

All Church Worship Brainstorming November Series: “Good Grief? Or Grieving Well”

Monday, October 15, 2018

LHUMC lounge

12:00 pm Potluck Lunch

Followed by Worship Brainstorming

Please join us for a potluck at noon. We'll have chili. Bring a dish to pass. RSVPs are helpful but not mandatory. Sign up at church or RSVP to Karen Booth at 798-8431 or kwbooth@comcast.net or call the church office at 798-2181. Please read the scripture and message synopses and preview the videos before we gather if at all possible.

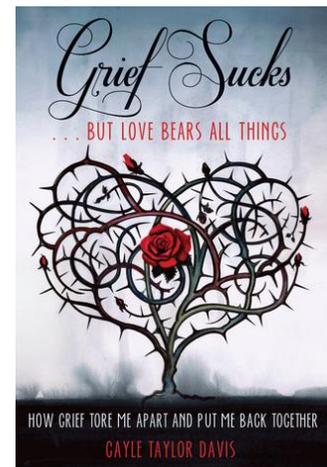


“Good Grief? Or Grieving Well”

Grief is both the most common and the most individual human experience. Everybody grieves losses, and yet we don't grieve in the same way. More and more, we're discovering the complicated dynamics of grief and the reality that grief isn't a problem to be solved, but a journey to be lived. The month of November challenges us to live in the tension of life and death. We remember the saints and hear the call to live faithfully. We see the change of season and give thanks for the blessings of life. We live knowing that death is sure, but so is the promise of eternal life. How do we grieve with hope, be with one another in grief, and trust in God's good care for us?

Resources:

- Three articles: Twelve Ways of Helping Children through Grief, Helping Children through Grief Alongside parents, and Light for Children in a Dark time
<https://www.illustratedchildrensministry.com/2017/helping-children-through-grief/>
- “How to Help Your Congregation Cope with Grief.”
<http://www.umcom.org/learn/how-to-help-your-congregation-cope-with-grief>
- Grief Sucks...But Love Bears All Things: How Grief Tore Me Apart and Put Me Back Together by Gayle Taylor Davis
<https://www.amazon.com/Grief-Sucks-Love-Bears-Things/dp/1610351959>
- GriefShare materials
- “We Lost Our Baby, but We Didn't Want to Lose Our Marriage” by Tanisha Garnier



<https://www.dropbox.com/s/14v3vn48w00op3f/We%20Lost%20Our%20Baby%2C%20but%20We%20Didnt%27t%20Want%20to%20Lose%20Our%20Marriage%20%7C%20CT%20Wom en.pdf?dl=0>

Media:

- “The Shack.” Length: 2:12. Cost: We own it. *The Shack* takes u on a father’s transformative spiritual journey. After a family tragedy, Mack spirals into a crisis of faith, and questions God’s existence and life’s purpose. Mack is unable to move on, until he gets a mysterious invitation to an abandoned shack. There, God reveals Himself in the form of three strangers lead by Papa. Trailer: <https://www.youtube.com/watch?v=CL0yUbSS5Eg> Length: 2:29. Cost: Free.
- “Yet I Will Praise: We Remember.” Length: 5:26. Cost: \$20.00. Often our minds wrestle with this painful question: "How do we reconcile human pain with the power of a loving God?" when we contemplate on tragic events such as the 9/11 attack and Hurricane Katrina. Yet two things become clear: 1) Our Jesus knows how to take care his faithful and 2) He can bring the greatest good through the worst evil.
<https://www.sermonspice.com/product/3577/yet-i-will-praise-we-remember>

Quotes/prayers:

