



June 29, 2025
Pride Sunday

No matter who you are,
No matter where you are
On life's journey,
You are welcome here.

Please silence cell phones.

*Bibles for use during worship are available at each entrance to the Sanctuary.
Assisted listening devices and Bluetooth hearing aid guides are in the Narthex.
The Nursery and Toddler Room are open for children ages 0-5, from 10 to 11 a.m.*

THOUGHT FOR PREPARATION

"Creation is divinity in drag."

Linn Marie Tonstad

PRELUDE

Sonata No. 1, Op. 65—Adagio
Kevin Dzierzawski, organ

Felix Mendelssohn

INTROIT

Lift Every Voice and Sing
Chancel Choir

J. Rosamond Johnson

CHIMES

WELCOME

Liz Nickerson

* WELCOMING EACH OTHER

* CALL TO WORSHIP

One: God of power, we thank you for making us alive through
your creation!

**All: We thank you for green leaves and the blue crash of
waves in summer.**

One: We thank you for the blood in our veins and the hope in
our hearts!

All: Thank you, Thank you, Thank you!

** Please stand if you are able to do so.*

* HYMN

Bring Many Names



1. Bring man - y names, beau - ti - ful and good,
2. Strong moth - er God, work - ing night and day,
3. Warm fa - ther God, hug - ging ev - ery child,
4. Old, ach - ing God, grey with end - less care,
5. Young, grow - ing God, ea - ger, on the move,
6. Great, liv - ing God, nev - er ful - ly known,



cel - e - brate, in par - a - ble and sto - ry, ho - li -
plan - ning all the won - ders of cre - a - tion, set - ting
feel - ing all the strains of hu - man liv - ing, car - ing
calm - ly pierc - ing e - vil's new dis - guis - es, glad of
say - ing no to false - hood and un - kind - ness, cry - ing
joy - ful dark - ness far be - yond our see - ing, clos - er



-ness in glo - ry, liv - ing, lov - ing God.
each e - qua - tion, gen - i - us at play:
and for - giv - ing till we're rec - on - ciled:
good sur - pris - es, wis - er than de - spair:
out for jus - tice, giv - ing all you have:
yet than breath - ing, ev - er - last - ing home:



Hail and Ho - san - na! bring man - y names!
Hail and Ho - san - na, strong moth - er God!
Hail and Ho - san - na, warm fa - ther God!
Hail and Ho - san - na, old, ach - ing God!
Hail and Ho - san - na, young, grow - ing God!
Hail and Ho - san - na, great, liv - ing God!

PRAYER OF CONFESSION

**God, you know our hard hearts,
Our selfish thoughts and our casual cruelties.
You know who we are.
So who are we to come before you?
We cannot rely on ourselves.
We can only rely on your promise
that Jesus came into the world *for us*.
He came to melt our hearts, free our minds
and destroy the power of death.
We seize hold of this promise today.
We know you can heal us!
For you can do what we cannot do!
You WILL do it!
We believe that you are doing it now!
Amen.**

MOMENT OF SILENT PRAYER

WORDS OF ASSURANCE

RESPONSE

I Come With Joy

vv. 1-3



1. I come with joy, a child of God, for - giv - en, loved, and
2. I come with Chris - tians far and near to find, as all are
3. As Christ breaks bread, and bids us share, each proud di - vi - sion
4. And thus we meet, and bet - ter know the Pres - ence, ev - er
5. To - geth - er met, to - geth - er bound, in friend - ship we will



free,_____ The life of Je - sus to re - call, in
 fed,_____ The new com - mu - ni - ty of love in
 ends._____ The love that made_ us, makes us one, and
 near,_____ And join our hearts and sing with joy that
 stay,_____ And go with joy_____ to love the world and



love laid down for me,_____ in love laid down for me._____
 Christ's com - mu - nion bread,_____ in Christ's com - mu - nion bread._____
 strang - ers now_ are friends, and strang - ers now_ are friends.
 Christ is ris - en here,_____ that Christ is ris - en here._____
 live the way_ we pray,_____ and live the way_ we pray._____

Galatians 5:1, 13–29

Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you. Live freely, animated and motivated by God's Spirit. Then you won't feed the compulsions of selfishness. For there is a root of sinful self-interest in us that is at odds with a free spirit, just as the free spirit is incompatible with selfishness. These two ways of life are contrary to each other. You cannot live at times one way and at times another way according to how you feel on any given day.

