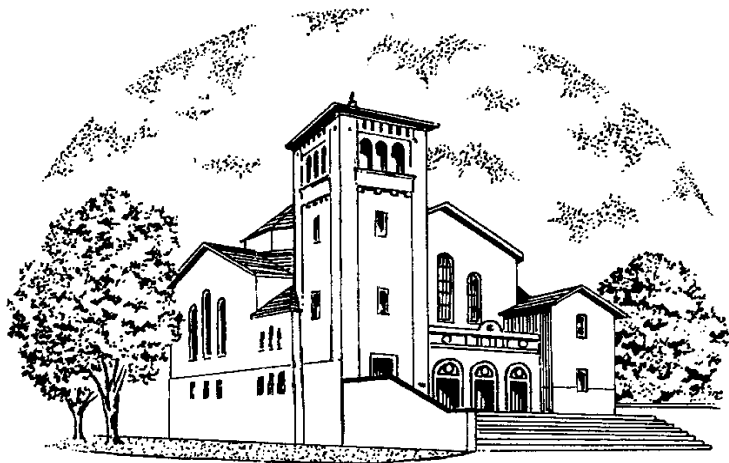


Cochrane Street United Church

81 Cochrane Street ♦ St. John's, NL ♦ A1C 3L7



July 21st, 2019

Minister: Rev. Miriam Bowlby, B.A. (Hons) M.Div

Minister Emeritus: Rev. Eric Hillier

Minister of Music: Patricia Young

Director of Music: Evan Smith

(t) 709-722-3023 (f) 709-722-3260

info@cochranestreetuc.com

www.cochranestreetuc.com

Welcome to Cochrane Street United Church

Whether you are here for the first time or this is your church home – welcome to our community of faith.
Following worship there is a time of fellowship.

USHERING TEAM FOR JULY 21

Keith Bowden, John Bowden, David Boone,
Eldred Butt, Harold Grandy

THIS WEEK AT COCHRANE STREET JULY 22 – JULY 28

Sunday: 11:00 AM Worship at Cochrane Street United Church

OFFICE

Office Hours: Tuesday 10:00 pm – 3:00 pm
Wednesday 10:00 am – 3:00 pm
Thursday 10:00 am – 3:00 pm

Email: info@cochranestreetuc.com

Phone: 709-722-3023

Website: www.cochranestreetuc.com

Cochrane Centre Contact information for bookings
709-754-2532 or info@cochranecentre.ca

CONTACT REV. MIRIAM

Have a question or need to make an appointment?

You can reach Rev. Miriam in the following ways:

Email: revmiriam@cochranestreetuc.com or Cell: 709-728-8410

Like us on Facebook or Follow us on Twitter!

www.facebook.com/Cochranestreetuc and @CochraneStreet

GATHERING AS GOD'S PEOPLE

*please stand as you are able

PRELUDE:

*INTROIT: O Master, Let me Walk with Thee

O Master let me walk with thee in lowly paths of service free;
Teach me thy secret, help me bear the strain of toil, the fret of care.

*WELCOME AND ANNOUNCEMENTS

*PASSING OF THE PEACE:

Let our hospitality towards each other reflect God's love.
The Lord be with you.

And also with you.

Let us greet one another with the peace of Christ.

REFLECTIVE MUSIC MV # 18 Lord Prepare Me

Lord, prepare me to be a sanctuary,
pure and holy, tried and true;
with thanksgiving, I'll be a living Sanctuary for you.

*CALL TO WORSHIP:

Come, let us praise the living God,
who loved us before we were even born.
Come, let us praise the living God,
who knows us even better than we know ourselves,
Come, let us praise the living God,
whose presence never leaves us,
Come, let us praise the living God,
whose love for us never ceases.
This is our God! Let us worship together!

*PRAYER OF APPROACH:

Loving God,
we are yours.
We come as we are,
with our cares and concerns.
We long to touch you
and find healing in your embrace.
Strengthen our faith
and heal our brokenness,
that we may worship you with joy. Amen

*HYMN # 672: Take Time to be Holy

PRAYER OF CONFESSION:

You have called us by name, Lord,
and made us your family.
Yet we do not always live
as one body in Christ—
we neglect to care for your creation;
we forget that our neighbor is also our sister, our brother.
Forgive us, we pray.
Loosen the chains
we place on our lives—
chains of burden and busyness,
chains of ignorance and stress.
Free us to care for your family,
that we all might dance, sing,
and praise your glorious name! Amen.

