

Unraveling Shame

August 2, 2026



Vision Statement:

We Are a Nurturing, Beloved Community.
We Are Growing Authentic Christian Faith.
We Are Living Christ-Inspired Action.

TENTH SUNDAY AFTER PENTECOST
August 2, 2026 10:00 am

PRELUDE

Judy Widrig

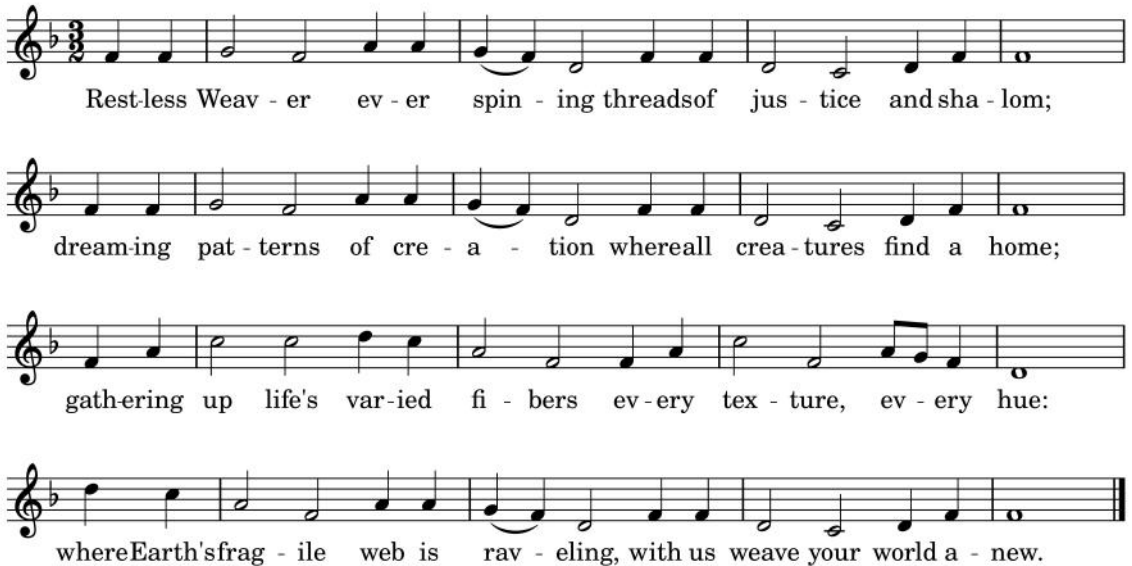
RINGING THE BELL

WE ARE A NURTURING, BELOVED COMMUNITY.

WELCOME SONG

“Restless Weaver”

BEACH SPRING



Rest-less Weav - er ev - er spin - ing threadsof jus - tice and sha - lom;
dream-ing pat - terns of cre - a - tion whereall crea - tures find a home;
gather-ing up life's var-ied fi - bers ev - ery tex - ture, ev - ery hue:
whereEarth'sfrag - ile web is rav - eling, with us weave your world a - new.

Words: O. I. Cricket Harrison, Music: B. F. White. Usued under OneLicense #A-718199.

WELCOME

Scott Ward

We love children in worship—their noises and wiggles are welcome, too. There are pillows and a coloring, book, and play area in the corner near the windows.

Younger kids may enjoy the Narthex play area. Their movements back and forth are a joy for us as they participate fully.

**Rise in body or spirit*

TIME WITH CHILDREN

Maya McEachern

*After Time with Children, children may go with Maya to church school in the social hall
or remain in the sanctuary as they choose.*

*HYMN

"Open My Eyes That I May See"

OPEN MY EYES



1 O - pen my eyes that I may see glimps-es of truth thou hast for me.
2 O - pen my ears that I may hear voic-es of truth thou send-est clear,
3 O - pen my mouth and let me bear glad-ly the warm truth ev-'ry-where.



Place in my hands the won-der-ful key that shall un-clasp and
and while the wave notes fall on my ear, ev - 'ry - thing false will
O - pen my heart and let me pre-pare love with thy chil - dren



set me free. Si-lent-ly now I wait for thee, read-y, my God, thy
dis - ap-pear. Si-lent-ly now I wait for thee, read-y, my God, thy
thus to share. Si-lent-ly now I wait for thee, read-y, my God, thy



will to see. O - pen my eyes, il - lu-mine me, Spir - it di - vine!
will to see. O - pen my ears, il - lu-mine me, Spir - it di - vine!
will to see. O - pen my mouth, il - lu-mine me, Spir - it di - vine!

COMMUNITY PRAYER

by Sarah Are

Lisanicole Sarkisian

One Voice: Let's meet Jesus at the well of prayer together.

All Voices: Like the woman at the well, we so often are unraveled by shame.
We carry shame for broken relationships.
We carry shame for being unable to balance
work and parenting,
tithing and bills,
productivity and Sabbath.
We get stuck in a comparison game
and in critical self-monologues,
Consumed with the nagging feeling that
we should be able to do more.
Forgive us for forgetting that we are made in your image.
Forgive us for forgetting that you see us and love us as we are.
Unravel the shame that unravels us.
Gratefully we pray, Amen.

SUNG PRAYER

"Spirit of Life"

The musical score is written on four staves in 3/4 time. The melody is simple and accessible, with lyrics written below the notes. The lyrics are: "Spir - it of Life, come un - to me. Sing in my heart all the stir - rings of com - pas - sion. Blow in the wind, rise in the sea; move in my hand, giv - ing life the shape of jus - tice. Roots hold me close; wings set me free; Spir - it of Life, come to me, come to me." The score ends with a double bar line.