It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on. This isn't the first time I have warned you, you know. If you use your freedom this way, you will not inherit God's kingdom.

But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard. The fruits of the Spirit are these: affection for others, exuberance about life, serenity, patience, kindness, self control. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.

Rules are helpless to bring this about; they only get in the way. Among those who belong to Christ, everything connected with getting our own way and mindlessly pursuing so called "necessities" is killed —crucified.

Since we have chosen the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives. That means we will not compare ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. Each of us is an original.

*** STATEMENT OF FAITH**

**We believe in God who has created and is creating,
who has come to us in Jesus Christ to reconcile and make us new,
who works in us and others by the Holy Spirit.**

**We trust God. God calls us to be the Church,
to celebrate God's presence,
to love and serve others,
to care for creation,
to seek justice and to resist evil,
to proclaim Jesus, crucified and risen, our judge and our hope.
In life and death, in life beyond death, God is with us.
We are not alone. Thanks be to God!**

(adapted from the United Church of Canada)

*** RESPONSE**

I Come With Joy
See previous hymn

vv. 4 & 5

SERMON

"May You Live in an Interesting Church"

Matt Fitzgerald

* HYMN

All Are Welcome



1. Let us build a house where love can dwell and all can safe - ly__
2. Let us build a house where pro - phets speak, and words are strong and
3. Let us build a house where hands will reach be - yond the wood and
4. Let us build a house where all are named, their songs and vis - ions



live, a__ place where saints and chil - dren tell how hearts learn
true, where all God's chil - dren dare to__ seek to__ dream God's
stone to__ heal and strength-en, serve and teach, and live the
heard and loved and treas - ured, taught and claimed as__ words with -



to for - give. Built of hopes and dreams and vi - sions, rock of
reign a - new. Here the cross shall stand as wit - ness and as
Word they've known. Here the out - cast and the strang - er bear the
-in the Word. Built of tears and cries and laugh - ter, prayers of



faith and vault of grace: here the love of Christ shall end di - vi - sions:
sym - bol of God's grace; here as one we claim the faith of Je - sus:
im - age of God's face; let us bring an end to fear and dan - ger:
faith and songs of grace, let this house pro - claim from floor to raf - ter:



All are wel-come, all are wel-come, all are wel-come in this place.__

OFFERTORY

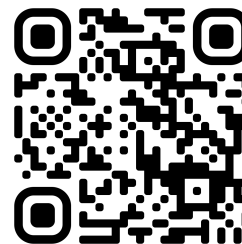
Let Their Celestial Concerts All Unite
from Samson
Chancel Choir

G.F. Handel

Let their celestial concerts all unite,
Ever to sound his praise in endless morn of light.

ELECTRONIC OFFERING OPTIONS

*Scan this code with your cell phone camera,
Church Center at spucc.churchcenter.com/giving,
PayPal at spucc.org/paypal, or Zelle to giving@spucc.org.*



WELCOME CARD

*If you are a visitor, welcome! Thank you for
worshiping with us today!
If would like to learn more about the church, please
scan the QR code.*



* FESTIVAL DOXOLOGY

A musical score for the Festival Doxology, consisting of four staves of music in G major (one sharp) and 4/4 time. The lyrics are written below each staff.

Praise God from whom all bless-ings flow; Praise God all crea-tures here be - low;

Al - le - lu - ia, Al - le - lu - ia! Praise God a - bove, ye heav'n - ly host:

Cre - a - tor, Christ, and Ho - ly Ghost; Al - le - lu - ia, Al - le - lu - ia,

Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia! A - men.

