

road to freedom



PARKWAY
UNITED CHURCH OF CHRIST
September 13, 2020

Sunday, September 13, 2020

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Limitless Love | Courageous Action | Spirited Inquiry

Purpose Statement

Parkway United Church of Christ strives to be an inclusive community embracing: spiritual nourishment, open—minded inquiry, courageous action, and interfaith partnerships to fulfill God’s calling to create a just world for all.

Congregational Statement

Parkway United Church of Christ, with God’s grace, seeks to be a congregation that includes all persons, regardless of race, ethnic, or socio—economic background while respecting differences of gender, marital status, age, sexual orientation, and mental and physical ability. We aspire to act justly, to love mercy, and to walk humbly with our God. We invite all to share in the life and leadership, ministry, fellowship, worship, sacraments, responsibilities and blessings of participation in our open and affirming congregation.

PARKWAY UNITED CHURCH of CHRIST

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John Nourse, *Pastor Emeritus*

Welcome to Parkway

Thank you for joining us this morning. Please let us know you are here by commenting in the chat.

Welcome Children. We invite children to full participation in worship.

Bell Rung During Lord's Prayer. A tradition begun when farmers working in surrounding fields would stop their work and join in prayer.

Subscribe to our email lists: Text your email address to 22828 or sign up at www.parkwayucc.org

Communications Requests: Please use the form at www.parkwayucc.org/communications for all announcements for the bulletin/eNews/website/social media/etc. Bulletin and eNews communications request deadline is noon Monday. Bulletin announcements will generally be run for three weeks prior to the event. However, all announcements will be posted via our various publications as fits in our communications strategy and as resources permit.

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Anniversaries

9/18 SHELTON, Peter & Karla (44)

9/18 WEAS, Dan & Kim (21)

Birthdays

9/13 SABLEMAN, Mark

9/19 MCDOUGALL, Ben

9/15 BOUGHMAN, Sally

9/19 SCHULENBURG, Suzy

9/16 ZOLLER, Alex

9/19 SHELTON, Killian

15th Sunday *after* Pentecost

September 13, 2020 | 10:00am

Meditation *If God could close the mouth of the lions for Daniel, part the Red Sea for Moses, make the sun stand still for Joshua, open the prison for Peter, put a baby in the arms of Sarah, and raise Lazarus from the dead... Then God can certainly take care of you! Nothing you are facing is too hard for God to handle! ~Unknown*

Welcome Let us know you are here!

Passing the Peace of Christ

"May the peace of Christ be with you."

(We are intentional about bringing more peace into the world.)

Prelude *My Shepherd Will Supply My Need*—arr. Edward Broughton,
Based on the American folk melody *Resignation*.

Lighting of the Candles & Ringing of the Bell

Welcome Song *Gather Us In*, v1-2



1. Here in this place new light is stream-ing,
2. We are the young — our lives are a mys - t'ry,

now is the dark - ness van - ished a - way,
we are the old — who yearn for your face,

see in this space our fears and our dream-ings,
we have been sung through - out all of his - t'ry,

brought here to you in the light of this day. _____
called to be light to the whole hu-man race. _____

Gath-er us in — the lost and for - sak - en, gath-er us in — the
Gath-er us in — the rich and the haugh-ty, gath-er us in — the



Scripture Psalm 77:16-20 (NLT – New Living Translation)

When the Red Sea saw you, O God, its waters looked and trembled!

The sea quaked to its very depths. The clouds poured down rain;

the thunder rumbled in the sky. Your arrows of lightning flashed.

Your thunder roared from the whirlwind; the lightning lit up the world!

The earth trembled and shook.

Your road led through the sea, your pathway through the mighty waters—
a pathway no one knew was there! You led your people along that road like
a flock of sheep, with Moses and Aaron as their shepherds.

Call to Worship The Joint Liturgical Group

One:	O God, all-powerful, true and incomparable, present in all things, yet limited by none, untouched by place, unaged by time,
Many:	Unhurried by the years, undeceived by words, not subject to birth nor in need of protection:
One:	You are above all corruption, you are beyond all change, you are by nature immutable, living in light that none can approach.
Many:	Invisible, yet you make yourself known to me. You are found by all who seek you with their whole heart. You are the God of the ancient Hebrews and of all who hope in Christ.
One:	You are our God.
Many:	We adore you.
One:	Let us worship our God together -
Many:	Creator, Christ and Spirit!

