hand holding me fast.  
If I say, "The darkness will hide me,  
and night will be my only light,"  
even darkness won't be dark to you;  
the night will shine like the day -  
darkness and light are the same to you.  
You created my inmost being;  
and stitched me together in my mother's womb.  
For all these mysteries I thank you -  
for the wonder of myself;  
for the wonder of your works  
my soul knows it well.

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<sup>4</sup> Inclusive Language Bible

# Come to the Water

♩=88

1. All who are thirst-y__ for jus - tice,	all who are thirst-y__ for
2. All who are thirst-y__ for mer - cy,	all who are thirst-y__ for
3. All who are thirst-y__ for heal - ing,	all who are thirst-y__ for
4. All who are thirst-y__ for beau - ty,	all who are thirst-y__ for

peace.	All who are thirst - y__ for peace,	for jus - tice,
love.	All who are thirst - y__ for love,	for mer - cy,
touch.	All who are thirst - y__ for touch,	for heal - ing,
truth.	All who are thirst - y__ for truth,	for beau - ty

come,	come to__ the wa - ter__ of life._____
come,	come to__ the wa - ter__ of life._____
come,	come to__ the wa - ter__ of life._____
come,	come to__ the wa - ter__ of life._____

5. All who are thirst-y__ for free - dom,	all who are thirst-y__ for hope.
6. All who are thirst-y__ for laugh - ter,	all who are thirst-y__ for joy.

All who are thirst - y__ for hope,	for free - dom, come,
All who are thirst - y__ for joy,	for laugh - ter, come,

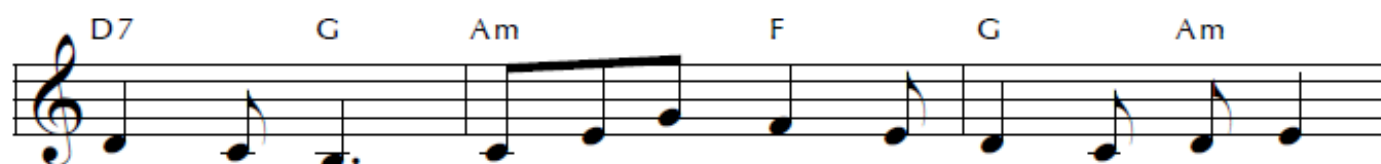
come to__ the wa - ter__ of life._____
come to__ the wa - ter__ of life._____

# God, Be the Love to Search and Keep Me

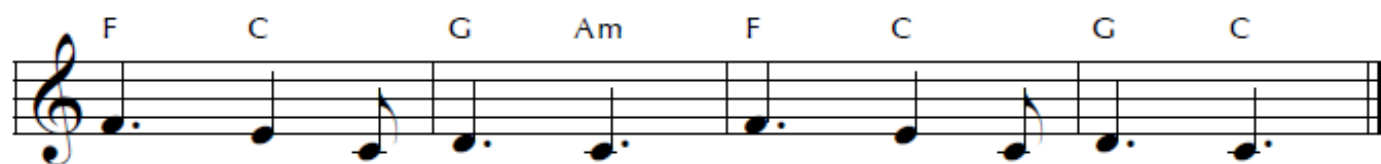
## O Christ, Surround Me



1 God, be the love to search and keep me; God, be the prayer to  
 2 Bind to my-self the Name of Ho - ly, great cloud of wit - ness -  
 3 Bright-ness of sun and glow of moon-light, flash - ing of light-ning,  
 4 Walk - ing be-hind to hem my jour - ney, go - ing a - head to  
 5 Christ in the eyes of all who see me, Christ in the ears that



move my voice; God, be the strength to now up - hold me:  
 es en - fold; proph - ets, a - pos - tles, an - gels wit - ness:  
 strength of wind, depth of the sea to soil of plan - et:  
 light my way, and from be - neath, a - bove, and all ways:  
 hear my voice, Christ in the hearts of all who know me:



O Christ, sur-round me; O Christ, sur-round me.

This hymn is a 21st-century adaptation of the traditional Celtic prayer style known as a *lorica* (Latin for "armor" or "breastplate"). Many such petitions for God's presence and protection were never written down, but this one is based on an example attributed to St. Patrick.