PRAYER OF THE CHURCH

Jeff Carlson

THE 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 debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory forever.
Amen.**

* HYMN

Joyful, Joyful, We Adore Thee

1. Joy - ful, joy - ful, we a - dore thee, God of glo - ry, Lord of love;
2. All thy works with joy sur-round thee, Earth and heav'n re - flect thy rays,
3. Thou art giv - ing and for - giv - ing, Ev - er bless-ing, ev - er blest,
4. Mor-tals, join the might - y cho - rus Which the morn-ing stars be-gan;

Hearts un - fold like flowers be - fore thee, Open-ing to the sun a - bove.
Stars and an - gels sing a-round thee, Cen - ter of un - bro - ken praise.
Well-spring of the joy of liv - ing, O - cean depth of hap - py rest!
Bound-less love is reign-ing o'er us, Rec - on - cil - ing race and clan.

Melt the clouds of sin and sad - ness, Drive the dark of doubt a - way;
Field and for - est, vale and moun-tain, Flow - ery mead-ow, flash-ing sea,
Thou our Fa - ther, and our Moth - er, All who live in love are thine;
Ev - er sing - ing, march we on - ward, Vic - tors in the midst of strife,

Giv - er of im - mor - tal glad-ness, Fill us with the light of day.
Chant-ing bird and flow - ing foun-tain, Call us to re - joice in thee.
Teach us how to love each oth - er, Lift us to the joy di-vine.
Joy - ful mu - sic leads us sun-ward In the tri-umph song of life.

The musical score is written for a four-part choir (Soprano, Alto, Tenor, Bass) in G major (one sharp) and 4/4 time. It consists of four systems, each with a vocal line and a piano accompaniment line. The lyrics are printed below the vocal line of each system. The score ends with a double bar line.

* BENEDICTION

* BENEDICTION RESPONSE

A Gaelic Blessing
Chancel Choir

John Rutter

Deep peace of the running wave to you.
Deep peace of the flowing air to you.
Deep peace of the quiet earth to you.
Deep peace of the shining stars to you.
Deep peace of the gentle night to you.
Moon and stars, pour their healing light on you.
Deep peace of Christ, the light of the world to you.

POSTLUDE

Joyful, Joyful, We Adore Thee
St. Arbucks Quartet

Ludwig van Beethoven
arr. Craig Curry

***If you would like someone to pray with you today, Stephen Ministers are present
after the postlude at the right front of the Sanctuary.***

***Following Worship, all are invited for coffee and snacks in the Social Hall. If
you're visiting, be sure to stop by the Welcome Table so we can greet you and you
can find out more about St. Pauls!***

TODAY'S WORSHIP LEADERS

Clergy: Liz Nickerson, Matt Fitzgerald, Jeff Carlson

Music Director: Kurt R. Hansen

Organist: Kevin Dzierzawski

St. Arbucks Quartet: Brendan Henry, piano; Alex Austin, bass; Matt Plaskota, drums; Kris Hansen, trumpet & vocals

Lay Liturgical Administrator: Kevin O'Brien

Scripture Reader: Mark Sancya

Head Usher: Beatrice Jaji

Ushers: Doug Clark, David Faulkner

Gatekeeper: Dodd Brown

Camera Operators: Jim Alrutz, Marie Ankenman, Bob Ball, Brian Hafner, Trevor Hafner, Maurice Wallace

Custodian: Ramiro Gonzalez

Would you like to donate altar flowers? Sign up here: tinyurl.com/4w6fu5js.

BORN THIS WEEK IN JUNE

We give thanks for your life at St. Pauls. A perfect way to celebrate is by giving one dollar for each year of your life to our Birthday Fund, which supports A Just Harvest.

June 29 Ralph Wiser, Rebecca Gonzalez, Renee Hardt

June 30 Mark Grosshans

July 1 Billy Mooney, Elaine Filus, Grace Smith, Kathy Berghoff, Will Ritchie

July 2 Kira Wischweh, Zachary Berent

July 3 John Miller, Marcia Volk

July 4 Christina Cruz Cedeño-Smedley, Ian Cata

July 5 Charlotte Clarke, Charlotte Malley, Cullen Clarke, Laura Clifford, Sean Heffernan

ST. PAULS PRAYS

Please clip this page and pray for those who are named below. To have your prayer request included, simply ask a pastor in person, on the phone or by email. Our practice is to run each prayer request for four weeks and then remove it. If you would like to continue a prayer request after four weeks, let a pastor know.

