The Gathering of a People of God

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 enriches us in this time of celebration together~

Prelude

Words of Gathering Deb Gallion & Rev. Jenn Simmons

Before we were called Black, white, brown, queer...

before the world saw our bodies

and decided we were a boy or a girl

or dark or light...

Before we learned about our sensitivities,

disabilities, test scores, zip codes....

Before and beyond our being

your child or that child

a child of this nation

or that one a child of one god or many ...

a child of earth or outer space...

we were our own true nature.

[adapt/anatasiahigginbotam]

God looks at creation and said,

"Good, good, good."

God looked out and saw beauty.

Goodness.

It is hard to hear this truth.

You are good.

You are loved.

We gather here to lean and hold this together.

Please stand as you are able in body or in spirit at the * asterisks.

Come and Find the Quiet Center

*Lighting the Christ Candle

Wounded healer,

*Gathering Hymn

who has wept and walked where we walked,

who sees what no one else sees.

who laments what we cannot even name—

thank You for seeing,

For knowing.

For being.

Be with us in the great despair.

Show us the contours of the pit because

You have been there, too,

and when we are ready

(or maybe when we think we're not),

show us how to climb up,

with shaking limbs and all.

For You are the redeemer of the lost,

and the healer of the broken,

and the One who shows us that life is worthwhile, even with the holes in the story.

[fatherlizze]

The Christ Candle is lit.

May this light center us and remind us

We are light.

Amen.

We are meant to shine.

*Passing of the Peace

We are born in a constant state of change

and stay changing.

Can you stand to stand back and behold us, let us be?

All that we are and all that you are not.

God Imagine that!

What you don't Know is I'm always

gonna love myself and find others who do, too.

I'll wear clothes so shiny you'll see your own fears—

and flowers to remind you my life force breaks concrete.

I'll claim every color in the rainbow as armor

and glow even brighter in the dark.

[anastasiahigginbotam]

Evolving God,

help us to hold one another through the evolutions of our lives.

To name our emotions, our fears,

a gift of body alerting us to greater knowing,

and help make room for release.

May we learn how to support one another

as we learn to be our most fabulous selves.

It is by knowing ourselves

and learning to be ourselves that we may bring peace.

May the heart of peace be with you.

And also with you.

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You are invited to share this ancient greeting with those seated near you. We are mindful each of us are at different levels of comfort, please honor those around you as you share peace. You are invited to turn to the camera and say hello to all worshipping with us online!

Life of the Church **Rev. Jenn Simmons**

You are invited to sign in via check-in. The QR code/link is in the pews. If you would like to receive our weekly update by email or would like to schedule a time for coffee with our pastor, please provide that information on the form.

Reflecting on the Sacred Story From the Biblical Stories from the Gospel according to John Chapter 20

We tell stories to learn, to grow, to spark more questions.

Today we offer the longings of our heart. We join with the voices rising, from the past and from today.

We join the story.

Prayers of the Community

Rev. Jody Furnus-Wright

Centering in paying attention to our bodies

God who sees and is not ashamed:

You know all of who we are and all that

we can be—

and this is, frankly, terrifying.

We can be so scared to speak aloud to You what we know

You already know.

But You ask us to.

So here it is:

we are afraid.

we are angry,

we are bold.

we are boisterous.

we are envious,

we are hurt,

we are sad,

we are numb.

we are greedy, we are—

we are a million things that make us feel too small and too big,

all at once.

Remind us that You already know.

You have always known.

And somehow,

You are still here.

Still.

Here, give us what we need;

give us what we don't know to ask for,

give us courage.

Help us trust where we are

and help us see where we are going.

In the name of the groaning Spirit,

the weeping Messiah,

and the all-knowing Parent,

[adapt/faterhlizze] Amen.

