



GATHERING & WELCOME

PRELUDE	“How Great Is Our God”	– by Chris Tomlin Odalys Caro, piano
WELCOME		Pastor
THRESHOLD MOMENT		
Meditation		Pastor
Threshold Song	“Thy Word”	RED #601
Responsive Liturgy		All
Sung Response	“Thy Word” (refrain)	RED #601
OPENING HYMN	“I Love You, Lord” (2x)	BLK #2068

PROCLAMATION & RESPONSE

THE PASSING OF THE PEACE		All
PRAYER OF ILLUMINATION		Liturgist
SCRIPTURE READING	Psalm 40:1-11 (NRSVUE)	Liturgist
SPECIAL MUSIC		
SERMON	“SAD, Part II: Soothe A Soul”	Rev. Debra Brady
PRAYERS OF THE PEOPLE		
Prayer Hymn	“Open Unto Me”	see insert/screen
Pastoral Prayer & The Lord’s Prayer		All
Sung Response	“Open Unto Me” (vs. 3)	see insert/screen
NEXT STEPS IN DISCIPLESHIP		
Invitation		Pastor
Offertory	“Moments in Prayer”	– by Anthony Gianmaco Odalys Caro, piano
Doxology	“Praise God From Whom All Blessing Flow”	RED #95
Prayer of Dedication		Liturgist

SENDING FORTH

HYMN	“Come Thou Fount of Every Blessing”	RED #400 vs. 1 – 3
BENEDICTION		Pastor
RECESSIONAL	“As A Fire is Meant for Burning”	BLK #2237, vs. 1
POSTLUDE	“Joyful, Joyful, We Adore Thee”	– arr. Jeff Bennett Odalys Caro, piano

Prayer Hymn: "Open Unto Me"

tune: OPEN UNTO ME
text source: Howard Thurman

text treatment & tune: Richard Bruxvoort-Colligan

♩ = 76

D(add2) B♭9(#11) Csus4 C D(add2)

O - pen un - to me light for my dark - ness. Light for my dark - ness
O - pen un - to me strength for my weak - ness. Strength for my weak - ness
O - pen un - to me peace for my tur - moil. Peace for my tur - moil

B♭ C D(add2) D(add2)/B♭ Csus4 C

o - pen un - to me. O - pen un - to me light for my dark - ness.
o - pen un - to me. O - pen un - to me strength for my weak - ness.
o - pen un - to me. O - pen un - to me peace for my tur - moil.

Dm B♭ Am7 D

O - pen un - to me, O God.
O - pen un - to me, O God.
O - pen un - to me, O God.

Threshold Moment: Seasonal Affective Disorder, Week 2

Meditation

...The Psalmist proclaims that God can give us a new song, bringing us out of a “miry bog.” Today we affirm that attention to our music “playlists” can offer a transformative daily spiritual practice.

Threshold Song: “Thy Word” (RED #601)

**Thy word is a lamp unto my feet
and a light unto my path.**

**Thy word is a lamp unto my feet
and a light unto my path.**

**When I feel afraid,
think I’ve lost my way,
still you’re there right beside me.**

**And nothing will I fear
as long as you are near.**

Please be near me to the end.

**Thy word is a lamp unto my feet
and a light unto my path.**

Responsive Liturgy

God who sang all creation into being,
we give you thanks for the sweet harmonies and soul-
stirring rhythms that lift up our spirits in the dance of life.
Open our eyes to the light of possibilities,
even when the day ahead holds difficulties.

Be with us, near us, beside us. Amen.

Sung Response: “Thy Word” (RED #601)

**Thy word is a lamp unto my feet
and a light unto my path.**



Replace the negative
self-talk with your
soul's music.

Suggestions for Music Play-List Practices

Place this card somewhere where you will see it every day and remember to insert music in some form into your day.

Some ideas are:

- make your own personal playlist on Spotify or another app
- go through your music collection and make a pile to play throughout the week
- set your radio or app to your favorite station and play at least once each day
- make your own music each day - sing or play an instrument!

**God who sang all creation into being,
I give you thanks for the
sweet harmonies and soul-stirring rhythms
that lift up my spirit in the dance of life.
Open my eyes to the light of possibilities,
even when the day ahead holds difficulties.
Be with me, near me, beside me.
Amen.**