## 488 I Was There to Hear Your Boring Cry



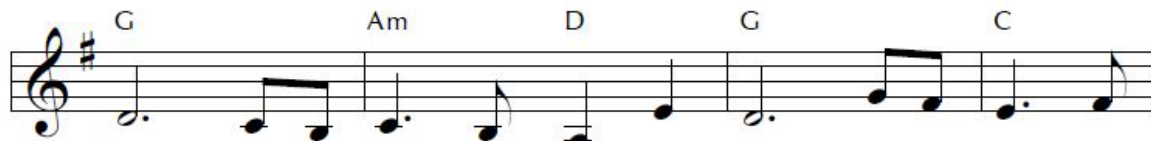
1 "I was there to hear your born - ing cry; I'll be there when  
 2 "When you heard the won - der of the Word, I was there to  
 3 "In the mid - dle a - ges of your life, not too old, no



you are old. I re - joiced the day you were bap - tized to  
 cheer you on. You were raised to praise the liv - ing Lord to  
 lon - ger young, I'll be there to guide you through the night, com -



see your life un - fold. I was there when you were but a  
 whom you now be - long. If you find some - one to share your  
 plete what I've be - gun. When the eve - ning gent - ly clos - es



child with a faith to suit you well; in a blaze of  
 time and you join your hearts as one, I'll be there to



light you wan - dered off to find where de - mons dwell."  
 make your vers - es rhyme from dusk till ris - ing sun."  
 I have al - ways been with just one more sur - prise."



4 "I was there to hear your born - ing cry; I'll be there when you are old.



I re - joiced the day you were bap - tized to see your life un - fold."



### **WHAT'S HAPPENING THIS WEEK**

*[Zoom links are in the Weekly E-blast or call the office]*

#### **SUNDAY: April 28<sup>th</sup>                      Break the Silence**

8:30 AM Worship service in the Chapel

10:30 AM Worship service in the Sanctuary and via Zoom

#### **Tuesday, April 30<sup>th</sup>**

5:30 PM Youth Group Meeting in Room 213 - Yoga

#### **Wednesday, May 1<sup>st</sup>**

10:45 AM Lively Lectionary in the Fireside Room – Note NEW TIME

12:15 PM “We Gotta Pray” 30 minute service in the Sanctuary

6:30 PM Choir Rehearsal

#### **Thursday, May 2<sup>nd</sup>**

1:00 PM Thursdays Together in the Fireside Room – Games & Fellowship

8:30 PM Centering Prayer via Zoom

#### **Saturday, May 4<sup>th</sup>**

10:00 AM Piececrafters in the Fireside Room

#### **SUNDAY: May 5<sup>th</sup>                      Communion**

8:30 AM Worship service in the Chapel

10:30 AM Worship service in the Sanctuary and via Zoom

### **PRAYERS FOR OUR COMMUNITY**

**Barb Boyd's son, James** recovering from surgery.

**Eleanor van Noppen** recovering at home.

**Diane Charlesworth** recovering at home.

**Paul McCann** recovering from shingles.

**Keith Henderson** for healing from pain.

**Pat Sonnenstuhl**, prior member at United, has passed away. Contact Olympia Unitarian Universalist Congregation for details.

**Prayers for those with COVID and for their caregivers.**

Ongoing Prayers: **Julie Clark, Janet Huntley, Karen LaFreniere, Tom Skjervold, Ellen Sweetin & Janet Tolman**

## **ANNOUNCEMENTS**

NOTE: Please help us welcome **Rev. Andy CastroLang** as our sabbatical pastor, who will be working 2/3 time through June. **She will be available Sunday through Wednesday** and other times as circumstances require. How to contact Andy? Cell #: 509-998-7204 and email: [andy@theunitedchurches.org](mailto:andy@theunitedchurches.org)

### ◆ **Break the Silence**

Today we will be observing Break the Silence Sunday acknowledging the realities of sexual abuse and assault. Early in the 10:30 service, we will have a children's time on the quilt, where an age-appropriate conversation will be held with children attending the service. Parents may want to prepare their children before the service and may want to have children leave the service after children's time if they prefer them not to be exposed to words like rape and incest that they may not understand.



Both the cafe and traditional services will be designed to be a time of healing, offering support to survivors of sexual abuse. This is an emotional topic that can result in survivors being triggered. We have arranged for SafePlace volunteers to be present in the event anyone needs to step away from the service. They will also have a table with information on resources available to survivors. We hope everyone attending will find the services uplifting and healing. Please be gentle with yourself and practice self-care as we confront this topic from a spiritual perspective.

