



United Methodist Church of Antioch

5th Sunday after the Epiphany

February 5, 2023

PRELUDE

Because He Lives, Amen

ANNOUNCEMENTS

-Mark your calendars. We have a worship schedule change for February 19, Mardi Gras Sunday. There will only be **one service at 9:15am, and it will be in Wesley Hall.**

-Please note: The old fob door entry system will be disconnected on March 1. If you would like to get the free App on your smart phone for a digital key to enter the building, please put your name, email, and reason for needing a key on the list in Wesley Hall. Someone will be in contact with you regarding access. All leadership chairs will automatically be added to the list, and church openers will receive Sunday morning access. Please contact the church office or Greg Collins if you have questions.

-CWM has posted some information regarding a National Diabetes Prevention Program for those with prediabetes. Please see the flyers in Wesley Hall for more information.

Announcements contin...

-Mike Lapke has graciously offered to train anyone interested in learning how to run the sound booth. He is also going show how to record the worship service and upload it to Facebook. Please contact Mike or the office to get your name on the list.

-If you are new here or have been coming for a while and would like to make UMCA your home, please see Pastor Katie about becoming a member. A new member's class will be offered soon!

-Bishop Schwerin will visit our Prairie Central District this Thursday, February 9. You are personally invited to join in a time of introduction, reflection, and conversation with our Bishop. Clergy and laity will meet separately for these conversations. Laity will meet at 7pm at Elgin: Journey of Hope UMC (37W040 Highland Avenue, Elgin, IL). The Bishop looks forward to meeting as many brothers and sisters as possible as he travels through the different districts. Registration is not needed for the laity gathering.

-UMM Prairie Central District Annual Breakfast and Lenten Service will be Sat, Feb. 18 from 8:30-10:30am at Journey of Hope UMC 37W040 Highland Avenue, Elgin, IL. Please register by email to the PCD UMM Vice President, John Maxson, at jmaxson@aol.com

~Please note, the worship service is recorded and streamed to the internet.

MISSION STATEMENT (Unison)

The mission of the United Methodist Church of Antioch is to grow in faith; to worship God following the teachings of Jesus Christ, and to be instruments of God's love through the Holy Spirit as we reach out to our community and the world.

** Invites you to stand as you are able, or to sit with gusto!*

***WE ARE WELCOMED TO WORSHIP**

L: Family celebrations – with the full-on Norman Rockwell style meal – remind us that we are blessed and have connections in this world.

P: **Not everyone has experience with that kind of situation. Some families are small or contentious, and not fun places to be.**

L: As we think about which one has been more likely in our lives, how does knowing the other exists make us think or behave differently?

P: **Just because we usually feast, doesn't mean there isn't space for fasting. Just because we usually fast, doesn't mean there isn't a time for feasting.**

***HYMN Red Hymnal #60**

I'll Praise My Maker While I've Breath

***OPENING PRAYER (Unison)**

O God, you sent Jesus, who is himself a meal on which to feast, to be among us. He shows us grace and generosity in ways that are almost mind-boggling. Help us to be aware of how your world works and what you ask of us. How can we feast and fast so that our attention is focused toward you? And now, O God, hear us as we pray as Jesus taught us ...

***THE LORD'S PRAYER (Unison)**

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

CHILDREN'S TIME

HYMN Red Hymnal #613

O Thou Who This Mysterious Bread

WE ASK FOR UNDERSTANDING (Unison)

God who is Parent of All, it is so easy to stop practicing our faith. Whether it is because we've started letting the skills slip, or whether it is because we think we have them all mastered, we are starting to come to terms with the fact that we might need a refresher course. Show us how to love you with our whole lives. In the name of Jesus Christ, we pray. Amen.

WE HEAR THE GOOD NEWS

– Isaiah 58:1-12

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God.

“Why do we fast, but you do not see? Why humble ourselves, but you do not notice?” Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and

make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

L: The word of God for the people of God.

P: Thanks be to God.

REFLECTION

Feast & Fast

Rev. Katie Voigt

CHOIR ANTHEM (10:30am Service)

UMCA Choir

God Will Make a Way

MORNING PRAYERS

Joys/Concerns

Confession & Pardon

(Unison): Most merciful God, we confess that we have not loved you with our whole heart. We have failed to be an obedient church. We have not done your will, we have broken your law, we have rebelled against your love, we have not loved our neighbors, and we have not heard the cry of the needy. Forgive us, we pray. Free us for joyful obedience, through Jesus Christ our Lord. Amen.

(Pastor): Hear the good news: Christ died for us while we were yet sinners; that proves God's love toward us. In the name of Jesus Christ, you are forgiven!

(Unison): In the name of Jesus Christ, you are forgiven! Glory to God. Amen.

Silent Prayer
Pastoral Prayer

SACRAMENT OF HOLY COMMUNION
COMMUNION HYMNS

PRAYER AFTER RECEIVING

Eternal God, we give you thanks for this holy mystery in which you have given yourself to us. Help us discern the things of the Spirit and not hide our light under a bushel. Grant that we may go into the world in the strength of your Spirit, to give ourselves for others, in the name of Jesus Christ our Lord. Amen.

