

National Avenue is a brave place for all people. We celebrate our diversity of race, creed, religion, cultural backgrounds, sexual orientations, gender identities and expressions. We extend a warm welcome to all this morning, especially those who are worshipping at National Avenue for the first time. Your presence both enriches us and this time of celebration together~

This light centers us.
It is the blending of the memory of saints and dear ones.
**This illumination reminds us that our questions,
our creativity, our imagination,
will guide us as we strive to live as followers of the way of Jesus.**

I left the Church
Not because
I long for sin
Or long for lust
Or long for selfishness
I left because
I long for truth
I long for love
I long for kindness
Without the threat
Of hell
If I do not obey
The way you want me to
I left because
God
Creator/
Divine/
Spirit/



Sharing the Lord's Supper
Ashley Quinn, Rev. Jenn Simmons with Elders & Deacons
 The communion table is a table
 that speaks on social issues of oppression.
 This means that the communion table is a table set

for those no one else wants to serve.
The communion table is a table for all bodies and all souls
and all people seeking to know what it might mean
to feel the sacred pulse of Mystery around us and in us.
**If we are to believe that the inclusive love of God is real,
we’d better start building a bigger table.**
What if communion is also found in the sacred places
that have always held room for us:
the trees that have always said,
“**Come, sit in my shade and rest,**”
the water that says,
“**Come, bathe and drink and be refreshed,**”
the grasses that say,
“**Come and dance with me,**”
and the seasons that say,
“**Come, learn what it means to live a whole life**”?
This is what I hear when I go outside.
This is what my ancestors experienced
when they communed by the maple trees [adpt/kaitlincurtice]
and tended to the wild rice stalks rising out of the water.

As we gather together to share and eat food
we also remember the stories around all the meals
in the wisdom tradition of the Galilean sage we call Jesus...
Born of a woman and the Hebrew gene pool,
he was a creature of earth,
a moment in the biological evolution of this planet.
Like all human beings, he carried within himself
the signature of the supernovas
and the geology and life history of the Earth...
For just as the Milky Way is the universe in the form of a galaxy,
and the Wedge-tailed Eagle is the universe in the form of a bird,
he was and we are, the universe in the form of a human.
May we care for our planet.
May we nurture this piece of stardust!
May we celebrate with the cosmos!
And so we remember the living tradition...
How, during a meal, bread would be taken
and after thanks given, it would be broken and shared
with both friend and stranger.
This piece of bread is the body of the whole cosmos.
Look deeply and you notice the sunshine in the bread,
the blue sky in the bread,
the clouds and the great earth in the bread.
The whole cosmos has come together
in order to bring to us this piece of bread.
After conversation some Wine would be taken,
thanks for it would be given,
and poured out and shared with all those present.
Bread and the cup, elements for life on Earth.
In sharing this banquet, we in our time and place,
enter into a new relationship,

with sacred wisdom,
with the planet, and
with one another,
to feel our kinship with all life,
to raise our voice in the service of life,
to love kindness, and to seek justice,
to live in harmony
and awaken to peace.
May we sense the wonder of what might yet be.
We are part of Earth
Earth is part of us.
And as we consider this Earth, our home,
may we continue to walk upon it
gently and with reverence. [adpt/rexhunt]

Prayer at the Table Steve Flower

Sharing of the Bread and Cup
This morning we will receive communion by intinction. You are invited to come forward and to take a piece of bread, dip it in the cup, eat, and leave your toothpick in the bowl. The bread is gluten, nut, and dairy free so all may share at the table. If you would prefer a pre-packaged communion, remain seated and we will bring one to you. All are welcome to share at the table set by Jesus. As we share in communion, please join in singing:

Communion Song Seed, Scattered and Sown 395

Sending Song We Are Not Our Own 689

Words for the Journey Rev. Simmons
The Spirit moves all around us
and also within us.
May we not be afraid
to claim the power God has given us.
To recognize the Wisdom of God in all of creation.
And to practice an authority
that calls us to brave convictions
that our lives may be guided
not by dictations from on high
but by lineages of love and liberation,
calling on us to live. [enfleshedliturgy]

May it be so.
May we make it so.

Postlude
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National Avenue Christian Church (Disciples of Christ)



Photo by Jenn Simmons

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