- Sarah Good at the death of her brother, David.
- Layton Oldson on the death of his wife, Annette Robinson.
- Nadia Jiménez's brother, Adrian, in the hospital.
- Walter Crowley and his family on the loss of his wife, Carole Crowley.
- Harrison, Mackenzie, and Cameron Rogers on the death of their father, Toby.
- Family and friends of Ben Ryan Diserod on his death.
- Maddie Lockhart's mother for her upcoming surgery in July.
- Bob Ball at the death of his older brother Phill, and for Phill's wife Jane and daughters Stephanie, Allison and Cherilyn.
- Juanita Barlow, who underwent a heart procedure on June 2.
- Loved ones of Mike Stensaas at his death.
- Donn Schimp and his family as Donn continues cancer treatment.
- Julie Chambers is in the hospital.
- Joe Harrington's mother on a recent diagnosis.
- Dianne Witkowski, as she deals with cancer chemotherapy.
- That we each find our role, our voice, in bringing peace forward.
- Students, workers, and communities at risk of family separation, loss of homes and businesses due to government overreach.
- Wayne Bradley, pursuing ongoing treatment.
- Craig Wilbanks' mother and father, each of whom are facing serious health challenges.

Prayer, Support, Mental Health Resources

Even when you walk through the valley of shadows, God is with you. Help is available for every kind of issue. Contact one of the pastors today for support, referrals, and information that can help you and your loved ones.

UPCOMING EVENTS

TODAY – MOMS' GROUP - 11:15 a.m.-12:15 p.m. Sunday

Pastor Liz is looking forward to a meaningful discussion with you! Come meet other moms, make new friends, learn from each other, get advice, pray, and get renewed! Each month has a relevant theme on an issue you face as a mom. Free professional childcare is available. Babies can stay with their moms. RSVP to lnickerson@spucc.org.

TODAY – PRIDE PARADE

This year, Holly Stovall and Ken Sadler and family will represent St. Pauls along with others from the Chicago Coalition of Welcoming Churches. Because of new restrictions, only four people from each church can walk in the parade. So, if you're at the parade, be sure to wave when they walk by and thank them for representing St. Pauls!

TODAY – ST. PAULS SOCIAL/PRIDE PARADE COOKOUT - 2 p.m., Courtyard

Adults of all ages are invited to join St. Pauls Social and hosts Rick Peterson and Doug Heyboer for a cookout after the Pride Parade in the church courtyard (or in the church in case of rain/excessive heat). Whether you're marching or not, you're invited to join this fun cookout. Please bring your own food and beverages. A grill will be provided for all to share. You may leave your food at the church during the parade. RSVP here: tinyurl.com/nk2sfnjh.

JULY 6 – COMMUNION SUNDAY - SHARE THE TABLE WITH COMMON PANTRY

Every communion Sunday, we share the table of Jesus by collecting food for the Common Pantry. Let's line our window sills with donations of whole grains, pasta and dried beans to help Common Pantry's efforts to address the challenges that result from economic instability. Please bring what you can to church on July 6th!

JULY 8 – JANE AUSTEN 250 READING GROUP BEGINS - 7 p.m., Zoom

December 16, 2025, is the 250th anniversary of Jane Austen's birth. We'll read her six complete novels, one a month, beginning July 8 - December 16. Monthly discussions will be over Zoom the second Tuesday of the month, except for December when we'll meet on her birthday. Sign up to participate here: tinyurl.com/222hj89n.

Contact: Pastor Jeff. July 8 - *Sense and Sensibility*; August 12 - *Pride and Prejudice*; September 9 - *Mansfield Park*; October 14 - *Emma*; November 11 - *Northanger Abbey*; December 16 - *Persuasion*.

JULY 9 – SUMMER BIBLE STUDY BEGINS - Noon, Zoom

Join us for seven weeks of summer school in 1, 2 & 3 John. These early Christian letters take off where the Gospel of John leaves off, encouraging lives of life, light and love. Led by Pastor Jeff, we meet once a week for about a half hour to 45 minutes over Zoom through August 20. Sign up on Church Center here: tinyurl.com/yc2dk6kj

JULY 11 – ST. SABINA PEACE WALK - 7 p.m.