OFFERTORY *One Bread, One Body*

***DOXOLOGY #95**

Praise God, from Whom All Blessings Flow

***WE DEDICATE OUR GIFTS TO GOD (Unison)**

God of all creation, source of every blessing: you have given us so much. As we bring our tithes and gifts to you this day, these seem so small by comparison, unless we see that we are truly called to give ourselves back to the world. Help us to feast on your goodness and extend the invitation to your feast. Help us to fast from things that undo your grace in the world. In Jesus' holy name, we pray. Amen.

***CLOSING HYMN #593**

Here I am, Lord

***WE GO FORTH WITH BLESSING (Responsively)**

L: Life doesn't have to be the extreme ends of one thing or the other.

P: We will find ways to fast from what isn't helpful and to feast on the blessings of God.

L: The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

P: And also, with you. Amen.

***POSTLUDE** *Pass It On*

Red indicates "The United Methodist Hymnal"

Black indicates "The Faith We Sing" One License # A-739071



Worship Attendance/Giving for Sunday Jan 29, 2023:

8:00am -16

10:30am -25

General Fund: \$8,575

Building: \$20

Boiler Pledge: \$5,000

UVC: \$80

Fast from ... Feast on from William Arthur Ward (1921-1994) an American author, teacher and pastor

Fast from judging others; Feast on the Christ dwelling in them.

Fast from emphasis on differences; Feast on the unity of life.

Fast from apparent darkness; Feast on the reality of light.

Fast from thoughts of illness; Feast on the healing power of God.

Fast from words that pollute; Feast on phrases that purify.

Fast from discontent; Feast on gratitude.

Fast from anger; Feast on patience.

Fast from pessimism; Feast on optimism.

Fast from worry; Feast on divine order.

Fast from complaining; Feast on appreciation.

Fast from negatives; Feast on affirmatives.

Fast from unrelenting pressures; Feast on unceasing prayer.

Fast from hostility; Feast on non-resistance.

Fast from bitterness; Feast on forgiveness.

Fast from self-concern; Feast on compassion for others.

Fast from personal anxiety; Feast on eternal truth.

Fast from discouragements; Feast on hope.

Fast from facts that depress; Feast on verities that uplift.

Fast from lethargy; Feast on enthusiasm.

Fast from thoughts that weaken; Feast on promises that inspire.

Fast from shadows of sorrow; Feast on the sunlight of serenity.

Fast from idle gossip; Feast on purposeful silence.

Fast from problems that overwhelm; Feast on prayer that [strengthens].

<https://windintheidyllwildpines.files.wordpress.com/2017/03/2017-lent-fast-from-e280a6-feast-on.pdf>

WORSHIP LEADERSHIP

Today

Feb12

Greeters

8:00am Judy Degand LouAnn Holmes

10:30am Janet Fluck Carol Dunn

Ushers

8:00am Bob Raukohl Walt Cichonski

10:30am Jerry Topcik Tom Kessell

Soundboard

8:00am Denny Sathoff Bob Raukohl

10:30am Mike Lapke Mike Lapke

Liturgists

8:00am Bob Raukohl Denny Sathoff

10:30am Nikki Georgia Joanne Rae

Coffee Servers

8:00am Dawn & Dave Walt & Carol
Vogel Cichonski

10:30am Cheryl Collins Nancy & Joanne
Carol Frazier Rae

Church Openers

Cichonskis Cichonskis

Communion

8:00am Cichonskis -----

10:30am Nancy Rae -----

Carol Dunn

CALENDAR OF EVENTS

- Today Worship, 8:00am & 10:30am
Church Chat/Choir/
Sunday School, 9:15am
Communion Sunday
AA, 8-9pm/White Room
- Mon, Feb 6 UMCAP, 9am-2pm
Quilters, 9am-12pm/Green Room
AA, 10-11am; 8-9pm/White Room
- Tues, Feb 7 UMCAP, 9am-2pm
PEO, 11:30-3pm/White Room
Confirmation Class, 4-6pm/
All Saints Room
AA, 6-7pm/White Room
- Wed, Feb 8 UMCAP, 9am-2pm
Worship Planning, noon/Choir Room
Church Council, 6:30pm/
Wesley Hall
AA, 10-11am; 8-9pm/White Room
- Thurs, Feb 9 UMCAP, 9am-2pm
Meet Bishop Schwerin, 7pm/Elgin Journey
of Hope UMC
AA, 6-7pm/White Room
- Fri, Feb 10 AA, 10-11am; 6:30-7:30pm;
8:30-9:30pm/White Room
- Sat, Feb 11 AA, 8-9am; 6-7pm/White Room
- Sun, Feb 12 Worship, 8:00am & 10:30am
Church Chat/Choir/
Sunday School/Youth Group, 9:15am
Rev. Kathleen Krostal Preaching
AA, 8-9pm/White Room



UNITED METHODIST CHURCH OF ANTIOCH

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Email: umc.antioch@att.net

Website: umcantioch.org

See us on Facebook!

Pastor- Rev. Katie Voigt
Music Director/Organist-Debbie Gillette
Choir Director-Nicole Heyl
Custodian- Michelle Mennes & Kelly Kiple
Office Administrator-TeKeesha Fisher
UMCA Christian Preschool Director- Kim Dodd
(847) 395-1362

Scan below for February's Newsletter



Please Note:

Deadline for the Newsletter is the 15th of each month-**for the FOLLOWING month**

Send info to editorumca@att.net in Word Doc form or body of email.

Next deadline is February 15th for the March newsletter.

Open Hearts. Open Minds. Open Doors.