

First Congregational Church of St. Albans (FCC) is a welcoming community of spiritual seekers, believers, and doubters.

Please know that no matter who you are or where you are on life's journey, you're welcome here.

FIRST CONGREGATIONAL CHURCH VISION STATEMENT

To create an open and loving community that encourages a joyous exploration with God.

To work together to care for and nurture the wider community.

FIRST CONGREGATIONAL CHURCH MISSION STATEMENT

Our mission as a community resource church is to provide a safe place for spiritual exploration and personal growth. To affirm the value of each person and to meet them where they are.

To connect to the community through personal service, giving, and pastoral care.

Please feel free to contact us:

Administrative Office: Tuesday - Friday 9am-2pm

Church Office Phone Number: 802-524-4555

info@firstcongregationalstalbans.org

Pastor Jessica's Office Hours: Friday 9:30am - Noon

Email: pastorjessica@firstcongregationalstalbans.org

Pastor Jessica takes her Sabbath on Mondays.

For urgent, pastoral matters outside of regular office hours, call Pastor Jessica at 207-632-5544.

OUR WORSHIP SERVICE IS BROADCAST OVER THE LOCAL PUBLIC ACCESS CHANNEL 1079 ON SUNDAYS AT 4 PM.

Scripture Reader: Louise Haynes

Acolytes: Mykala Pryor, Ada Sanders, and Kaia Newton



"WE WELCOME YOU AND SERVE ALL THROUGH FAITH."

WORSHIP WITH US:

MARCH 16, 2025

10 AM

REV. JESSICA MOORE, PASTOR

BAILEY BROWN, CHOIR & MUSIC DIRECTOR

STEPHAN CONRADY, ORGANIST

STEPHEN McLAUGHLIN, OFFICE MANAGER

27 CHURCH STREET, ST. ALBANS, VT 05478

802-524-4555

WWW.FIRSTCONGREGATIONALSTALBANS.ORG

WE GATHER AS GOD'S PEOPLE

CENTERING WORDS:

There's a lot of difference between listening and hearing.
— G.K. Chesterton

THE PREPARATION

*The beginning of the prelude is a call to enter into the spirit
of prayer and community.*

PRELUDE *Carry The Light*

WELCOME AND ANNOUNCEMENTS

SUNG CALL TO WORSHIP Bless the Lord, My Soul (Taizé)

***Bless the Lord, my soul
and Bless God's Holy name
Bless the Lord, my soul
who leads me into life.***

MORNING PRAYER¹ (Unison)

**Loving God,
When our anxiety hovers close,
when fear clings to our bones,
when our stress rises like the tide, see us.
Speak to us. Call us by name.
See us in the kitchen, in the classroom, in the hospital
waiting room.
Speak to us in the quiet, in the crowd, in the inky black of
night.
Call us beloved. Call us by name. Call us your child.
Whatever you do, speak to us,
for we cannot live on bread alone. Amen**

Welcome to all visitors: We are delighted that you chose to worship with us today and are strengthened by your participation in our service!

If you are new to First Congregational Church of St. Albans, please sign the guest book in the narthex (main entrance of the church).

If you would like more information about our church and its programs or would like to receive our Morning Reflections, and weekly e-newsletter, "From the Manse," please fill out a Welcome Card and place it in the Offering tray (be sure to include your email address).

**After the service please join us for fellowship,
conversation, coffee, and refreshments.**

*PLEASE STAND IF YOU ARE ABLE

¹UCC, WORSHIP WAYS

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Walking the Walk Nugget: This Lent FCC member, psychologist, and communication expert, Doug Klette will be giving us communication “Nuggets”—practical steps to help us better love our neighbor.

Conversations:

In our effort to help the people we love, feel better and more at peace we often talk with them. That is a great start and is the essence of Unconditional Love.

