



# CONGREGATIONAL CHURCH OF LA JOLLA

AUGUST 8, 2021

STEPPING INTO AUGUST...IN LOVE!



**CONGREGATIONAL  
CHURCH**  
of *La Jolla*



WELCOME TO THIS WEEK'S AT HOME WORSHIP EXPERIENCE. PLEASE FOLLOW THE INSTRUCTIONS IN THIS GUIDE AND UTILIZE THE AUDIO LINKS SENT TO YOU IN THE ACCOMPANYING EMAIL TO ASSIST IN YOUR WORSHIP EXPERIENCE. PLEASE PROVIDE US WITH FEEDBACK IF YOU HAVE ANY QUESTIONS OR CONCERNS. YOU CAN REACH US AT [PASTOR@LAJOLLAUCC.ORG](mailto:PASTOR@LAJOLLAUCC.ORG).

PLEASE FIND A COMFORTABLE AND COMFORTING PLACE IN YOUR HOME OR SOMEWHERE ELSE YOU FEEL SAFE. GET COMFORTABLE, POUR YOURSELF A GLASS OF SOMETHING SOOTHING AND ENJOY.....

# WE PREPARE OUR HEARTS AND MINDS FOR WORSHIP

ENJOY NINA'S SOLO BY CLICKING ON AUDIO FILE TITLED "SONG WITHOUT (GOOD)..." IN THE EMAIL. DURING THIS TIME LEAVE YOUR FEARS, DOUBTS, AND UNCERTAINTIES OUTSIDE THE ROOM AND BE COMPLETELY PRESENT WITH YOURSELF. BREATHE INTENTIONALLY AND FOCUS ON EACH INHALE AND



Simone Biles scored an even 14.000 points in Tuesday's competition, with a 6.1 in difficulty and 7.9 in execution. Gold medalist Guan Chenchen finished at 14.633, and silver medalist Tang Xijing had a score of 14.233.

# INTERNET FIELD TRIP!

In celebration of her recent bronze medal win as well as her decision to prioritize her own health and well being, I want to share with you two videos that illustrate the sort of perseverance, self care, and wisdom that we all might aspire for.

<https://www.youtube.com/watch?v=C54cHGCwBdk&list=PLia3b54UUHEoZy5rp7ijkAYbtX6hx2FL-&index=2>

<https://www.youtube.com/watch?v=ttBGgp60Wx8>



# THIS WEEK'S SCRIPTURE LESSON

*You can listen to Rev. Tim read this passage by clicking on the file marked "Scripture Reading" in the email.*

## **Psalm 129**

"They have greatly oppressed me from my youth,"  
let Israel say;

"they have greatly oppressed me from my youth,  
but they have not gained the victory over me.

Plowmen have plowed my back  
and made their furrows long.

But the Lord is righteous;  
he has cut me free from the cords of the wicked."

May all who hate Zion  
be turned back in shame.

May they be like grass on the roof,  
which withers before it can grow;

a reaper cannot fill his hands with it,  
nor one who gathers fill his arms.

May those who pass by not say to them,  
“The blessing of the Lord be on you;  
we bless you in the name of the Lord.”



# CENTERING OUR HEARTS AND MINDS WITH MUSIC

ENJOY BRONWYN'S VOCAL SOLO BY CLICKING ON THE AUDIO FILE  
TITLED "CHRIST BE OUR LIGHT" IN THE ACCOMPANYING EMAIL



An adult cicada flies near a clover flower.

# THIS WEEK'S MESSAGE TO LIVE BY

To listen to Rev. Tim's message my clicking on the audio file marked "Message" in the email.



Members of NASA's mission control celebrate after receiving confirmation that the Mars rover successfully touched down on Mars.

# THE WORK OF THE CHURCH CONTINUES....

YES, EVEN THOUGH WE AREN'T TOGETHER THE WORK OF THE CHURCH CONTINUES. WE MIGHT NOT BE PASSING A LITERAL OFFERING PLATE BUT WE ARE PASSING A VIRTUAL ONE. YOUR GIFTS AND TITHES ARE WHAT HAVE ALLOWED THIS CHURCH TO SEE THREE DIFFERENT CENTURIES. PLEASE CONSIDER PROVIDING YOUR OFFERING THROUGH THE FOLLOWING LINK:

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=MHKJLYNRGPDUS&source=url](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=MHKJLYNRGPDUS&source=url)



COVID vaccine developer Sarah Gilbert sits next to the recently released Barbie of her likeness.

# PREPARE TO GO OUT INTO *AN UNCERTAIN WORLD*

PLEASE CLICK ON THE FILE MARKED "MUSIC MAN" IN  
THE EMAIL.



Ballet dancer Ashlee Montague wears a gas mask while she dances in New York's Times Square in March 2020.



# AMEN

NO MATTER WHO YOU ARE OR WHERE YOU  
ARE ON LIFE'S JOURNEY, YOU ARE WELCOME  
HERE.

MAY THE GRACE OF  
GOD WHICH IS BEYOND  
OUR UNDERSTANDING,  
THE LOVE OF JESUS  
CHRIST WHICH IS  
BEYOND OUR  
DESERVING, AND THE  
POWER  
OF THE HOLY SPIRIT BE  
WITH EACH OF YOU  
BOTH NOW  
AND FOREVERMORE.

# PERFORMANCE NOTES

Nina Gilbert, music director and pianist  
Bronwyn Allen-Kaeser, office manager and soprano

## **In Christ There Is No East or West**

Words by John Oxenham, 1908

Music by Alexander Robert Reinagle, 1836

## **Four Hymn Tunes by Jeremiah Ingalls**

Vernon

Pathos

Come, Ye Sinners

Northfield

## **Three Hymn Tunes by Jeremiah Ingalls**

Fillmore

Kentucky

My Dearest Friends

Ingalls (1764-1838) served as choirmaster and deacon at the Congregational Church of Newbury, Vermont. His tunes are still much beloved by Sacred Harp singers. Ingalls published his own hymnal, *The Christian Harmony*, and was a successful itinerant singing teacher as well as a farmer, cooper, and taverner.





