

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~

Singing Bowl Chimes

Prelude

Words of Gathering **Mark & Tina Stillwell**

Breathe. *Pause*
This life force.
This movement of air, of life, of energy, of spirit, is always this close.
Breathe. *Pause*
The Hebrews called this movement, ruah.
The wind, the spirit, the breath, moving in our world.

Moving in us.
We gather not seeking some outside source to find us.
We gather to deepen our connection with the Spirit of life, moving, stirring, **swirling in each one of us.**
Breathe. *Pause*
God, breath of life,
You are here,
as close as our breath. [jsimmons]

Gathering Hymn *Breathe with Me, Breath of God

Breathe with me, Breath of God,
fill me with life anew,
that I may love the way you love,
and do what you would do.

Breathe with me, Breath of God,
until my heart is still,
until my love is one with yours,
to do and to endure.

Breathe with me, Breath of God,
that I see the wonder,
in all the world and in my **life**,
as you have called us good.

Lyrics adapted *Breathe on Me, Breath of God* (254

***Lighting the Community Candle**

This is why you cultivate contemplative practice.
The more you intentionally turn inward,
the more available the sacred becomes.
When you sit in silence
and turn your gaze toward the Holy Mystery you once called God,
the Mystery follows you back out into the world.
When you walk with a purposeful focus on breath and birdsong,
your breathing and the twitter of the chickadee

reveal themselves as a miracle....
So you sit down to meditate
not only because it helps you to find rest
in the arms of the formless Beloved
but also because it increases your chances
of being stunned by beauty when you get back up.
Encounters with the sacred that radiate from the core of the ordinary embolden you to cultivate stillness and simple awareness.
In the midst of a world that is begging you to distract yourself,
this is no easy practice.
Yet you keep showing up.
You are indomitable.
You are thirsty for wonder. [Mirabai Starr]

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**
Learning to dance the cosmic dance-
this is why we are here on this earth, living the life we are living.
At least this is one way of expressing the heart’s conviction concerning the need to recognize
and move with the divinity manifested
in the primordial rhythms of the day-by-day life we are living.
There’s a dance of being awake and being asleep,
of being alone and being with others.
It’s a dance of being seen and understood
and not seen and understood at all.
There’s a dance of being happy and being sad.
There’s a dance of feeling so happy you think you’re finally beginning to understand the spiritual dimension,
and then this part where you don’t think you ever will.
The dance of being confused and having clarity, going back and forth.
And if we were to set it to music,
we would say that God is the infinity of the primordial rhythms of your life, and God waits for you to find Her there.
God is the infinity of the very rhythms of your day,
breathing in, breathing out,
being awake,
being asleep,
standing up and sitting down.

It’s like God forever comes to visit, but we’re rarely at home.
We’re probably out buying a spiritual book or something,
or getting in an argument with somebody about God.
So we’re always trying to step into this rhythm....
How can you learn to move with the God-given Godly nature of the primordial unfolding rhythms of your life
and your passage through time from birth to death? [jamesfinely]

May the peace that comes through contemplative practices

be with you.

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 **Ashley Quinn**

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.

Moment of Pause

Reflecting on the Sacred Story
From a selection of texts on Ruah, Genesis Chapter 1, Job Chapter 33, Ezekiel 27, & Isaiah 61

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.

Praying in Song ***Lord, Speak In the Stillness*** **HAKES**
CHANCEL ASSEMBLE

Practice Listening to Our Lives: *Breath Prayer* **Rev. Simmons**
Inhale: _____

Exhale: _____

Inhale: Show me who to be,
Exhale: and what is mine to do. [sarahbessy]

Music to Reflect ***Spirit of God***
O QUANTA QUALIA 11.11.11.11: God of Compassion, in Mercy Befriend Us
Spirit of God, you moved over the waters
Whisp'ring God's love to the whole of creation.
You breathe your life into God's sons and daughters.
Giving us talents and your inspiration.

Spirit of God, like a mighty wind blowing:
Suddenly Christians stopped hiding and fearing
You gave them courage and love overflowing,
So they proclaimed you to all in their hearing.

Help us to see you, still calling and caring,
Help us to know you among us, creating.
Spirit of God, give us courage and daring —
To share God's love with a world that is waiting.

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 *Breathe* MOCK arr. LOPEZ
CHANCEL ASSEMBLE

*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 Anissa Barber

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

A morning mist,
the gleam of a new day,
faintly we discern the possibilities
that are before us.

Energy rising, plans turning to action,
we build our every yesterday from the living of our days.

May we live our hope into tomorrow.

May we wrap our lives around the challenges of today.

And in the quiet of the sacred space,
may we listen at the centre of our being
for the truth of our inner voice
that sets before us the purpose of this day. (Adapt.Gretta Vosper/ab)

All creation blesses the Source of Energy and Life.
For all things bright and beautiful.
For all things dark and mysterious and lovely.
For all things green and growing and strong.
For all things weak and struggling to push life up through rocky earth.
For all human faces, hearts, minds, and hands which surround us.
And for all non human minds and hearts,
paws and claws,
fins and wings... (G A Ricciuti/bb)

Praise and wonder be.

In our praise and thanksgiving we remember the ways of Jesus
who walked the dusty roads of Galilee,
who taught from seashore and mountainside,
who told stories of the sower and the seed,
the lilies of the field, and the birds of the air.
May we, too, know your presentness in the beauty of creation.
We also remember, Creating God,
that your care for this earth and your people can be denied;
for your goodness was abused
and the Human One betrayed.
On the night of his arrest, so our tradition reminds us,
Jesus shared a meal with his disciples.

Bread taken, blessed, broken in silence

Juice taken, poured out in silence

Through grain and grape, bread and juice,
he spoke of his coming death and new life,
asking his disciples to remember him.

Be present with us now, Enfolding God, as we share this sacrament.
Let your Holy Spirit brood among us...
and upon and through this Bread and Wine.
Bless us with a desire to praise in song and story and poetry.
Bless us with a sharpened awareness of your presence.
Bless us with deep compassion.
Bless us with the patience and daring of the mystics.

Abide with us always.

Abide with us in our daily work.

Abide with us when we rest.

Abide with us in our journeying.

Abide with us at all times and through eternity.

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.

A Call to Faithful Action

Sending Song Of All the Spirit’s Gifts to Me 270 (vs: 1, 4, 5)

Words for the Journey

Go spend time with God.

Whatever that looks like for you is good.

There is no perfect plan.

Go forth to claim your rest.

Adjust as needed.

God is already there.

Take a deep breath.

You possess a sanctuary of peace in a frantic world.

The Spirit is here.

Keep staying open.

Stay curious.

Remember, love is always waiting to meet you.

May we make it so. [adapt/jsimmons]

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
Michelle Creed, Board Moderator
Jeff & Anissa Barber, Elders
Matt Ensley, Barb & Greg Harrell, Deacons

National Avenue Christian Church (Disciples of Christ)



Inhale: _____

Exhale: _____

Inhale: _____

Exhale: _____

*Spiritual Practices:
Finding Grounding
Breath Prayer
12 July 2026*