Spir - it of Life, come un - to me. Sing in my heart all the
stir - rings of com - pas - sion. Blow in the wind, rise in the sea;
move in my hand, giv - ing life the shape of jus - tice. Roots hold me close;
wings set me free; Spir - it of Life, come to me, come to me.

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The Prayer of Jesus

*We invite you to use the language for God that is most comfortable for you:
"Our Creator," "Our Father" or "Our Mother."*

Our Creator
 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 and ever. Amen.

*If you have a prayer request you'd like to share confidentially with our pastors,
have added to the confidential prayer list, or spoken aloud in worship,
go to www.fccb.net/contact-us/ to send a message or call the church to talk with a pastor.*

WE ARE GROWING AUTHENTIC CHRISTIAN FAITH.

A READING FROM SCRIPTURE

John 4:1-29

Lisanicole Sarkisian

New Revised Standard Version, updated edition

SCRIPTURE RESPONSE

Lisanicole Sarkisian

One: For the Word of God in scripture,
for the Word of God among us,
for the Word of God within us:
All: Thanks be to God.

GIFT OF MUSIC

"Justitiae Domini"
by Michael John Trotta

One Accord

WE ARE LIVING CHRIST-INSPIRED ACTION.**THE SACRAMENT OF HOLY COMMUNION****Invitation to the Table****Communion Song***Come, Let Us Bring**By Billema Kwillia & Marty Haugen*

*Come let us bring our gifts to God in praise,
So that we might minister in countless ways.
Come, let us bring the warm and fragrant bread,
Broken here so all God's people might be fed.
Come, let us bring the sweet, abundant wine.
In this cup, we taste the joy of grace divine.*

The Words of Institution & Prayer of Consecration**Sharing the Elements**

You may come forward to receive communion or if you wish to remain seated, someone will come around to you in your seat. Raise a hand or indicate that you would like communion as they come around. If you come forward you will be on the video stream.

*You may either dip your bread in the communal cup
or take a single-serving of juice from the center server.*

*If you're worshiping at home, gather something to eat and drink:
the risen Christ will meet you right where you are.*

Communion Music

Judy Widrig

ANNOUNCEMENTS & OFFERING

Scott Ward

You may make an offering either in the plates or online.

*Your generosity allows us together to nurture beloved community,
grow authentic Christian faith, and live Christ-inspired action. Thank you!*

There are several ways to give: 1) Give at our website, <https://fccb.net/giving/>.

2) Mail checks to First Congregational Church, 2401 Cornwall Avenue, Bellingham, WA 98225.

3) Use the Breeze app. Download from your app store, set up an account, and give!

4) Give by text. Text a dollar amount to (360) 205-1297, and set up your account.

5) Scan the QR code on the back cover of the bulletin.

MUSICAL OFFERING

"I Hear a Voice A-Prayin"
by Houston Bright

One Accord

*HYMN 319(black hymnal)

"Sing Them Over Again to Me"

WORDS OF LIFE

*BENEDICTION & PASSING THE PEACE

Page

POSTLUDE

Judy Widrig



Open and Affirming (ONA): As an Open and Affirming congregation believing in a loving God, all people are welcome in this church without regard to gender, race, ethnicity, economic or social status, sexual orientation, or gender identity.

We Try To Use Language which will help people feel included in our worship. Since not everyone is comfortable with the same language, we invite you to amend the words of the service as we sing and pray if they do not adequately express your faith. We invite you to assist us in creating new expressions of our common faith and life together.

Technical Support: If you need help streaming our worship services or connecting in other ways, please let us know.

APPOINTMENTS WITH PASTORAL STAFF

Pastoral staff are available by appointment virtually or in person. Contact them by email or call the pastoral care line, 360-733-4255.

Sharon sharon@fccb.net
Charlene chaplain@fccb.net

You can also email our Office Manager
Cydne at office@fccb.net
and she'll pass your message on.

FIRST CONGREGATIONAL CHURCH United Church of Christ

An Open & Affirming Congregation
2401 Cornwall Avenue, Bellingham, WA 98225
Church Office: 360-734-3720

24/7 Emergency Pastoral Care: 360-733-4255
office@fccb.net • www.fccb.net
Facebook: facebook.com/fccbucc

Office Hours:
10:00 am-2:00 pm, M-F

PASTOR: Sharon Benton, she/her
DIRECTOR OF COMMUNITY LIFE:

Scott Ward, he/him (scott@fccb.net)

CHAPLAIN: Charlene Epp, she/her

ORGANIST: Judy Widrig, she/her

MUSIC COORDINATOR:

Niko F C Pen, he/they (music@fccb.net)

**CHURCH SCHOOL/
YOUTH COORDINATOR:**

Maya McEachern, they/them

NURSERY ATTENDANT:

Keira Martin, she/her

WORSHIP MEDIA COORDINATOR:

Moxxy Rogers, she/her

CHURCH FACILITY MANAGER:

Eric Whitaker, he/him

OFFICE MANAGER: Cydne Cochran, she/her

MODERATOR: Jordan Sandoval, she/they

VICE MODERATOR: Kate Destler

PAST MODERATOR:

Diane Cooper-Schick, she/her

CLERK: Leigh Hjelmseth

TREASURER: Darlene Mathias

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