

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~

Welcome to worship

Prelude

Words of Gathering Connie Condict & Claudia Brown-Jackson

Practice makes...

room for more practice.

None of us gets it ‘perfect’ or ‘right.’

Spiritual practices invite us to practice...

slowing down,

listening to one another and our lives,

the Spirit of Love,

receiving God’s gentle embrace.

We gather with our

barriers,

stories,

shame,

fear, and...

with our willingness to try again, and again.

God, holding us in your heart of love,

may we listen to our lives with gentleness and grace. [jsimmons]

Gathering Hymn *In the Quiet, Lord, I Listen

BEACH SPRING 8.7.8.7 D ("God Whose Giving Knows No Ending")

In the quiet, Lord, I listen to the music in my soul;

You have placed a song within me, for your grace has made me whole.

There is so much to distract us that would block the gentle sound;

Yet I listen for the singing of your music all around.

You are present in the places that I give to silent prayer.

In my resting, in my waking, in my asking — you are there.

As I think about my journey — what has been and what might be —

God, I hear your words of mercy; and your love song strengthens me.

As I pray and read the Bible, as I welcome strangers in,

As I labor hard for justice in a world that's filled with sin,

In my worship, in my service, there's a pattern to my days —

There's your melody of mercy, there's my harmony of praise.

God, I pray I'll keep on listening even though these times are tough,

And I pray that I'll be open to the wonders of your love.

You're the Writer and the Singer, you're the Love that rises strong.

God — Creator, Christ and Spirit — let me answer to your song.

[Carolyn Winfrey Gillette]

***Lighting the Community Candle**

Fr. Dennis Hamm, SJ, calls the Daily Examen “rummaging for God.”

He likens it to “going through a drawer full of stuff,

feeling around,

looking for something that you are sure must be in there somewhere.”

We know and believe God is at work in our lives,

but it can be hard to see how through all the other junk in the way.

The Daily Examen gives us a chance to sort it all out.

[Diephouse-McMillan, Miriam]

We gather as community by the light of Christ,

To take the time to listen and

sort it all out.

The Christ Candle is lit.

May this light center us and remind us

We are light.

We are meant to shine, together.

***Passing of the Peace**

How good it is to center down! To sit quietly and see one's self pass by!

The streets of our minds seethe with endless traffic;

Our spirits resound with clashings, with noisy silences,

While something deep within hungers

and thirsts for the still moment and the resting lull.

With full intensity we seek, ere the quiet passes,

a fresh sense of order in our living;

A direction, a strong sure purpose that will structure our confusion

and bring meaning in our chaos.

We look at ourselves in this waiting moment —

the kind of people we are.

The questions persist: what are we doing with our lives? —

What are the motives that order our days?

What is the end of our doings? Where are we trying to go?

Where do we put the emphasis and where are our values focused?

For what end do we make sacrifices?

Where is my treasure and what do I love most in life?

What do I hate most in life and to what am I true?

Over and over the questions beat in upon the waiting moment.

As we listen, floating up through all the jangling echoes of our

turbulence, there is a sound of another kind —

A deeper note which only the stillness of the heart makes clear.

It moves directly to the core of our being.

Our questions are answered, our spirits refreshed,

and we move back into the traffic of our daily round

With the peace of the Eternal in our step.

How good it is to center down!

— Howard Thurman in *Meditations of the Heart*

May the peace that comes in community be with you.

And also with you.

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!

Welcome to NACC

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 1Thessalonians 5

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

The Daily Examen is a specific tool for practicing discernment.

Discernment is one of those “churchy” sounding words often reserved for pastors and seminary students.

It sometimes describes the process of exploring a call to ministry, but it also has a much broader meaning.

Discernment is the Christian practice of seeking the guidance of the Holy Spirit in our daily lives.

If we truly believe our actions matter to God,

then it’s worth taking time to reflect on those actions.

Discernment means observing our daily choices to see how we can better align our lives with what God is doing in the world.

Silence

In times of desolation, ask God for help.

Seek out companionship.

Don’t make or change any major decisions.

Remember a time of consolation and reflect on it.

In times of consolation: Express gratitude to God.

Savor the moment, and fix it in your memory.

Return to it when things get hard.

Use your energy to work toward your goals and commitments.

[Diephouse-McMillan, Miriam]

Reflecting in Song

Quiet Place

THE MANY

Jasmine Martin, Solo

Practice Listening to Our Lives: *Daily Examen* Michelle Creed

Music to Reflect *For Each Day of Life We Thank You 605* [vs1, 3, 4]

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

***Go Forth Into the World In Peace.* RUTTER**

CHANCEL CHOIR

***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]

Prayer of Gratitude

Debora Biggs

Invitation to the Table & Sharing the Lord's Supper with Rev. Jenn Simmons, Elders & Deacons

The table invites us to bring our questions:
When did I give and receive the most love today?
When did I give and receive the least love today?
When did I feel most alive today?
When did I most feel life draining out of me today?
When today did I have the greatest sense of belonging to myself,
others, God, and the universe?
When did I have the least sense of belonging?
When was I happiest today?
When was I saddest today?
What was today's high point?
What was today's low point?
What was life-giving today?
What was life-taking today?

[Sleeping With Bread: Holding What Gives You Life, Dennis Linn,
Sheila Fabricant Linn, Matthew Linn, 1995 Paulist Press]

Today, we gather around a table
to remember and to celebrate
the interconnectedness that is our life.
We gather to find a pause for reflection.
A feast has been prepared and is now spread before us.
We are invited to come to this table as a community of love.
Our table today stretches beyond this time and place.
It is a table where people past and present share
the bread of life and the cup of hope.
If you listen carefully, you can hear the voices of mystics, prophets,
teachers, wisdom seekers,
who have called us to this table over the years.
We bring our lives.