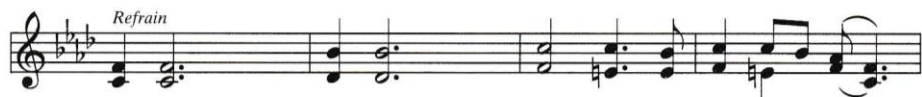
Song *Go Down, Moses*



1. When Is - rael was in E - gypt's land, Let my peo-ple go!
2. "Thus saith the Lord," bold Mo - ses said: Let my peo-ple go!
3. "No more shall they in bond-age toil," Let my peo-ple go!



Op - pressed so hard they could not stand, Let my peo-ple go!
 "If not, I'll smite your first-born dead," Let my peo-ple go!
 "Let them come out with E - gypt's spoil," Let my peo-ple go!



Go down, Mo - ses, Way down in E - gypt's land,

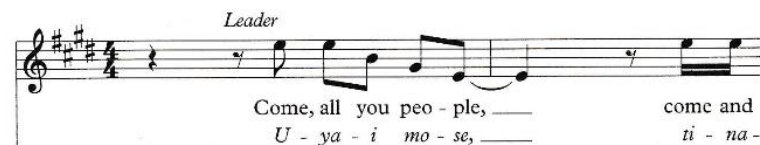


Tell old Phar - aoh, Let my peo-ple go!

Opening Prayer

God of deliverance, you led your people out of Egypt, from slavery into freedom. Help us to bring your hope into places where it is needed most; lead us to work for justice and freedom for all of your people and all of creation. We pray this through the name of your Son, Jesus Christ, whom you sent to lead us and guide us every step of the way. Amen.

Response *Come All You People*



Come, all you peo - ple, _____ come and
 U - ya - i mo - se, _____ ti - na -



Come, all you peo - ple, come and praise your
 U - ya - i mo - se, ti - na - ma - te



Ahom

Ahom _____

praise your Mak - er.* _____ Come, all you peo - ple,
ma - te Mwa - ri. _____ U - ya - i mo - se,

Mak - er.* _____ Come, all you peo - ple,
Mwa - ri. _____ U - ya - i mo - se,

Ahom

come and praise your Mak - er. _____ Come,
ti - na - ma - te Mwa - ri. _____ U -

come and praise your Mak - er. _____ Come, all you
ti - na - ma - te Mwa - ri. _____ U - ya - i

Ahom

Ahom

all you peo - ple, _____ come and praise your Mak - er.
ya - i mo - se, _____ ti - na - ma - te Mwa - ri.

peo - ple, _____ come and praise your Mak - er.
mo - se, _____ ti - na - ma - te Mwa - ri.

Ahom

Omit last time.

Come now and wor-ship the Lord. Come and praise your Mak-er.
U - ya - i mo - se zvi - no. Ti - na - ma - te Mwa - ri.

Come now and wor-ship the Lord.
U - ya - i mo - se zvi - no.

Ahom

Ahom

Ahom

Children's Time Children and Youth are invited to separate Zoom classrooms immediately following this Children's Time.

Blessing the Children *Weave*

Weave, weave, weave us together
Weave us together in unity and love,
Weave, weave, weave us together
Weave us together, together in love.

Scripture Exodus 14:19-31 (CEB – Common English Bible)

God's messenger, who had been in front of Israel's camp, moved and went behind them. The column of cloud moved from the front and took its place behind them. It stood between Egypt's camp and Israel's camp. The cloud remained there, and when darkness fell it lit up the night. They didn't come near each other all night.

Then Moses stretched out his hand over the sea. The Lord pushed the sea back by a strong east wind all night, turning the sea into dry land. The waters were split into two. The Israelites walked into the sea on dry ground. The waters formed a wall for them on their right hand and on their left. The Egyptians chased them and went into the sea after them, all of Pharaoh's horses, chariots, and cavalry. As morning approached, the Lord looked down on the Egyptian camp from the column of lightning and cloud and threw the Egyptian camp into a panic. The Lord jammed their chariot wheels so that they wouldn't turn easily. The Egyptians said, "Let's get away from the Israelites, because the Lord is fighting for them against Egypt!"

