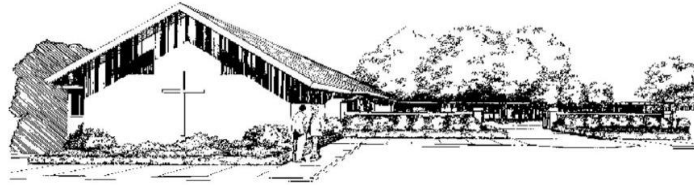


FIRST CONGREGATIONAL CHURCH OF SAN RAFAEL

October 4, 2026 10 am

Holy Communion



Welcome to worship!

We are delighted that you chose to worship with us this morning. We hope you find a warm spirit of hospitality and a worship experience that strengthens your faith and discipleship. You are invited to stand, as you are able, when you see an * in the bulletin.

Centering Thought

"If you suddenly and unexpectedly feel joy, don't hesitate. Give in to it.
Joy was not made to be a crumb." *Mary Oliver*

Centering Bell *On hearing the bell, please settle into a time of centering silence and listening to the Prelude with an open heart.*

Prelude

Welcome/Opening Words (A special welcome if you are joining us online)

Liturgist: "No matter who you are or where you are on life's journey..."

Congregation: "You are welcome here."

*Opening Litany

***Opening Song** I Come With Joy – NCH 349 vs 1-3

Opening Prayer Holy One, our source of life and love, build up our faith. May we dare to believe things can be done differently. May we be willing to take necessary risks for others. May we persevere through our mistakes and missteps. With joy as our companion and wisdom as our guide, we place our trust in you.

Amen.

Words of Assurance

People of God,
As the whole earth groans for freedom,
we will find our way through practices of love.
Love that is generous. Love that is bold.
Love that is reciprocal and risky.
Love that does not abandon nor neglect,
but love that is fulfilled in the joy of giving and receiving.
Take heart, seek liberation for all life,
and allow joy to accompany you on your journey.

Amen.

Give Me Love

George Harrison

B $\flat$ B $\flat$ ^A C-7 F

Give me love,

B $\flat$ B $\flat$ ^A C-7 F

— give me love, — give me peace on Earth. — Give me light

E $\flat$ - F A $\flat$ E $\flat$

— give me life, — show me all — I'm worth. — give me

B $\flat$ B $\flat$ ^A C-7 F

hope, help me cope — with this hea - vy load. — Try-ing to

E $\flat$ - F A $\flat$ E $\flat$ B $\flat$

— touch and reach — you with heart and soul. —

Neighbors in Need Offering

First Reading: Philippians 2: 1-3 – (The Message)

If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you care — then do me a favor: Agree with each other, love each other, be deep-spirited friends.

Contemporary Reading: by Martha Graham

"There is a vitality, a life force, a quickening that is translated through you into action, and there is only one of you in all time, this expression is unique, and if you block it, it will never exist through any other medium; and be lost. The world will not have it. It is not your business to determine how good it is, not how it compares with other expression. It is your business to keep it yours clearly and directly, to keep the channel open"

Hymn of Preparation – For Everyone Born – page 5*Sermon - "The Table of Joy"****Quiet Reflection****Special Music Taste And See (James E. Moore; arr. G. Grosz)**

Sharing Our Joys & Concerns

After each joy or concern, Pastor leads the congregation to respond "Lord, hear our prayer."

Pastoral Prayer

Offering

Invitation to Generosity

In the middle of all that hurts, the heart of God manifests among us. Through the sharing of our resources. In shared laughter and collective weeping. In practices of care and connection. The love of God makes a way for us through the labyrinth of this life. With gratitude, let us bring our offerings to God and one another

Offering Song

What Is Good (What Does The Lord Require Of You?)

♩ = 88

What does the Lord re-quire__ of you? What does the Lord re-quire__ of you? To act just - ly. To act just - ly. To love kind - ness. To love mer - cy. And to walk hum-bly with your God. And to walk hum-bly with your God.

WORDS: *Micah 6:8*

MUSIC: Gerry Grosz, ©2022 Gerry Grosz Music, All Rights Reserved

ACT JUSTLY

Irr.

Offering Prayer

Faithful One, your grace carries us through the unimaginable. When we fear we cannot bear the destruction that surrounds, you sustain our spirits. When we struggle to perceive the way to justice and healing, you speak through prophets ancient and new. For all the ways life persists in the midst of everything that deadens, we bring our gifts with thanks.

Communion

Holy Communion at FCC is served as "Pew Communion," meaning the elements will be brought to you. We serve non-alcoholic grape juice. Gluten-free rice crackers will also be offered.