All the moments of our days.
At this table, there is enough for everyone.
At this table, all shall be seated and none will be turned away.
**At this table, we shall give thanks for the life, death, and
life from death of Jesus the Christ.**
At this table we find stillness.
At this table we find love.

We break bread, bless it, and share it
remembering the love of Jesus for us.
We pour the cup, bless it, and share it
remembering the love of Jesus for the world.

[unknown]

Prayer at the Table

Mark Biggs

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.*

A Call to Faithful Action

Sending Song

Day by Day

599

Words for the Journey

Go spend time with God.
Whatever that looks like for you is good.
There is no perfect plan.
Adjust as needed.
You are present,
God is already there.
Keep staying open.
Stay curious.
Remember, love is always waiting to meet you.
May we make it so.

[jimmmons]

National Avenue Christian Church

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Rev. Jenn Simmons, Lead Pastor |

Ashley Quinn, Pastor for Public Theology & Justice

Rev. Dr. John White, Theologian in Residence | Jonathan Raney, Music Director

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

Greta Allen, Donna Kearney, Ela Stark, Nursery Caregivers

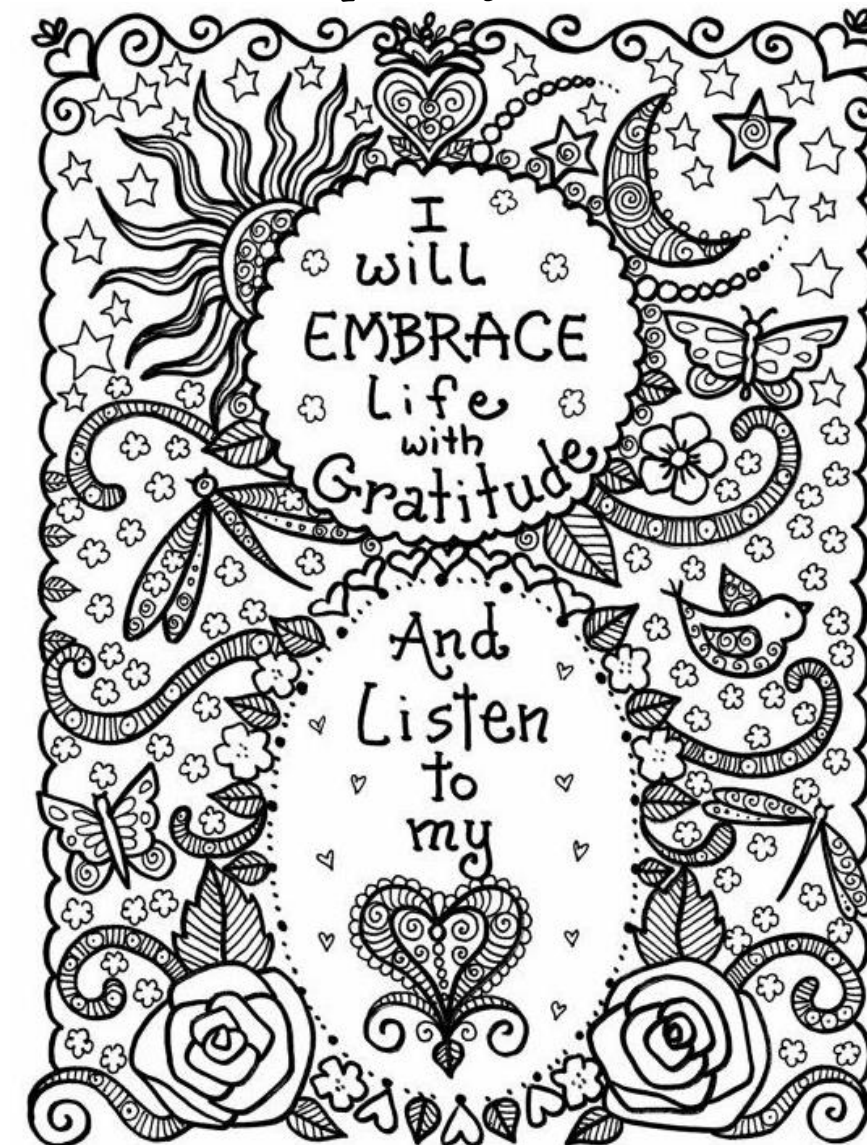
Claudia Brown-Jackson, Storykeepers Team

John Scroggins, Board Moderator

Debora & Mark Biggs, Connie Condict, Claudia Brown-Jackson, Elders

Matt Ensley, Deacons

National Avenue Christian Church (Disciples of Christ)



***Spiritual Practices:
Finding Grounding
Daily Examen
14 June 2026***

The Daily Examen Practice:

1) Become aware of God's presence.

2) Review the day with gratitude.

Which events, situations, or people do I feel particularly thankful for?

When in my day did I feel most connected to God?

When did I feel most distant from God?

3) Pay attention to your emotions.

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3) Pay attention to your emotions.

Notice any aspects of your day that brought up particular feelings. When did you feel happy? Sad? Angry? Afraid? Try to let go of any judgments about these emotions and simply observe when and how they arose.

4) Choose one feature of the day to pray about.

5) Look toward tomorrow.

From: Diephouse-McMillan, Miriam. Sacred Balance: How Ancient Practices Can Restore Modern Minds

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