Reflecting in Song Be Thou My Vision

Reflection **Everybody Hurts Sometimes Ashley Quinn**

Musical Reflection May You Heal **SIERTT**

CHANCEL MEN'S CHOIR

Offering of Ourselves

We invite you to share your offerings of time, passion, energy, and resources. Thank you for investing in Spirituality, Justice, and Community as it comes to life at NACC.

Musical Gift Let Us Pray for Peace **KEESECKER CHANCEL CHOIR**

* Pentecost Doxology

Praise God whose breath fills all the earth Whose love reveals our sacred worth

Whose Spirit forms one family

Whose grace brings peace and harmony. Amen.

[rogerlyn]

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Prayer of Gratitude

Jeff Barber

Sharing the Lord's Supper with Revs. Jody Furnas-Wright, Jenn Simmons, Ashley Quinn, Elders & Deacons

The power of God lives in your testimony, and every ghost who lingers in your story, every saint who made you strong, every bit of holy that helps you endure, they are deserving of dignity, as are you.

And when you discern that the right people,

the right spirit, the right moment has come,

the intimate truths of your story can be shared like a sacrament –

like bread –

blessed, broken open,

nourishment for the hungry,

a feast in remembrance of God.

[M Jade Kaiser]

On the night of his arrest,

he gathered around table with his companions.

He took bread, blessed it, broke it, gave it to his disciples and said,

"This is my body which is given for you.

Do this in remembrance of me."

He did the same with the cup after the supper, saying,

"This cup that is poured out is the new covenant."

Even in death, O God, your love prevailed.

Through you, Spirit, Christ was raised from the grave.

No person, no institution,

no force of evil could extinguish the work of your hand.

And so, by the same Spirit,

may we experience in these gifts of bread

and cup that they may be the living Christ within us today;

compelling us to be agents of love,

uncompromising on our commitment

to protecting every one of your creatures and creations.

[enfleshedliturgy] **Anissa Barber**

Prayer at the Table

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.

Sending Song

Bless Now O God the Journey

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Words for Our Journey

Salvation. Redemption. Liberation.

This is not a hero's story.

It's all hands on deck.

Everyone with an offering.

Building power,

building relationship,

building community. Possibility blooms. Let us go and blossom.

[mj]

Postlude

National Avenue Christian Church (Disciples of Christ)



Justin Hunt

Everybody Hurts

A Healing Path

29 June 2025

National Avenue Christian Church

417.869.9176 natlave@sbcglobal.net www.nationalavenuecc.com

Rev. Jenn Simmons, Lead Pastor | Ashley Quinn, Pastor for Public Theology

Rev. Jody Furnas-Wright, Adjunct Pastor for Faith Formation with Families

Rev. Dr. John White, Theologian in Residence

Jonathan Raney, Music Director | Jennifer Forni, Music Assistant

Alex Bates, Sound Technician |Sarah Cybulski, Finance Coordinator

Hayley Norton, Communication Coordinator | Nicholas & Olivia Villaroel, Sextons

Greta Allen & Aydia Lancaster, Nursery Caregivers

Kylie Robertson & Claudia Brown-Jackson, UNO Team

John Scroggins, Board Moderator

Anissa & Jeff Barber, Elders

Ashley & Justin Fleming, Deacons

Sample of the ways Trauma can show up in our lives from **Holy Hurt** by Hillary L. McBride PhD pages 45-50:

Psychological Symptoms

- Internal chaos, confusion, or disorganization: feeling afraid and anxious all the time
- Superstitious thinking and behavior: wondering whether we will be punished if we do the wrong thing, or anticipating severe consequences for making the wrong choice or upsetting someone
- Flashbacks or nightmares: unintended remembering of events that were scary, stressful, or unresolved and feeling agitated or dissociated because of it
- o A lack of identity or a sense of wants, goals, and values: not knowing who we are or feeling confused about who we should be
- o Difficulty with identifying and feeling emotions: finding it difficult to feel feelings from the inside out
- Difficulty making choices: feeling paralyzed by options or ruminating on what could go wrong with each choice
- Boundary challenges or confusion: finding it difficult to set boundaries with others, not knowing what boundaries with friends or leaders are appropriate, and having difficulty with appropriate sharing with or caring for others
- Anxiety or panic, feeling on edge: feeling agitated in the body, like being hooked up to an electrical current, or having chronically tense muscles
- o Chronic, neurotic, or misplaced guilt: wondering if we made the wrong choice or hurt someone, or anticipating that we likely will
- Ongoing and pervasive shame: feeling broken, un-lovable, unworthy, or deserving of bad things, even in the face of relationships or experiences that prove otherwise
- Anger, rage, and defensiveness: experiencing reactivity, flying off the handle, explosive and disproportionate reactions, and reluctance to take responsibility
- Hopelessness, helplessness, or despair: feeling powerless and unable to change future or present circumstances and believing no other reality is possible
- Depression, emptiness, and loneliness: feeling empty inside, isolated even if others are around, unreachable, lethargic, depleted, and overwhelmed at the prospect of change
- o Self-harm: hurting ourselves in any way, depriving ourselves of rest, food, or other bodily needs, or punishing ourselves through creating pain
- Suicidality: wondering if it would be better to be gone or planning to end our life
- o Grief and profound sadness or loss: experiencing seemingly unchanging heartache and emotional pain, or the sense of having a hole inside
- Difficulty feeling joy, pleasure, or peace: experiencing little or no effect even when doing things that used to feel enjoyable or feel pleasurable to others
- Perfectionistic tendencies: setting rigid expectations for self or others related to thinking, behavior, interactions, or value systems, and consequences if something isn't perceived as perfect
- Hatred or shame of one's body, sexuality, and physical needs or limitations: having unrealistic body narratives in which normal challenges, emotions, sensations, or behaviors are considered disgusting or awful
- Difficulty with self-responsibility, self-care, or self-love: experiencing difficulty owning our own actions and choices, and nurturing the self through actions or thoughts

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- Difficulty enjoying sexual pleasure: experiencing genital pain, fear of sexual arousal or desire, resistance to sexual relationships, or shame about sexual desires and behaviors
- o Risky sexual behaviors or sexual activity
- o Inability to trust others and anticipation of rejection: feeling suspicious of others' motives or keeping ourselves at a distance to avoid judgment
- o Immense guilt if not helping others or caring for others: feeling the pressure to save, convert, or rescue
- Skin picking (dermatillomania) or hair pulling (tricho-tillomania): experiencing distress before the behavior and relief after engaging in it
- Substance use or addiction to other processes or behaviors: using drugs, alcohol, food, pornography, or certain behaviors (shopping, gambling, etc.) to manage pain or distress or feel feelings, even if negative consequences are involved
- Eating disorders: having a preoccupation with clean eating, compulsive eating, food restriction and avoidance, eating and purging after (through vomiting or exercise), and eating things that are inedible or harmful to

Physical Symptoms

- o Chronic fatigue
- o Autoimmune disorders
- Chronic pain
- Sleeplessness or oversleeping
- o Lack of appetite or binge eating
- o Frequent illness or injury, or impaired healing
- o Chest pain or gastroenterological issues and irritable bowels
- o Inability to notice or identify body sensation or pain

Social-Relational Symptoms

- o Loss of community connection and broader social support
- Rejection and social isolation
- Restricted social networks
- Relationship conflict or stressors
- o Family conflict and stressors or loss
- o Damage to one's social self
- Social anxiety

Spiritual Symptoms

- Deconstruction of or de-identification with one's religious or spiritual background or traditions
- Fear, vigilance, dissociation, avoidance, or acute emotional reactivity when in the presence of reminders of the past religious or spiritual background
- Negative or fear-based beliefs about one's own relationship with God or one's sense of self-worth
- Difficulty with moral discernment without guidance from an authority figure or mistrust of oneself
- o Anger at God or at religion or spiritual practices in general

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