- “I sat with my anger long enough, until she told me her real name was grief.” – Anonymous
- I need time to grieve, Lord. Let me walk with You in silence until my heart is ready to speak again. Amen. (Daily Guideposts)
- "In this sad world of ours, sorrow comes to all, and it often comes with bitter agony. Perfect relief is not possible, except with time. You cannot now believe that you will ever feel better. But this is not true. You are sure to be happy again. Knowing this, truly believing it, will make you less miserable now. I have had enough experience to make this statement." - Abraham Lincoln
- “If there ever comes a day where we can’t be together, keep me in your heart. I’ll stay there forever.” – Winnie the Pooh
- <https://www.mygriefassist.com.au/inspiration-resources/quotes/>

Music: Song about grief and grieving from every genre and decade -

- <https://www.mygriefassist.com.au/inspiration-resources/songs/>
- <https://whatsyourgrief.com/100-songs-about-grief-and-loss/>
- <http://www.frazerconsultants.com/2014/03/21-great-songs-grieving/>

Image: Rose bush. Tears. Additional ideas can be found in Dropbox at

<https://www.dropbox.com/sh/bgwuhzw6tk00lu2/AACITiypvH3aGSQUGxgaJFlia?dl=0>

November 4, 2018: “Living in Two Worlds”

All Saints Day, Celebration of Holy Communion

Scripture: John 11: 1-44

The important verse is verse 35, “Jesus wept.” Use THE VOICE with several readers or use smaller section. To read the whole passage, go to <https://www.biblegateway.com/passage/?search=John+11%3A+1-44&version=VOICE>.

Scripture: Revelation 21: 1-6a (TNIV)

²¹ Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away, and there was no longer any sea.² I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.³ And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God.⁴ ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

⁵ He who was seated on the throne said, “I am making everything new!” Then he said, “Write this down, for these words are trustworthy and true.”

⁶ He said to me: “It is done. I am the Alpha and the Omega, the Beginning and the End.

Synopsis: As we celebrate the lives of the saints – those who have helped us to know God better – we live in two worlds. We are bound to eternity by love for God and others, especially those who have died and whom we remember, and we’re called to share that love here and now.

Visuals: Names of saints on ribbons.

Media possibilities:

- “How to Help a Grieving Friend: The Animated Edition.” Length: 3:30 (trimmed). Cost: Free.

<https://www.refugeingrief.com/2018/07/19/help-a-friend-video/>

Activity: Naming saints. Holy Communion. Servers at 9:00 am: Linda Herbert, Lisa Kasmauski, Steve Hill, Karen Hill, and the worship leader (Ken Lockett).

Music: For All the Saints (UMH 711 or FWS 2283); How Firm a Foundation (UMH 529); “For Good” from Wicked

Like a comet pulled from orbit

As it passes a sun

Like a stream that meets a boulder

Halfway through the wood

Who can say if I've been changed for the better?

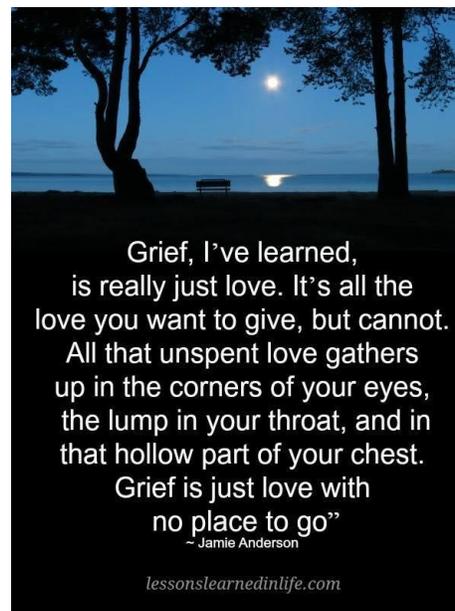
But because I knew you

I have been changed for good

<https://www.youtube.com/watch?v=TZ0pXUb5jVU>

<https://songmeanings.com/songs/view/3530822107858566288/>

Poem: “Enduring Blessing” by Jan Richardson from The Cure for Sorrow: A Book of Blessings for Times of Grief. Related image: “A Gathering of Sprits” © Jan Richardson