Unfortunately, during this process, we often use two approaches, with the best of intentions, so we can make them feel better: #1 “Oh, I know just what you mean; that happened to me too. **[Turning the focus away from them to yourself.]** or #2 “How long has this been going on?” “What time did this happen?” “Didn’t you know you couldn’t trust her?” **[Asking Questions.]**

These common **ROADBLOCKS TO COMMUNICATION** can leave the person we are speaking with feeling abandoned or confused and frustrated. So, what can we do? Several concrete specific steps can be applied to help the speaker feel cared-about, understood, and respected,

1. **ATTEND. Give them your total attention.** Face them with your body. Look into their eyes but do not try to stare them down. (If you let your eyes wander it is highly likely they will assume you do not really care.) Put your cellphone away.
2. **Keep your mind clear of your own thoughts and judgments.** Be open and ready to hear whatever they say, even if you do not like it .
3. **STRIVE to understand their words and feelings.**
4. **DISCIPLINE yourself from sending one of the ROADBLOCKS.**
5. **TAKE A RISK and “SUMMARIZE” THE MESSAGE YOU HEAR FROM THEM.**

This Week: Practice Doug's Five-Step Guide to Deep Listening: How do people respond? How does it make you feel?

Next time: Avoiding Needless Power Struggles.

HYMN*

Praise To The Living God (1, 3, 4) NCH 8

PRAYER OF TRANSFORMATION¹ (Unison)

God of Grace,

We long to do the “right” thing.

We long to make the “right” choice.

We long to stand on the “right” side of the dividing line.

In our earnestness, we sometimes miss the sacred right in front of us.

In our earnestness, we sometimes miss opportunities to show love.

Show us how to hold our heart’s desire for perfection loosely.

Show us how to lead with grace and love, over anything else.

For even more than our desire to be right, we desire to be close to you.

Show us the way. Amen

PAUSE FOR REFLECTION

WORDS OF ASSURANCE

PASSING OF THE PEACE

THE MESSAGE

TIME WITH CHILDREN

ANTHEM *An Irish Blessing* James Moore

SCRIPTURE READING Luke 10:38-42

CONTEMPORARY READING *Wildfire* Sarah Speed

MORNING REFLECTION

UNEXPECTED

HYMN*

Be Now My Vision (1, 2, 4) NCH 451**THE THANKSGIVING**

SHARING OUR JOYS AND CONCERNS

CHORAL CALL TO PRAYER

Hear Our Prayer, O Lord

D. Welpton

PASTOR'S PRAYER~

LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever, Amen

CHORAL RESPONSE TO PRAYER

Thou wilt keep him in perfect peace, whose mind is stayed on thee. Scottish Psalter, 1615

OFFERTORY

DOXOLOGY

***Praise God from whom all blessing flow
Praise God all creatures here below;
Praise God above, all heavenly hosts:
Creator, Christ and Holy Ghost. Amen.***

OFFERTORY PRAYER

THE DEPARTURE

HYMN*

O God of Love, O God of Peace NCH 571

BENEDICTION

POSTLUDE: *Danny Boy* arr. Conrady**ANNOUNCEMENTS:****A Special Note of Gratitude From All of Us At FCC:**

- ❖ Rachel Carr Thank You for providing hot lunch during Coffee Hour . . . you are spoiling us!

Thank You for Pastor Jessica: A few weeks ago a number of people donated to the Pastor's Discretionary Fund after a Sunday service. I'm embarrassed to say that I lost track of WHO gave, and so I haven't been able to send proper "Thank-You" notes.

THANK YOU TO EVERYONE WHO DONATED! The PDF allows us to help people in need based on their individual needs.

April 3**6:30-8:00PM**

Migrant Justice Training in the FCC Sanctuary more details to come.

Please invite your friends but we ask that you do **not** share this event on social media.

Zoom Bible Study: Companionship on the Road

Wednesdays 7:00-8:00pm

March 19

Luke 13:6-9

Contact Pastor Jessica for the link

Online Giving:**Wi-Fi:**

Fellowship Hall

fellowship123