ASSURANCE OF PARDON:

God's love is sure and steadfast,
always providing a way out,
a way through, a way back to God.
We are a forgiven people.
Thanks be to God. Amen

CHILDREN'S TIME

***HYMN # 766: As the Deer Pants for the Water** (*SEE INSERT*)

OFFERING INVITATION & VOLUNTARY

***OFFERTORY HYMN #542: We Give You But Your Own**

We give you but your own, whate'er the gift may be;
All that we have is yours alone, we give it gratefully.

***OFFERTORY PRAYER**

GOD'S WORD FOR US TODAY

PRAYER OF ILLUMINATION:

Holy God,
reveal your presence to us this day.
Send your Spirit upon us
that we might listen, discern, and take heart.
Be near us this day
and may your Word with us stay
and dwell with us forevermore. Amen.

SCRIPTURE READING

Philippians 4:1 - 9

The Word of the Lord – Thanks be to God.

Reader: Heather M^cMaster

RESPONSIVE PSALM 17 page 739

Reader: Heather M^cMaster

SCRIPTURE READING

Luke 10:38 - 42

The Word of the Lord – Thanks be to God.

SPECIAL MUSIC: Katherine Moffatt

SERMON: How Do You Pray?

***HYMN 684: Make Me a Channel of Your Peace**

GOING FORTH TO SHARE GOD'S LOVE

PRAYERS OF THE PEOPLE AND LORD'S PRAYER

Our Father, who art in heaven, Hallowed be thy name.

Thy Kingdom Come, Thy will be done on earth as it is heaven.

**Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;**

and lead us not into temptation, but deliver us from evil.

**For thine is the kingdom, and the power and the glory,
for ever and ever. Amen.**

***HYMN 664: What a Friend we Have In Jesus**

PRAYER FOR GUIDANCE

Holy God, Dreamer of dreams,

We offer Cochrane Street United Church to you. We are your people, this is your church. We come to you seeking your guidance, your purpose, your vision. Align our will with yours, so that we will be willing to do whatever it takes to carry out your plan. We ask you to break through in new ways in our church. Show us the great ministry you have in store for us. Help us dream your dreams. Pour out your Holy Spirit on us, giving us the vision, boldness, and confidence to do all that you call us to do. Amen.

COMMISSIONING AND BENEDICTION

**CHORAL BENEDICTION: All The Way My Saviour Leads Me
635 VU, Verse 1**

POSTLUDE

ANNOUNCEMENTS

NO SCENTS MAKES GOOD SENSE!

A friendly reminder that members of our congregation are sensitive to scented products. Thank you for helping.

MARK YOUR CALENDARS

- Saturday, July 20** – **YARD SALE (10am – 1pm, Stewart Ave Entrance)**
- Saturday, August 17** – **BBQ in the Park (2-4pm)**
- Sunday, September 15** – **Joint Church Picnic Rotary Sunshine Park (Time TBA)**

Dates for the Memorial Services:

- Monday, July 22, at 7 PM** General Protestant Cemetery, Topsail Road
 - Monday, August 5, at 7 PM** Memorial Gardens Cemetery, 25 Beaumont Hamel Way
- In the event of inclement weather, services will move to the next day, 7pm.***

Announcements: If you wish to have an announcement included in the bulletin, please have it into the office by Wednesday at 5:00 pm.

Sanctuary Sound System: We have a looped system for the hearing impaired. Please ask one of the ushers for a headset.

All Request Summer Sundays: It's that time of year again!! Tell us your favourite hymns and we will sing them all summer long!! You can email your request to info@cochranstreetuc.com or write them on the flip chart as you enter the sanctuary or call the office 722-3023!

Beer and Hymns: The July edition of Beer and Hymns is taking place Sunday, July 28, from 3–6pm at 203 Logy Bay Road (St. Mark's). There is something new. Our summer serving of 'Beer & Hymns' will feature fantastic southern inspired food created by Poko Loko Food Truck (aka Soul Azteka) and brilliant craft beer by Mill Street Brewpub St. John's. Join us for a scoff and stay for a song!

