



Central United Methodist Church

A Reconciling Congregation

Organized 1810—Incorporated 1822— Sanctuary completed 1867

January 28, 2024

Fourth Sunday After Epiphany

OUR WELCOMING STATEMENT

Central United Methodist Church is a Reconciling Congregation. Regardless of your race, ethnicity, immigration status, gender identity, sexual orientation, socioeconomic situation, age, ability, belief, or background, whether you are single or partnered, you are God's beloved and you are welcome here.

OUR MISSION STATEMENT

We envision Central United Methodist Church as a vital, diverse, River of Life nurtured by the light of Christ, rooted deeply in and living the scriptures, a holy presence in the center of the City of Detroit, transforming individuals, institutions, and the world, advocating peace and justice in all we do.

* Indicates when to stand, if able in body or in spirit. **Please silence cell phones. W&S=Worship & Song
Hymnal Guide: UMH = The United Methodist Hymnal, TFWS = The Faith We Sing

PRELUDE

Bobbi Thompson

INTROIT

Augustus Williamson

ACTS OF PRAISE

***CALL TO WORSHIP** (Adapted from *enfleshed: liturgy that matters*)

ONE: Ways of thinking that limit possibilities of liberation,

ALL: The desire to fulfill our longings through consumerism,

ONE: Ways of being, rooted in resignation & despair—

ALL: Come out of us!

ONE: Beliefs claiming we don't belong to one another,

ALL: Theologies denying the beauty of queerness,

ONE: Sources spreading toxic misinformation—

ALL: Quiet!

ONE: The Living Christ rids the world of the ways of domination!

ALL: We celebrate the lifting away of what does not serve us,

ONE: We make room for the Ways of Life!

***OPENING HYMN**

Spirit, Spirit of Gentleness, v. 1,3 & 4

TFWS #2120

(Refrain) Spirit, Spirit of gentleness,
blow through the wilderness calling and
free; Spirit, Spirit of restlessness, stir
me from placidness, Wind, Wind on the
sea.

1. You moved on the waters, you
called to the deep, then you coaxed
up the mountains from the valleys of
sleep; and over the eons you called
to each thing; wake from your
slumbers and rise on your wings.
(Refrain)

3. You sang in a stable, you cried from
a hill, then you whispered in silence
when the whole world was still; and
down in the city you called once
again, when you blew through your
people on the rush of the wind.
(Refrain)

4. You call from tomorrow, you break
ancient schemes, from the bondage
of sorrow the captives dream
dreams, our women see visions, our
men clear their eyes, with the bold
new decisions your people arise.
(Refrain)

WORDS: James K. Manley; MUSIC: James K. Manley; © 1978 James K. Manley; CCLI 2815228

ACTS OF SHARING

GREETINGS AND WELCOME OF FIRST TIME VISITORS

ANNOUNCEMENT

PASSING THE PEACE

Augustus Williamson

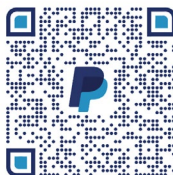
CHILDREN'S MOMENT

INVITATION TO THE OFFERING

OFFERTORY

Lift Your Light, by Mary McDonald

For electronic giving, please use this QR Code.



***DOXOLOGY:** Praise God from whom all blessings flow; Praise God, all creatures
here below; Praise God for all that love has done; Creator, Christ, and Holy One.
Amen.

PRAYER OF DEDICATION (*enfleshed: liturgy that matters*)

Protecting God may our lives mirror the story of Jesus, who demanded a destructive spirit flee from a suffering person's body. Bless the ways we undo harmful stories in our bodies, in our minds & in our communities. Companion us as we make room for the Way of Love to flow. Amen.

PRAYERS OF THE PEOPLE

ANTHEM *Blessed Are They*, words and music by Karen Crane and Jennifer Klein

ACTS OF PROCLAMATION

***SCRIPTURE** *Mark 1:21-28*

They came to Capernaum, and on the Sabbath Jesus entered the synagogue and began to teach. The people spellbound by the teaching, because Jesus taught with an authority that was unlike their religious scholars.

Suddenly a person with an unclean spirit appeared in their synagogue. It shrieked, "What do you want from us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!"

Jesus rebuked the spirit sharply: "Be quiet! Come out of that person!" At that the unclean spirit convulsed the possessed one violently, and with a loud shriek it came out.

All who looked on were amazed. They began to ask one another, "What is this? A new teaching, and with such authority!" This person even gives orders to unclean spirits and they obey!" Immediately news of Jesus spread throughout the surrounding region of Galilee.

ONE: Hear what the Spirit is saying to the Church.

ALL: Thanks be to God.

MESSAGE *A Spiritual Catharsis* Rev. Paul Perez

***CLOSING HYMN** *There is a Balm in Gilead*, v. 1 & 2 UMH #375

(Refrain) **There is a balm in Gilead to
make the wounded whole; there is a
balm in Gilead to heal the sin sick
soul.**

**2. Don't ever feel discouraged, for
Jesus is your friend, and if you look
for knowledge he'll ne'er refuse to
lend.**

**1. Sometimes I feel discouraged and
think my work's in vain. But then
the Holy Spirit revives my soul
again. (Refrain)**

WORDS: Afro-American spiritual; MUSIC: Afro-
American spiritual; adapt. and arr. by William Farley Smith, 1986;
Adapt. and arr. © 1989 The United Methodist Publishing House;
CCLI 2815228

BENEDICTION & SENDING FORTH

BENEDICTION & SENDING FORTH (*enfleshed: liturgy that matters*)

Go forth accompanied by the Holy Spirit who unravels the ways of the wicked,
who dissolves the logic of evil, who lures us to our own healing,
that we might be compassion embodied,
rushing forth, refreshing, and free.

BENEDICTION & SENDING FORTH

CHORAL BENEDICTION

POSTLUDE

Bobbi Thompson



Please help us know you were here in worship today by scanning the QR code above with your phone. There is also a place for notes and prayer requests for the pastor.

**Central United Methodist Church
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Rev. Paul Perez, Lead Minister

Rev. Edwin Rowe, Pastor Emeritus

Deaconess Anne Hillman, Ph.D. Director of Children, Youth and Family Ministries

Margaret Reese, Music Director & Bobbi Thompson, Accompanist

Brandon Reeves, Choral Accompanist

This service is live-streamed under CCLI STREAM PLUS 21469425.

LAND ACKNOWLEDGEMENT STATEMENT

Central United Methodist Church acknowledges that the building in which we carry out our collective life together occupies and is built upon land that is part of what was first known as Waawiyataanong (“At the curved shores.”), the ancestral and contemporary homeland of the Three Fires Confederacy, but which is now referred to as Detroit. In 1807 the Ojibwe, Odawa, Potawatomi, and Wyandot nations granted use of these sovereign lands to the US government through the Treaty of Detroit. Central United Methodist Church affirms the continued Indigenous sovereignty over these lands and honors all tribes with a connection to Detroit. We commit ourselves to working together with our native brothers and sisters to advance equity in all dimensions of life and to promote a better future for the earth and all its peoples. (Adopted by the Ministry Team -April 22, 2021)