Then the Lord said to Moses, "Stretch out your hand over the sea so that the water comes back and covers the Egyptians, their chariots, and their cavalry." So Moses stretched out his hand over the sea. At daybreak, the sea returned to its normal depth. The Egyptians were driving toward it, and the Lord tossed the Egyptians into the sea. The waters returned and covered the chariots and the cavalry, Pharaoh's entire army that had followed them into the sea. Not one of them remained. The Israelites, however, walked on dry ground through the sea. The waters formed a wall for them on their right hand and on their left.

The Lord rescued Israel from the Egyptians that day. Israel saw the Egyptians dead on the seashore. Israel saw the amazing power of the Lord against the Egyptians. The people were in awe of the Lord, and they believed in the Lord and in servant Moses.

Response Deep breaths

Scripture Exodus 15:1b-11, 20-21 (MSG – The Message)

Then Moses and the Israelites sang this song to God, giving voice together, I'm singing my heart out to God—what a victory! God pitched horse and rider into the sea. God is my strength, God is my song, and, yes! God is my salvation. This is the kind of God I have and I'm telling the world! This is the God of my parents—I'm spreading the news far and wide!

God is a fighter, pure God, through and through. Pharaoh's chariots and army he dumped in the sea. The elite of his officers, God drowned in the Red Sea. Wild ocean waters poured over them; they sank like a rock in the deep blue sea. Your strong right hand, God, shimmers with power; your strong right hand shatters the enemy. In your mighty majesty you smash your upstart enemies, You let loose your hot anger and burn them to a crisp. At a blast from your nostrils the waters piled up; Tumbling streams dammed up, wild oceans curdled into a swamp.

The enemy spoke, "I'll pursue, I'll hunt them down, I'll divide up the plunder, I'll glut myself on them; I'll pull out my sword, my fist will send them reeling."

You blew with all your might and the sea covered them. They sank like a lead weight in the majestic waters.

Who compares with you among gods, O God? Who compares with you in power, in holy majesty, in awesome praises, wonder-working God?

Response Deep breaths

Sermon Red Sea Moments

Call to Prayer You Are Mine



- 1. — I will come to you in the si - lence, —
- 2. — I am hope for all who are hope-less, —
- 3. — I am strength for all the de - spair-ing, —
- 4. I am the Word that leads all to free - dom, I



I will lift you from — all your fear. —
 I am eyes for all who long to see. In the —
 heal - ing for the ones who dwell in shame. —
 am the peace the world can - not give. —



You will hear my voice, I claim you as my choice, be
 shad-ows of the night, I will be your light,
 All the blind will see, the lame will all run free, and
 I will call your name, em - brac - ing all your pain, stand



still and know I am here. —
 come and rest in
 all will know my
 up, now walk, and

2-4 *Refrain*

me. _____
 name. _____
 live! _____

Do not be a-fraid, I am
 with you. I have called you each by name.
 Come and fol-low me, I will bring you home; I
 love you and you are mine. _____

Pastoral Prayer & Prayers of the People

Lord's Prayer

Our [Creator/Mother/Father/Holy One] **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 debts as we forgive our debtors; 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 variety of names for God are welcome here—including in the Lord's Prayer.]

Song *Crashing Waters at Creation*

Crashing waters at creation ordered by the Spirit's breath.