BAG TO SCHOOL: Bridges to Hope is once again reaching out to our faith-based community with a request for specific school supplies. We are hoping you can help us to help students get a good start in 2019. This year we are asking for donations of **Scientific Calculators by August 19.**

They can be delivered to Bridges to Hope from 9am-1:30pm Monday to Friday. If this is not convenient, CSUC's administrative assistant will gladly deliver them. Drop them off at the church main office Sunday or Tuesday to Thursday from 10am-3pm.

Annual BBQ in the Park: Our Annual Bbq in the park will take place on Saturday, **August 17, from 2 - 4pm!** Every year we serve 100+ people from various outreach agencies hot dogs and hamburgers in Bannerman Park. We count on your support. If you can volunteer, please contact Bill Evans billlevans3237@gmail.com. **If you can make a donation to help with the cost of supplies, please place an envelope in the offering plate clearly marked, BBQ in the Park.** Thank you for your generosity and support.

Music Under the Dome – A Summer Lunchtime Concert Series

Cochrane Street United Church is hosting a series of lunch hour concerts from 12:15pm–1:00pm. Enjoy some great local music over your lunch break. There is a suggested minimum donation of \$10.

August 6th: Third Wheel — Evan Smith, Tiffany Pinhorn Smith and Tyler Massie

August 13th: Michelle Eagles and Brad Jefford

August 20th: Katherine Moffatt accompanied by Evan Smith

August 27th: Saltwater Strings — Dominic Green & Brett Vey

Volunteers: If you are willing to help out with set up and clean up for our summer concert series, please contact Rev. Miriam. Email: revmiriam@occhranestreetuc.com or 728-8410.

Recyclables: Drop off your recyclables at any Green Depot and use the Cochrane Street Code (our phone number) 7223023. Your empty containers will support the ministries of our congregation! Can't get your recyclables to the depot? Call the church office and we will arrange to pick them up. Thank you in advance for your help.

Easter Seals House on Mt. Scio Road, has experienced damage over the weekend of July 5-7, 2019, caused by a plumbing malfunction in a number of important areas. Renovations and repairs are expected to take months. If you are able, the best way to help our flood recovery efforts is to donate directly online at www.eastersealsnl.ca/give/. Thank you for your generous support.

Alzheimer Society of Newfoundland and Labrador will be hosting another **LUNCH & LEARN WEBINAR on July 25** – free and open to the public. Join us 12:30-1:30pm to get information about our First Link Program and the process to connect individuals with us. In order to connect with our clients, we require people such as yourself to help bridge those connections by becoming referring partners! If interested in registering, email your name and email address to firstlink@alzheimernl.ca or call (709) 576-0608.

PIANOMEN – The music of Elton John & Billy Joel, starring Evan Smith with Michelle Doyle & the cast of Best Kinds production of Joseph! Back by popular demand! **July 26, 8PM**, at Holy Heart Theatre. 579-4424, holyhearttheatre.com.

Bridges to Hope is teaming up with the Clay Cafe to offer an **"Empty Bowls for Hunger" event**. It will be held at St. Andrews on **August 21** from 5:30–7:00pm. Tickets \$20 include a hand painted bowl and home-made soup. Drop by Clay Café in Mount Pearl, 961 Topsail Road, to paint and donate your bowl to this event.

Burry Heights Day Dinner Theatre: Let the younger members of the Burry Heights community entertain you while you dine! Join us Saturday, **September 21**, 5PM. For tickets contact burryheightsday@gmail.com or (709) 754-8824. Stuffed Chicken breast with all the trimmings (\$20); chicken nuggets for kids (\$10).

How do I Pray?

By: Frances McNiven

how do I pray?
in hours of darkness
my heart cries out
please, please dear God
help
crying in my hour of need
sighing with my heart of greed
is this prayer?

how do I pray?
as a child
even before I understood words
I knelt for an hour by my bedside
trying not to fall asleep
trying not to dream
trying to summon words deep in my heart
reaching in the void, the coldness and the dark
was this prayer?

How do I pray?
how do I speak to the almighty God
weak and childish as I am
how can I find the right words
when my heart needs so much
how can I be a child of God
when I don't even know the answer
to the question
How do I pray?