



### Meditation Text

*The story is told of a South American tribe that went on a long march, day after day, when all of a sudden they would stop walking, sit down to rest for a while, and then make camp for a couple of days before going any further. They explained that they needed the time of rest so that their souls could catch up with them.*

Wayne Muller in *Sabbath: Restoring the Sacred Rhythm of Rest*

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### ORDER OF WORSHIP

**Prelude**

*Morning Has Broken*  
Yerahm Hong, Violin; Yehyun Hong, Cello

Gaelic Melody

**Invocation**

Frank Granger

**Hymn 302**

*Come Away from Rush and Hurry*  
*Come away from rush and hurry to the stillness of God's peace;*  
*From our vain ambition's worry, come to Christ to find release.*  
*Come away from noise and clamor, life's demands and frenzied pace;*  
*Come to join the people gathered here to seek and find God's grace.*

PROMISE

*In the pastures of God's goodness we lie down to rest our soul*  
*From the waters of God's mercy we drink deeply, are made whole.*  
*At the table of God's presence all the saints are richly fed.*  
*With the oil of God's anointing into service we are led.*

*Come, then, children, with your burdens—life's confusions, fears, and pain.*  
*Leave them at the cross of Jesus; take instead His kingdom's reign.*  
*Bring your thirsts, for He will quence them—He alone will satisfy.*  
*All our longings find attainment when to self we gladly die.*

Marva J. Dawn, 1999

**Scripture Lesson**

Psalm 62:5-8

Teresa Granger

**Scripture Lesson**

Mark 6:7-13;30-34

Emily Harbin

**Children's Moment**

Janet Cleland

**Pastoral Prayer**

Joel Snider

**Prayer Response**

*The Lord's Prayer*  
Soonseung Hong, Soloist

Albert H. Malotte

**Sermon**

*Quiet in the Midst of Covid*

Joel Snider

**Hymn**

*Come and Find the Quiet Center*

BEACH SPRING

*Come and find the quiet centre in the crowded life we lead,  
Find the room for hope to enter, find the frame where we are freed:  
Clear the chaos and the clutter, clear our eyes that we can see  
All the things that really matter, be at peace and simply be.*

*Silence is a friend who claims us, cools the heat and slows the pace,  
God it is who speaks and names us, knows our being touches base,  
Making space within our thinking, lifting shades to show the sun,  
Raising courage when we're shrinking, finding scope for faith begun.*

*In the Spirit let us travel, open to each other's pain,  
Let our loves and fears unravel, celebrate the space we gain:  
There's a place for deepest dreaming, there's a time for heart to care,  
In the Spirit's lively scheming there is always room to spare!*

Shirley Erena Murray, 1992

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**Benediction**

Joel Snider

**Postlude**