**First to witness day's beginning
 from the brightness of night's death.**

**Parting water stood and trembled
 as the captives passed on through,
 Washing off the chains of bondage—channel to a life made new.**

**Cleansing water once at Jordan closed around the One foretold,
 Opened to reveal the glory ever new and ever old.**

**Living water, never ending, quench the thirst and flood the soul.
 Wellspring, Source of life eternal,
 drench our dryness, make us whole.**

Offering Our Gifts to God

Offering Interlude *Dawn Praise*—Gregory Hamilton

Response *Give Thanks*

The musical score for 'Give Thanks' is written in 4/4 time with a key signature of one flat (Bb). It consists of seven staves of music. The lyrics are: 'Give thanks with a grate-ful heart, give thanks to the Ho-ly One, give thanks be-cause he's giv-en Je-sus Christ his Son. Give Son. And now let the weak say, "I am strong"; let the poor say, "I am rich be-cause of what the Lord has done for us." And us." Give us." Give thanks!'. The score includes repeat signs, first and second endings (1, 3 and 2, 4), and a Coda section marked with a double bar line and a circle containing a cross. The final staff ends with a double bar line and a fermata over the final note.

Give thanks with a grate-ful heart, give thanks to the
Ho - ly One, give thanks be - cause he's
giv-en Je - sus Christ his Son. Give Son. And
now let the weak say, "I am strong"; let the
poor say, "I am rich be-cause of what the Lord has
done for us." And us." Give
us." Give thanks!

Prayer of Dedication *United Farm Workers*

Show me the suffering of the most miserable so I will know my people's plight. Free me to pray for others for you are present in every person. Help me to take responsibility for my own life so that I can be free at last. Grant me courage to serve others for in service there is true life. Give me honesty and patience so that I can work with other workers. Bring forth song and celebration so that the spirit will be alive among us. Let the spirit flourish and grow

so that we will never tire of the struggle. Let us remember those who have died for justice for they have given us life. Help us love even those who hate us, so that we can change the world. Amen.

Song of Parting *In the Midst of New Dimensions*



1 In the midst of new di-men-sions, in the face of chang-ing ways,
2 Through the flood of starv-ing peo - ple, war - ring fac-tions and de - spair,
3 As we stand a world di - vid - ed by our own self - seek - ing schemes,
4 We are one and we are man - y all per-sua-sions, old and young,
5 Should the threats of dire pre-dic-tions cause us to with - draw in pain,



Who will lead the pil - grim peo - ples wan-dering in their sep - arate ways?
Who will lift the ol - ive branch-es? Who will light the flame of care?
Grant that we, your glob - al vil - lage, might en - vi - sion wid - er dreams.
Each a gift in your cre - a - tion, each a love song to be sung.
May your blaz-ing phoe-nix spir - it res - ur - rect the church a - gain.

Refrain



God of rain-bow, fier - y pil - lar, lead-ing where the ea - gles soar, We your



peo-ple, ours the jour-ney now and ev - er, now and ev - er, now and ev - er - more.

Benediction

God's Light Goes Forth

Postlude *The Spacious Firmament*—arr. by Ron Loree

Based on *Creation* by Franz J. Haydn

Announcements

Gateway ONA Drag Bingo Sat, Sep 19, 2020 | 6:30 - 8:30pm

Gateway Open and Affirming churches host a fun evening of fundraising—a virtual Drag Bingo Evening on Zoom! Each registrant will receive 5 Bingo Cards via email. **Registration Fee:** \$25.00

Register by September 14: www.gatewayona.com/bingofundraiser-2020.html

For additional information: mhattman@att.net | 314-443-4277.

Sunday Speaker Series *The OKC Bombing - Brad Lyons*

Sunday, September 20 | 11:15am

Until the September 11 attacks in 2001, the Oklahoma City bombing was the deadliest terrorist attack in the history of the United States. It remains the deadliest act of domestic terrorism in U.S. history. The bomber received the death penalty. Brad Lyons, a Parkway member, and newspaper reporter at the time, was at the scene within minutes. Hear his story in this Parkway Speaker Series presentation.

