



**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]

**Prayer at the Table**  
**Anissa Barber**

**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*  
**489**

**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.

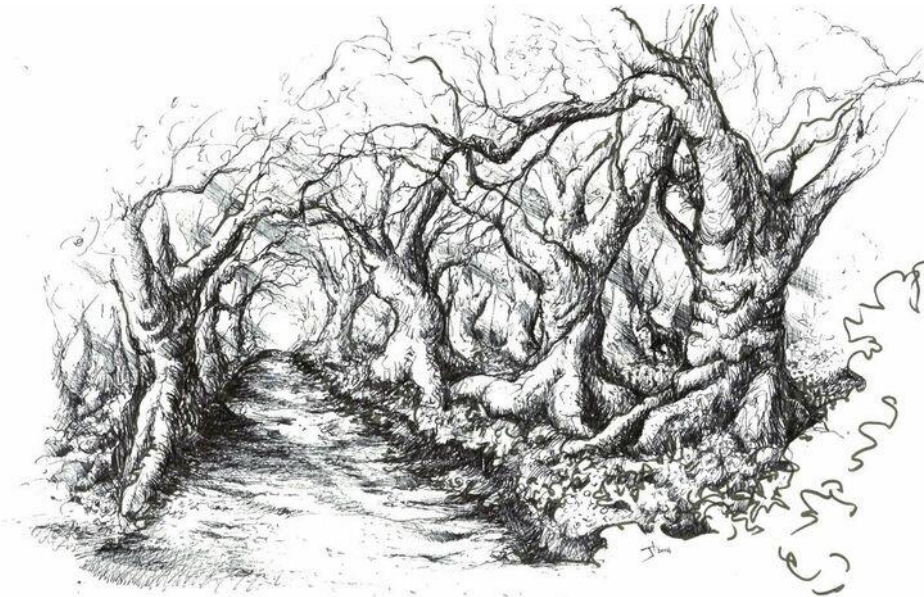
[mj]

**Postlude**

**National Avenue Christian Church**  
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

# National Avenue Christian Church

(Disciples of Christ)



**Justin Hunt**

## Everybody Hurts

## A Healing Path

## 29 June 2025

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
- 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
- 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
- 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
- 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
- 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
- Risky sexual behaviors or sexual activity
- Inability to trust others and anticipation of rejection: feeling suspicious of others' motives or keeping ourselves at a distance to avoid judgment
- 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 eat

Physical Symptoms

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

Social-Relational Symptoms

- Loss of community connection and broader social support
- Rejection and social isolation
- Restricted social networks
- Relationship conflict or stressors
- Family conflict and stressors or loss
- 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
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- Anger at God or at religion or spiritual practices in general

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