



# GROWING in *Community*: Seeds

Tenth Sunday after Pentecost | July 28, 2024 | 9:00 am

We are excited to welcome children in worship! Children's squirms, laughs, and even cries remind us of the whole family of God. We embrace and celebrate that. However, if it makes sense for your family, the nursery is staffed and open for children during worship and the Sunday School hour.

## GATHERING

### Welcome

### Prelude

*Come, Let Us Use the Grace Divine*  
(UMH 606)  
Derek K. Hakes

### Call to Worship

+ **Hymn of Praise to the Triune God**  
*O God, Our Help, in Ages Past*  
UMH 117 (stanzas 1-4, 6)

### Passing of the Peace

## FORMING

### Life of the Community

### Prayers of the People

### The Lord's Prayer

+ **Hymn of Preparation**  
*You Are the Seed*  
UMH 583 (stanza 1)

+ **Gospel Lesson**  
*Mark 4: 30-32* NRSV

+ **Hymn of Preparation**  
*You Are the Seed*  
UMH 583 (stanza 3)

## Sermon

### Response to the Word

### Offering Our Growing in Community Pledges

### Offertory

*Walk in the Light*  
Traditional, arr. Andre Thomas  
Sanctuary Choir

### Prayer of Thanksgiving

## SENDING

+ **Sending Hymn**  
*Bring Forth the Kingdom*  
TFWS 2190

### Invitation to Gather

### Blessing

### Going Forth

### Postlude

*Fugue in E-flat Major* (ST. ANNE)  
ST. ANNE is the name of tune that is sung with  
the words *Our God, Our Help, In Ages Past*.

**Publishing Credits:** The liturgy is reprinted with permission from The United Methodist Book of Worship, © 1992 The United Methodist Publishing House. Permission to podcast/stream the music in this service obtained from ONE LICENSE, License A-714641; CCLI 435430 and CRL030829.

**WELCOME ALL!** We gather to worship God, whose nature is love. And because God's love knows no bounds, all are welcome here. **All** ages, races, abilities, ethnicities, life circumstances, gender identities, expressions, and sexual orientations. We joyfully celebrate the diversity of All God's children as we are inspired by the Holy Spirit to love as Jesus loves. Welcome to God's extravagant, inclusive love! **Welcome to St. Paul's!**



SCAN ME

**ART IN THE PARK** Venture out today from 11:00 am-4:00 pm for Wellington Heights Art in the Park! The event will take place at Redmond Park in Cedar Rapids. Bring your family and friends with you for this fun event that supports our St. Paul's neighbors. Look for the St. Paul's booth and participate in a fun activity focusing on information about voting.

**SUNDAY SWAPS** Every Sunday in August, there will be a "Sunday Swap" in the Welcome Space. Secondhand is a great way to get new (to you) things more sustainably. It saves resources by reducing the need for new items, extends the life of existing ones, and prevents more items from ending up in landfills. Be Healthy. Be Green. The committee is making secondhand fun by putting together themed "Sunday Swaps" every Sunday in August. You don't have to bring something in order to take something. Leftover items will be donated. Email Stephanie Heifner ([stephanie.heifner@gmail.com](mailto:stephanie.heifner@gmail.com)) if you have questions. Read more about this great event on our website, [stpaulsumc.org](http://stpaulsumc.org).

**"WHERE DID SUMMER GO?" CONCERT** The Cedar Rapids Metro United Methodist Churches are excited to invite you to a summer concert called "Where Did the Summer Go?". It's all happening on Sunday, August 18, at Lovely Lane UMC (2424 42nd St NE, Cedar Rapids). We'll serve hot dogs at 5:00 pm, and the music will kick off at 6:15 pm. We hope to see you there for a fun evening of music and great food!

**POOL PARTY AT ELLIS POOL** The Family Ministry Teams of Lovely Lane and St. Paul's have partnered to host a free swim night at Ellis Pool (2000 Ellis Blvd NW, Cedar Rapids). The event will take place Saturday, August 24, from 5:30 pm to 7:30 pm, and all ages are welcome. Children 12 years old and under must have a parent or guardian with them. The cost of this intergenerational event is completely free!

**WOMEN'S RETREAT** Join us for the Women's Retreat "Ask the Birds: Lessons from Birds on Faith and Paying Attention" on Saturday, August 24, 2024, from 9:30 am to 3:30 pm. This event offers learning, fellowship, and creative and contemplative activities in a peaceful indoor and outdoor setting at Prairiewoods. The retreat will include a bird walk led by Jane Nesmith, Director of the Writing Center at Coe College and seasoned birder, and a delicious lunch prepared by Prairiewood's chef. The retreat will explore the question: "What might happen when we quiet ourselves and listen to the birds?" This event is for women of all ages seeking spiritual growth and reflection. To participate, please register and pay a \$25 registration fee by August 8 in the Office or at the Connection Center on Sundays. The registration fee includes lunch. Sponsored by St. Paul's United Women in Faith, take advantage of this unique opportunity to find inspiration from nature and connect with like-minded individuals.

**TOGETHER WE CAN MAKE A DIFFERENCE** Enjoy this fantastic opportunity to join the St. Paul's Children and Youth Ministries. We seek warm-hearted individuals to join our Family Ministry Team on Wednesdays and Sundays to help lead our programming. When you volunteer with us, you'll be positively impacting young lives and joining a supportive team passionate about helping children and youth on their faith journey. It's a fantastic chance to be part of something special and make a real difference! Contact Becca Nims ([rnims@stpaulsumc.org](mailto:rnims@stpaulsumc.org)) for more information about this opportunity.

**CHANCEL FLOWERS** Jan and Dick Lesan are giving today's flowers in loving memory of their parents and grandparents.

**GOD IN YOUR MERCY, HEAR OUR PRAYER FOR HEALING AND GRACE:** Kim Truesdell (friend of Brytta Fitzgibbons); Brytta Fitzgibbons; Chad Albert (relative of L.J. Schneekloth); Stan Jacobson; Jo Helland

**WORSHIP ATTENDANTS** Rev. Jonathan Heifner, Lead Pastor; Rev. Ryan Roth-Klinck, Associate Pastor of Discipleship; Rev. Daniel Niyonzima, Associate Pastor, African Nationals; Dr. Mark Baumann, CAGO, Coordinator of Music Ministries; Kyle Langston, handbell solo; Michelle Langston, flute; John Nollsch, song leader; Kelly Truax, piano; Ute Adams, Liturgist; Quinn Jensen, Liturgist; Nancy AntonJensen, Response to the Word; Gayle Buroker, Slide Presenter; Keith Williams, Videographer & Video Streaming; Craig Dove, Audio

**THE ROUNDTABLE TEAM** Cynde Clymer; Carol Curry; Bill Daylong; Cindy Edge; Stan Vandersall



[stpaulsumc.org](http://stpaulsumc.org)



1340 3<sup>rd</sup> Ave. SE | Cedar Rapids | 319.363.2058