Zoom Meeting

<https://us02web.zoom.us/j/84898581439?pwd=V1JhZXNod1JSTjVJcm1QYWWhOck9JQT09>

Meeting ID: 848 9858 1439 | **Passcode:** 256973 | **Phone:** 312-626-6799 US

Contact Richard Scherrer: 90five@pr@gmail.com | 3149935210

UPDATE St Louis Metro Area Crop Walk 2020

Sunday, October 25

The Crop Walk 2020 is still happening on October 25th. It will be followed by the Crop Concert. All Crop Walk Events will be virtual this year

The need to alleviate hunger continues greater than ever. Please visit the Crop Walk website for all details:

www.crophungerwalk.org/saintlouismo

Please join Parkway's team as a virtual walker, or donate to the team. Crop Walk and world hunger need you, Parkway

If you have questions, please contact your Parkway Crop Team, Mike and Gerry Rogers, Pam Manning, Sue Moellering

Tuesday Evening Dialogue - September 22

Tuesday, September 8 | 7:00pm | via ZOOM

Please join us on ZOOM for the second half of a fun discussion of *Less* by Andrew Sean Greer. It's a satire of the American abroad, complete with mishaps and misunderstandings, a bittersweet romance of chances lost and ultimately a love story about the human heart.

can get the book on your device, library or buy the paperback.

Join Zoom Meeting

<https://us02web.zoom.us/j/86395775050?pwd=R2JJdTdTR6Ni9ubFp1dStzMGlJSXI1dz09>

Meeting ID: 892 6384 1824 | **Passcode:** Book Club

Phone: 312-626-6799 US

Meeting ID: 892 6384 1824 | **Passcode:** 952340918

Questions? Contact Helen Race: raceh@att.net | 3144014382

Alzheimer's News *Apples and Alzheimer's*

In a 20-year study of 2,800 adults age 50 and over, those who consumed more foods rich in flavonoids such as; apples, berries, tea, red wine and dark chocolate were 2-4 times less likely to develop Alzheimer's disease and related dementias (ADRD) compared with people whose flavonoid intake was low. Flavonoids, found in plants, have been associated with many health benefits,

including reduced inflammation, which in the brain is a trigger for Alzheimer's. High flavonoid intake was equal to roughly 7.5 cups of blueberries or strawberries per month or eight apples and pears per month or 19 cups of tea per month. Low flavonoid consumption was equal to eating no berries per month or roughly 1 1/2 apples per month or no tea. This was associated with up to four times greater risk of developing AD/DRD later in life. This long-term study was led by scientists at the USDA Human Nutrition Research Center on Aging at Tufts University and was published in the American Journal of Clinical Nutrition.

For more information the Alzheimer's Helpline is accessible 24/7 via 800-272-3900 and staffed by master's level clinicians to assist with crisis situations, decision making, and disease information. You can find virtual dementia caregiver resources online at alz.org/covid19help.

Tools and support are also available in Spanish.

PUCC Prayer List

as of Wednesday, September 9, 2020

Celebrations

A new and unique school year has begun.

All the acts of kindness that are happening near and far!

The momentum toward justice and equity.

Our new relationship with **Harper Hybrid** Elementary School!

Concerns

John and Carol Russell and family - as his mother nears end of life.

Polly Rutherford - healing from her successful back surgery.

Michael Ruzicka - recuperating at home after Friday's surgery.

The Family of Lela Kolbe - grieving and giving thanks for her.

Healthcare workers, homeless and many others at risk right now.

Physical Distancing... if anyone needs groceries, medicine and/or other support, please reach out to kevin@parkwayucc.org; 314-330-0629

People who are struggling with their mental health.

People who aren't feeling safe at home but are remaining there.

Individuals in all levels of leadership as they make decisions today.

Healing of relationships between the public and the police.

People affected by storms these last weeks.

Continuing

Naomi and Joe Runtz - as she recuperates from knee replacement.

Tim Ruiz - recuperating well from recent back surgery (John's brother).

Crystal - young mom just diagnosed with 2 types of cancer (Yakel).

Nelson Spencer - very serious heart condition (Ellie Svenson).

Blake - recent cancer diagnosis (Greg Schmelig).

David Haack - 'acute care'; no longer COVID-19 positive (Bill's dad).

Cherie Stolze - ongoing health issues; navigating medications/fatigue.

Lori Connors - for strength, stamina through some health challenges.
Ruth Peace & Pinky Wilcoxon - PUCC sisters with health challenges.
Bill Darland - ongoing health issues.
Tina - undergoing treatment for cancer (Scharf).
Anthony - multiple challenges as he lives his post-incarceration life.
Gary - risky behaviors; seeking balance and stability (McKenzie).
Grateful Tran - in prison; struggles w/schizophrenia (Evelyn Buretta)
Bob - continues to struggle with Parkinson's (McKenzie).
Christopher, Gail & Bill Haack - chronic health challenges.
The extended Eggebrecht Family - healing and wholeness.