Join a group from St. Pauls as we join St. Sabina for their annual summer peace walks through the Auburn-Gresham neighborhoods. Thousands of people will gather for these powerful walks! Contact Louise Gram at (773) 870-6311 for additional information and RSVP on Church Center at tinyurl.com/55x9dj9x to coordinate carpools with other attendees.

JULY 13 – MAKING DINNER FOR GUESTS AT LPCS - 4-7 p.m.

Make a difference by helping prepare and deliver dinner for residents of the Lincoln Park Community Shelter. We'll meet at Saint Pauls at 4 p.m. and deliver the meal to LPCS (600 W. Fullerton) around 6 p.m. We will provide all the needed food, but volunteers are asked to contribute \$30 each to help cover the cost of the food for the dinner. Donations can be made via cash, Venmo, or Zelle. If you're interested, please use Church Center to sign-up: tinyurl.com/msytj254. Email Evie Kling at eviekling@gmail.com with questions.

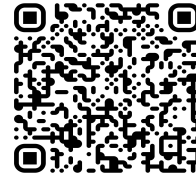
JULY 22 – FOOD FOR THE SOUL GROUP - 12-1:30 p.m., Social Hall

Bring your own lunch. Pastor Matt will share about the June Youth Mission Trip with UCAN to The Christian Church of Wilksburg in Pennsylvania. Sponsored by St. Pauls Social. Adults of all ages are invited to make new friends and reconnect with old ones through lunch, fun and faith. Childcare provided.

ANNOUNCEMENTS

NEW! OPT-IN TO TEXTING FROM ST. PAULS

Want to receive reminders and announcements via text? Simply scan the QR code and fill out the form!



NEW! BULLETIN ANNOUNCEMENT FORM

We've updated the process! As of June 1, please use our new bulletin announcement form to submit St. Pauls-sponsored events for inclusion in the Friday newsletter and Sunday worship bulletin. **Submissions are due by 10 a.m. on Wednesdays and should be no more than 100 words.** Ready to share information about your event? Fill out the form here: tinyurl.com/5dtmhpra.

INTERFAITH VIGIL FOR GAZA

Monday, June 30 at 7 p.m. in the St. James Cathedral Commons (Huron and Rush). The 40 days national Veterans for Peace Fast for Gaza concludes with an interfaith service as strategic starvation continues in Gaza. All are welcome.

ARE YOU CONCERNED ABOUT POLITICAL POLARIZATION?

Want to Talk? Communication Tools for Divided Times is an eight-session small group program that guides you in deepening your relationships while staying true to your values. This program draws upon the wisdom of experts in nonviolent communication, civil dialogue, and grassroots organizing, providing practical tools for navigating the political polarization of our time, as well as tough conversations with our loved ones. To find out more, visit tinyurl.com/yzj4cvan. Ready to sign up now? You can do so here: tinyurl.com/3pyjmebs.

WINDY CITY WINDS SUMMER CONCERT- "ON BROADWAY"

Windy City Winds presents three free outdoor concerts in July, performing music from your favorite Broadway shows!

- Saturday, July 12 – 7 p.m. at the Bucktown Garden Walk (Winchester & Churchill)
- Wednesday, July 23 – 7 p.m. at the North Center Town Square (Damen & Lincoln)
- Saturday, July 26 – 3 p.m. at Washington Square Park (Clark & Delaware)

Several St. Pauls Church members participate: Jim Brandt, Tom Clancy, Lorne Frank, Rick Peterson, Nancy Pifer, Mark Swanson and Penny Trowbridge, with announcer Jana O'Brien and conductors Mark Mosley and Sarah Good Mosley.

ST. PAULS MIGRANT HOUSING PROJECT LEGAL FUND

St. Pauls housed five Venezuelan migrant families in our building over the past two years. Today, nearly every single member of these families has achieved legal status, helping to safeguard their presence in Chicago for the time being and allowing them to work. Such legal aid is costly and ongoing. In a time of wild anxiety and uncertainty for these new friends, you can help make a difference for our migrant families by supporting our legal aid fund. If you'd like to make a donation, please choose "Migrant Housing Project - Legal Fund" from the drop-down menu on our giving page: spucc.churchcenter.com/giving.