### ◆ **New Church Office Hours**

With our current sabbatical staffing, we need to amend our church office hours to Monday through Wednesday from 9:00-3:00 pm with the office closed on Thursday and Friday. This change will allow the staff uninterrupted time on Thursday to complete more intense projects which are necessary for our church community to function. We appreciate the congregation's support of all our staff.

### ◆ **NEW GROUP!**

First Mondays of the month at 6:30 pm in the Fireside Room! Every month, a class or presentation will be led by someone in the congregation. The first meeting is **May 6** and will feature Debi Taylor-Hough, author of a number of books including *Frugal Living for Dummies* and the best-selling *Frozen Assets* series. The topic is *Writers Write, Right?* If interested in presenting at First Mondays, Contact **Debi Taylor-Hough** at [dsimple@aol.com](mailto:dsimple@aol.com) or 253-398-6461

◆ **Small Groups – Join One Today**

Are you interested in joining a small group to connect with others? We have three groups that are currently meeting 2x/month on Monday and Thursday evenings and late afternoon on Tuesdays. If interested, contact **Jon Hubbell** [jhubbell@juno.com](mailto:jhubbell@juno.com) (Mondays at 7pm), **Chas Dreyfus** [chas.dreufus@gmail.com](mailto:chas.dreufus@gmail.com) (Tuesdays at 4pm) or **Joan E. Knapp** - [joank16@gmail.com](mailto:joank16@gmail.com) (Thursdays at 6:30pm). Joan also chairs Caring Friends which makes consistent connection with our Homebound members. Contact Joan for more information on joining this group as well.

◆ **“We Gotta Pray” at United on Wednesdays – Join Us!**

“We Gotta Pray,” our Wednesday prayer service continues to gather from 12:15 – 12:45 in the sanctuary. Our service is a time of quiet singing, silent prayer, and a guided “LovingKindness Meditation.” In May and June, we will learn the practice of “Centering Prayer,” (a form of Christian contemplative prayer, to center awareness on the presence of God), rather than the LovingKindness Meditation. For more information, please contact April Kuhr, ([april@theunitedchurches.org](mailto:april@theunitedchurches.org)) or visit this link. <https://www.contemplativeoutreach.org/download/method-of-centering-prayer-brochure/>.

◆ **Looking for Greeters for the 10:30am Service**

Do you like meeting new people? Would you like to volunteer one day a month? Consider being a greeter at the 10:30am service. Contact Sue Poler if interested: [jspoler@comcast.net](mailto:jspoler@comcast.net)

◆ **Security Grant Update**

We are making progress with the security grant projects. Bollards were installed in March. We're currently working on updating our security system and replacing our exterior doors. The last project we received funding for is training - specifically active shooter and external threats. **The security grant committee is looking for new volunteers to help with this process.** If you're interested in helping to craft policies or manuals, would like to be involved on our new security team or would like to learn more, please contact **Jennifer:** [jennifer@theunitedchurches.org](mailto:jennifer@theunitedchurches.org)

◆ **Show Your Art at United**

Are you an artist and would you like to display your art or do you have a special collection that you would like shown in the Fireside Room? We're looking for someone to display their art from June to August. If you're interested, please contact **Jennifer:** [jennifer@theunitedchurches.org](mailto:jennifer@theunitedchurches.org) to learn more.

◆ **Thurston HungerWalk – Sunday, May 5 at 3pm**

United Churches will be supporting the Thurston Hunger Walk again this year. We will be walking as a **Team**. This means that in addition to walking, people can donate through the church. The walk will begin at 3pm on Sunday, May 5, at Huntamer Park in Lacey. But **you don't need to walk to support!** You can donate by doing any of the following: donate via Realm, send a check to the church or pay in cash in an envelope with your name and Hungerwalk on it. Thank you for supporting those in need in our community.



Special Thanks to the **youth group** for leading our Earth Sunday worship services last week.

◆ **United's COVID Policy**

If you have any COVID symptoms such as fever, cough, or sore throat, please take care and join us for our Zoom service at 10:30am.

◆ **SAVE THE DATE**

**May 5** – HungerWalk at Huntamer Park in Lacey at 3pm

**June 29** – Olympia Pride Festival

**June 30** – Pride Sunday & Oly Pride Parade

**Aug 17** – Church Yard Sale

**Aug 23-25** – Pilgrim Firs Retreat

**Love. Hope. United.**

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**Office Hours:** Monday – Wednesday, 9 am – 3 pm

The office is CLOSED on Thursday, Friday, Saturday, and Sunday