Please hold the bread and cup until invited to eat or drink by the Pastor. We will eat and drink together.

For those that are live streaming with us from home on You Tube, you are invited to have any sort of bread or cracker along with wine, grape juice, or whatever you have available.

Gathering Song and Litany

Come to the Table of Grace

Come to the Table of Grace

This is God's Table, it's not yours or mine

Come to the Table of Grace

One: We remember those who were here at the very beginning of the life of this congregation, and all who have walked since to this communion table, to keep the flame lit.

All: We light this candle and give thanks.

(First Candle is lit)

Come to the Table of Love

Come to the Table of Love

This is God's Table, it's not yours or mine

Come to the Table of Love

One: We give thanks for those we love; the Saints who have gone before us, and for those who are with us still, right here at this table and in every place where bread is broken.

All: We light this candle with thanksgiving in our hearts.

(Second Candle is lit)

Come to the Table of Peace

Come to the Table of Peace

This is God's Table, it's not yours or mine

Come to the Table of Peace

One: We remember those who are yet to come, who will seek a place to connect with Holy presence and with beloved community.

All: We will keep lighting candles and offering bread and wine.

(Third Candle is lit)

Come to the Table of Joy

Come to the Table of Joy

This is God's Table, it's not yours or mine

Come to the Table of Joy

One: Come, for all is ready.

Words of Institution and Communion Prayer with Lord's Prayer

The Lord's Prayer

Our Creator (Father, Mother, God) who art in heaven, hallowed be your name. Your Kingdom come; your will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts as we forgive our debtors. Lead us not into temptation, but deliver us from evil. For yours is the Kingdom, and the Power, and the Glory, forever and ever. Amen.

Sharing the Bread and Cup

Please hold the bread and cup until invited to eat by the Pastor. We will eat and drink together.

Communion Song Let Us Break Bread Together NCH #330

Announcements/ Life of the Church

***Sending Song "Be Now My Vision" – NCH 451 vs 1,2 and 4**

***Benediction**

***Shalom**

**Shalom my friends, Shalom my friends,
Shalom, Shalom. We'll see you again,
We'll see you again, Shalom, Shalom.**

Postlude

Announcements

Rev. Jess Shine, MDiv, has over two decades of experience leading organizations and congregations. He has served as guest faculty at The Chaplaincy Institute and hosts FluidSpirit, a weekly podcast (available on Patreon and Spotify). Rev. Shine is also a certified coach.

Blessing of the animals - October 11, 10 am

Bring your pet, on a leash, in a cage, or bring a picture. Everyone is welcome!

Council Meeting – October 7, 6 pm

Remember the Food Bank Barrel

Please continue to bring in non-perishable food items. Canned goods, chili, peanut butter, cereal, tuna and canned meat, rice, pasta are always welcome. No glass please.

Worship assistants needed

We are currently in need of liturgists, communion servers, altar set-up, and greeters. Contact Amy in the office if you can help out. Instructions are given. office@fccsanrafael.org or 415-479-2747.

Pastoral Visit

Do you want a visit with Pastor Elisabeth? Call the church office 415-479-2747 or email: elismid@yahoo.com

Prayer Chain

E-mail Julie Dowling: isabella1472@comcast.net if you have a prayer request you would like included in the prayer chain.

Remember your offering: Ways to give

*Paypal- You can make a one-time donation or set up regular monthly payments using a credit card or debit card. Just click the "Donate Now" button on our website or in each weekly email.

*set up automatic donations through your banking institution

*send your check to: FCC San Rafael: 8 North San Pedro Road, San Rafael, CA 94903

Be in the know! Sign up for our weekly email. Call Amy in the office 415-479-2747 or email office@fccsanrafael.org and leave your name and email.

Consider volunteering for Sunday duties. We are in need of liturgists, greeters, communion servers, and altar set-up. Instructions are given.

Sunday Servers

October 4

Liturgist: Lucinda Ray
Servers: Cathi Fuller, Caryl Hodges
Altar: Cathi Fuller
Greeter: Ed Briggs
Coffee: Judy Johnson

October 11

Liturgist: Caryl Hodges
Altar: Lucinda Ray
Greeter: Jackie Dema
Coffee: Caran Cuneo

FIRST CONGREGATIONAL CHURCH OF SAN RAFAEL

8 North San Pedro Road
San Rafael, California 94903
Phone: 415-479-2747

Website: www.fccsanrafael.org
e-mail: office@fccsanrafael.org

Pastor: Rev. Elisabeth Middelberg
Music Director: Gerry Grosz
Office Manager: Amy Powers

Office hours:
Monday and Thursday 10:30 -2 pm