NEW MEMBER CLASS - SEPTEMBER 21

Join pastors, members and others curious about St. Pauls for our New Member Class. Together, we'll talk about faith and our community and we'd love for you to be part of the conversation! We'll meet after worship and childcare will be provided as needed. Next class: September 21 at 11 a.m. See other upcoming dates here: spucc.org/new_member_classes.

DRIVERS NEEDED - SUNDAYS AND WEEKDAYS

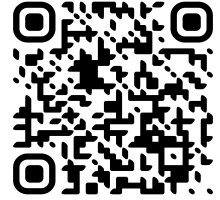
We need members to drive older members to church on Sundays and to occasional doctors' appointments. Please email Pastor Liz for details at lnickerson@spucc.org.

HAVE SOME ODD JOBS? WE'VE GOT SOME WILLING WORKERS!

As they continue to work at supporting themselves financially, members of our migrant family friends would love to work for you. They are available for things like house cleaning, handyman repairs, moving items, painting, deck-staining, demolition & clean-up, and carpentry on things like deck and dry-wall. We have been assigning work at a rate of \$25/hour and ask that the jobs be a minimum of 3-4 hours. You can find out more by contacting our Migrant Housing Project Coordinator David Brown at dbrown@harrington-brown.com.

CHURCH SCHOOL REGISTRATION

Please register your K-6th Sunday School students, 7th and 8th grade Confirmation students, and high school class members by scanning this QR code.



LITTLE LIGHTS SUMMER CAMP

Registration is open for summer fun! Our part-time summer program is geared toward ages 3+ and runs from June through August, Monday-Thursday from 8:30 a.m.-12 p.m. Camp combines play and structured fun inside our classrooms, in the gym and outside in the sun. We create arts and crafts, enjoy music and games, making friends and memories along the way! There is a 10% sibling discount and 20% Church Member discount (contact Erin for the code at erin.fitzgerald@spucc.org). Register here: tinyurl.com/2nt8zsvx.

LITTLE LIGHTS ENROLLMENT 2025-2026

We are accepting applications for the fall! We model and facilitate problem-solving strategies, build empathy and develop self-regulation skills. Through hands-on learning and play, children will benefit from structured socialization and gain a greater sense of themselves within our St. Pauls community. If you are interested in learning more about early education classes for your child, visit our website at www.littlelightslp.org or contact Erin Fitzgerald at erin.fitzgerald@spucc.org.

NURSERY VOLUNTEERS NEEDED

Our nursery is looking for caring and compassionate volunteers to support our staff and provide extra attention to our little ones. If you love playing, reading, and nurturing young children, we'd love to have you join us! Whether you can help for a few hours a month or on a regular basis, your time and kindness will make a meaningful impact. Sign up for a Sunday slot here: tinyurl.com/2j5dy6fp.

LOSS AND GRIEVING DISCUSSION GROUP

We've all lost someone we loved. Whether you lost someone you loved last month, last year, or five years ago, you can still grieve that loss. Grief changes, but it never goes away. Would you be interested in sharing stories with others who are in similar situations? We're not therapists, just your friends and neighbors who are also grieving and would like to share our ideas and learn how others are coping. We're planning to start a grief support group at St. Pauls, but we need to make sure there's interest for this. Please contact Pam Woll at pamelawoll3333@gmail.com if you think this might benefit you.

"HEALING HEARTS" PET SUPPORT GROUP: ST. PAULS PET LOSS COMMUNITY

Are you struggling with losing a beloved furry friend/companion/animal assistant? Losing a pet can be one of the most heart-wrenching experiences in life. At St. Pauls, we understand the deep bond you shared with your beloved pet/family member and we're here to offer support, understanding and a virtual shoulder to lean on. To join, visit tinyurl.com/healing-hearts-support. We meet on the fourth Tuesday of every month from 7-8 p.m. Age 18+ only, 30 participants maximum.

CREATION CORNER - provided by Green Team

Birdsong to Reduce Stress and Connect to Creation

"I know all the birds of the air, and all that moves in the field is mine." Psalm 50:11.

Chicago is on a migratory flyway and ringed by waterways and Frederick Law Olmsted's "green ribbons." This means birds and their songs are ubiquitous; yet, these songs are also often drowned out by city noise.