Pregnancy

Laura & Phil Waite and pending big brothers Henry, Oscar and Felix.
Doug & Adriana Scherrer - baby boy in early October. Grandparents Betty and Richard are ecstatic!!

Home/Care Facility/Rehab Center

Millicent Guerri - living with cancer... 14300 Conway Meadows Ct E, Chesterfield, MO 63017 [birthdate: December 5]
Marv Herpel - *Brookdale West County*; 785 Henry Ave, #217; Ballwin, MO 63021; 636-227-5838 [birthdate: March 3]
Pat Klein - *Anthology Senior Living of Wildwood*; 251 Plaza Dr, #325; Wildwood, MO 63040 [birthdate: September 21]
Bill Klein - *Anthology Senior Living of Wildwood*; 251 Plaza Dr, #104; Wildwood, MO 63040 [birthdate: March 8]
Pearl Sellenriek - *Friendship Village Care Center*; #725-2 15201 Olive Blvd, Chesterfield, MO 63017 [birthdate: March 31]
Dwight Smith - *Garden View*; 13612 Big Bend Rd, Room #2407; Valley Park, MO 63088; 636-923-8693. Now Charlotte can walk from *Cape Albeon* to visit with him at his window. [birthdate: September 6]
Sue Houser - *Bethany Ctr for Rehab & Healing*; 421 Ocala Dr - #209B; Nashville, TN 37211; 615-577-2049. [birthdate: July 8]

Other

Dan Connors - completed writing a novel... taking next steps.
President Trump, Congress, all local, national, world leaders.
The “me too” Movement - shining a light on sexual abuse.
All people who live with mental illness.
PUCC Family (and others) struggling with healthcare costs and limits.
Our Missouri Mid-South Conference and St Louis Assn UCC
Variety of Parkway members/friends - employment issues.
Victims of Natural and Created Disasters around the world.
Peace and Justice near and far.
US Military around the globe.

St Louis Assn UCC Covenant Partner

Week ending September 13 - St Luke's UCC, Imperial; stlukesuccimperial.org
 Week ending September 20 - St Mark UCC, Arnold; stmarkucc.org

15th Sunday *after* Pentecost

September 13, 2020

Road to Freedom

Exodus 14:19-31

Faith Formation Sunday

As Moses and the other escaped slaves traveling with him ran from Pharaoh, they were met with a miracle on the shores of the Red Sea. The seas parted and Moses and the people walked to freedom on dry land.

This is a favorite story to tell children. From cartoons to Vacation Bible School curriculums, the elders of the church like to share this with youngsters whenever they are given an opportunity.

But this is not just a story for children. It's important for people of all ages. If you are older than Sunday School age and have known this story for many years, try reading it again, and you may find its powerful message is for you, too. As you read it again, you may find that one of the joys of rediscovering Bible stories you thought you knew as a child is the opportunity to ask new questions of the old texts.

Although this is a story full of miracle and wonder, its primary message is not about the fancy special effects. Look beyond the flashy pyrotechnics and start asking questions. For example, what does it mean to people of all ages that God showed such amazing works of power on behalf of a people who had been enslaved? Perhaps the cloud by day and the fire by night - not to mention the parting of the waters - was God's way of getting our attention, of making sure that we especially notice this story above others.

And why get our attention for this story? Maybe these miracles are so surprising and dazzling because this story is one that God really wants us to notice. Why would that be? Maybe it's because the liberation of people is the primary Divine hope and joy for all of God's children. Maybe it's because God has a special preference and love for those of God's children that are captured and enslaved. Maybe it's because God wants all of us to keep working toward the day when all, not just some but ALL, are free.

Today is Faith Formation Sunday. If you haven't heard the story of Moses and the people crossing the Red Sea, listen again. In that old, old story, you may hear a new message, one that is as thrilling as those miracles you may have heard about in Sunday School long ago.