



Discerning what is ours to do means that sometimes we need to say no.  
Or, not yet.  
Or, that's not mine.  
We need each other to help us find our way.

At this table we find room, space, questions, openness.  
We find each other.  
Jesus set tables throughout his ministry.  
There were places people could show up exactly as they are.  
At the table they were reminded,

**Here you are seen.**

**Here you are valued.**

**Here you are supported.**

We have been claimed as good.

**God calls us good.**

Not because of what we do,  
we simply are,  
good.

We come to this table as a community striving  
for the "Right Yes" in a chaotic world.

We remember that on the night of his arrest—  
a time of confusion and betrayal—

Jesus gathered with his friends. He knew they would need each other.  
He took the bread, and after blessing it, he broke it, and gave it to them,  
saying:

**"Take and eat; this is my body, broken for you.**

**Do this in remembrance of me."**

The breaking of the bread reminds us that when we feel broken,  
isolated, or unsure of our path,  
we find wholeness in community.

We need each other to help discern our "yes."

Then, after supper, he took the cup,  
and after giving thanks, he gave it to them, saying:

**"This cup is the new covenant in my love.**

**Whenever you drink it, do this in remembrance of me."**

The cup is a sign of a new way of living—  
a covenant of radical, disruptive love.

It is the promise that the way of justice, courage, and love, is possible,  
but not alone.

We need each other to build and strengthen that world.

This is the table where everyone is seen, valued, and supported.

**Let us remember, let us connect, and let us be nourished.**

**Prayer at the Table**

**Jeff 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**

**Called as Partners in Christ's Service**

**453**

### **Words for the Journey**

Pause.

We mean it.

Yes, even as you leave this place.

Especially as you leave this space.

**Remember, you do not go alone.**

Carry love with you in all you do.

# *National Avenue Christian Church*

*(Disciples of Christ)*



*Pause: The Art of a Right  
Yes*

*Everything is Chaotic  
11 January 2025*

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