If you are feeling stressed and anxious, it turns out that listening to bird songs for five minutes will decrease your cortisol levels and heart rate and, equally important, bring you closer to God's magnificence. Recordings can be found on the internet, often accompanied by stunning visuals.

STEPHEN MINISTRY AT ST. PAULS

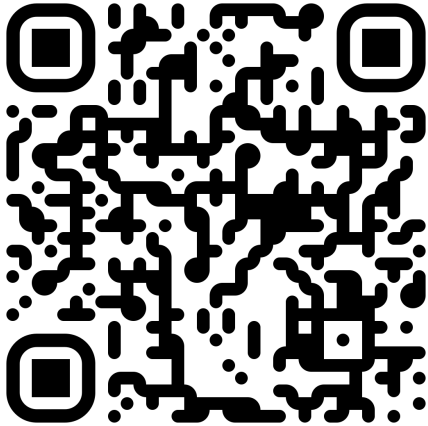
Our Stephen Ministers are here for you if you are going through a tough time.

Extensively trained in compassionate Christian caregiving, Stephen Ministers are matched confidentially with someone in our congregation who is going through a crisis, such as the death of a loved one, a diagnosis, a divorce, a job loss, etc. They meet with you once a week for an hour to offer support through listening, companionship and prayer. If you wonder whether having a Stephen Minister might be helpful for you, please speak with Pastor Jeff, jcarlson@spucc.org. Every one of us could benefit from a Stephen Minister at some point in our lives.

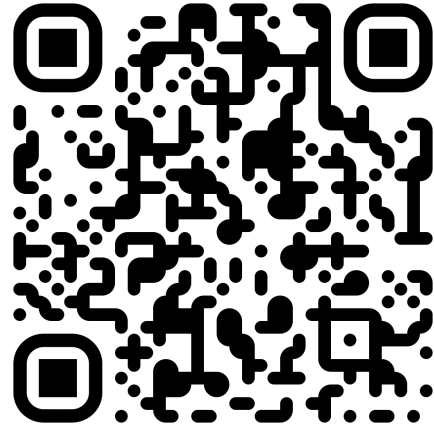
WANT TO GET INVOLVED?

Scan the QR codes to discover ways to connect with others.

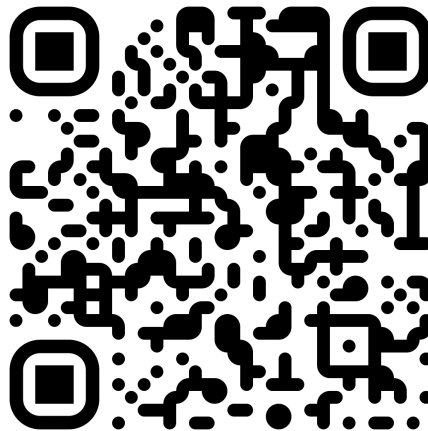
JOIN A GROUP



VOLUNTEER OPPORTUNITIES



SUBMIT AN ANNOUNCEMENT



BULLETIN ANNOUNCEMENTS

For St. Pauls sponsored events, please fill out the new form **by 10 a.m. on Wednesdays for publication in the Friday email and next Sunday bulletin**. Share personal announcements/events on our Facebook group page, St. Pauls Together. **Please limit announcements to 100 words.** Thank you!

TODAY'S MUSIC

Felix Mendelssohn (1809-1847) composed the ***Adagio*** from *Sonata No. 1 in F minor, Op. 65, No. 1* for organ in 1844. Like Mozart, Mendelssohn had a very short and artistically productive life. He was born in Germany, but a huge source of his popularity existed outside his home country and he was especially beloved in England. Amongst his greatest accomplishments was the revival of the works of J. S. Bach, and the first “modern” performance of Bach’s *St. Matthew Passion* after Bach’s death. Although he is known primarily for orchestral works and oratorios, Mendelssohn composed six sonatas for organ.

Lift Every Voice and Sing includes the joyous refrain that our Chancel Choir sings as our Introit. The longer hymn is considered the unofficial anthem of black churches and the civil rights movement. J. Rosamond Johnson (1873-1954), the composer, and James Weldon Johnson (1871-1938), the poet, were brothers who crafted this wonderful hymn together. They also wrote Broadway musicals and edited song collections as a team. This text reflects both the struggles for civil rights and optimism about the future.

The text for ***Bring Many Names*** was written by Brian A. Wren (b. 1936), a major British contributor to contemporary hymn writing. He was a pastor of a Congregational Church in Essex. ***WESTCHASE*** was composed in 1989 by Carlton R. Young (b. 1926). He served in World War II and became a teacher, editor, composer and conductor. He edited two editions of the *United Methodist Hymnal*.

The text of ***I Come With Joy*** was also written by Brian Wren. He wrote the hymn as a summary of a series of sermons on the meaning of communion. The tune is an old American hymn, DOVE OF PEACE, from the *Southern Harmony Hymnal*, part of the Sacred Harp tradition. It was arranged by Austin Lovelace (1919-2010), who was organist and choirmaster for several years at First United Methodist Church in Evanston.

All Are Welcome is a recently composed hymn and one of our favorites from a past hymn fest. The tune is TWO OAKS. Dating from 1994, the words and music were both created by Marty Haugen (b. 1950), an American composer of numerous hymns and liturgical music. This hymn was shared with Kurt R. Hansen by a college friend, Alisa Kasmir, and it has quickly become an anthem of St. Pauls’ Open and Affirming ministry.

Let their celestial concerts all unite is from the oratorio *Samson*, which was composed in 1741, the same year George Friderick Handel (1685-1759) penned *Messiah*. However, it was first performed in London in 1743, a year following *Messiah's* debut in Dublin. The libretto is by Newburgh Hamilton (1691-1761) based on John Milton's *Samson Agonistes*. *Samson* is, of course, the story of the rise and fall of the Hebrew Bible hero Samson.

The music for ***Joyful, Joyful, We Adore Thee*** (ODE TO JOY) was composed by Beethoven (1770-1827) and is the chorale melody from the final movement of his Ninth Symphony (1824). The original German text (1785) was by the famous poet and dramatist Friedrich Schiller (1759-1805), and the English text was composed in 1907 by Henry Van Dyke (1852-1933). Van Dyke, an American author and clergyman, was appointed ambassador to the Netherlands by President Woodrow Wilson prior to the outbreak of World War I.

Our Postlude - Craig Curry, who arranged ODE TO JOY, is a graduate of Wheaton College Conservatory of Music and University of Miami. He is an active composer whose arrangements and compositions have been widely performed.

A Gaelic Blessing was composed in 1978 by John Rutter (b.1945). The text is from an old Gaelic rune. It is another work commissioned by Mel Olson, the church choir director with whom Kurt R. Hansen grew up in Omaha at Dundee Presbyterian Church. Mel was also largely responsible for introducing John Rutter and his music to this country. In June 2024, John Rutter was knighted by King Charles, an honor richly deserved.

ABOUT ST. PAULS

Making a Joyful Sound in the City!

St. Pauls UCC has a vibrant history in the city of Chicago. Founded in 1843, we are one of the city's oldest churches. In 1989, we became one of America's first congregations to declare ourselves "Open and Affirming" of LGBTQ+ people.

From founding Chicago's largest provider of social services to at-risk children to starting a home for the elderly, from housing protestors at the 1968 Democratic Convention to hosting Lincoln Park's first MLK day march against violence on Chicago's streets, we are proud to make a joyful sound in the city.

Most important, during the past 182 years we are glad to have introduced thousands of children and adults to the amazing, inclusive, life changing, uplifting love of God. We do so in worship that is traditional, but far from conventional.

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Free Parking is available Sundays from 9 a.m. - 1 p.m.
at the Lincoln Common Parking Garage, 2316 N. Lincoln Ave.
Parking validation is available in the main office.



WELCOME TO SAINT PAULS UCC!

Welcome to those whose hearts are on fire with faith,
and to those who bring their doubt inside our doors.

Welcome to our first time guests and
our longtime members.

Welcome to single people, tiny children,
grandparents and families of all configurations.

Welcome to those who rejoice and to those who grieve.

Welcome to LGBTQ+ people.

Welcome to each and to everyone.

We are blessed by your presence and
we are glad you are here.