What I really want to tell you
is to just lay this blessing
on your forehead,
on your heart;
let it rest
in the palm of your hand,
because there is hardly
anything
this blessing could say,
any word it could offer
to fill the hollow.
Let this blessing
work its way
into you

with its lines
that hold nearly
unspeakable lament.
Let this blessing
settle into you
with its hope
more ancient
than knowing.
Hear how this blessing
has not come alone—
how it echoes with
the voices of those
who accompany you,

who attend you in every
moment,
who continually whisper
this blessing to you.
Hear how they
do not cease
to walk with you,
even when the dark
is deepest.
Hear how they
encompass you always—
breathing this blessing to you,
bearing this blessing to you
still.

November 11, 2018: “Compassionate Companions Needed”

Veteran’s Day

Scripture: Job 2: 11-13 (TNIV/NIV)

¹¹When Job’s three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. ¹² When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. ¹³ Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.

Scripture: Romans 12: 9-15 (TNIV)

⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in love. Honor one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with the Lord’s people who are in need. Practice hospitality.

¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn.

Synopsis: Jesus said, “Blessed are those who mourn, for they shall be comforted.” In times of grief, God in Christ is our most compassionate companion, but that’s difficult to understand if we’re not surrounded by people who demonstrate God’s care to us. We can’t “fix” the problem of grief, even though we want to. Instead, how do we learn to be people who suffer with other (compassion) and offer sustenance (companion) for the journey?

Visuals:

Media:

- “Grief: It’s Not Something You Have to ‘Get Over’” Length: 8:34 (A portion of this might be helpful to show from 1:37-2:40). Cost: Free. Grief is something that nearly all of us will experience but it’s something that most of us find difficult to talk about. This week on Like

Minds, we find out what grief is, that it's very individual for all of us and why you don't have to "get over" it. <https://www.youtube.com/watch?v=X55TJRj9HUK>

- "Cocoon." Length: 2:35. Cost: \$20.00. A modern day psalm of grief and loss. Available with no title. <http://www.sermonspice.com/product/72528/cocoon>
- "The Storms of Life." Length: 1:49. Cost: \$19.99 or pay what you can. When the storms of life roll in, where does your strength come from? Who do you turn to when everything spins out of control? You will have seasons of life that are stormy; watch this video for a reminder of who gives you your strength. <https://skitguys.com/videos/item/the-storms-of-life>

Activity:

Music: Freely, Freely (UMH 389); Love Divine, All Loves Excelling (UMC 384); Walk with Me (TFWS 2242); Give Me Your Eyes (Brandon Heath)

November 18, 2018: "Grief and Thanksgiving"

Pastor Mary is gone

Scripture: I Thessalonians 5: 12-24(NRSV)

¹² Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you.

¹³ Hold them in the highest regard in love because of their work. Live in peace with each other. ¹⁴ And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone. ¹⁵ Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ **give thanks in all circumstances;** for this is God's will for you in Christ Jesus.

¹⁹ Do not quench the Spirit. ²⁰ Do not treat prophecies with contempt²¹ but test them all; hold on to what is good, ²² reject every kind of evil.

²³ May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ The one who calls you is faithful, and he will do it.

Synopsis:

Visuals:

Media:

- "Hold On." Length: 1:48. Cost: \$19.98. This poignant short film addresses the struggle of waiting on the Lord, featuring beautiful footage of nature and urban environments which match the narrative. <https://www.sermonspice.com/product/78590/hold-on>

Activity: Noisy offering.

Music:

November 26, 2017: "Grieving with Hope"

Christ the King Sunday

Scripture: Lamentations 3: 19-24 (TNIV/NIV)

¹⁹ I remember my affliction and my wandering, the bitterness and the gall.

- ²⁰ I well remember them, and my soul is downcast within me.
²¹ Yet this I call to mind and therefore I have hope:
²² Because of the Lord's great love we are not consumed, for his compassions never fail.
²³ They are new every morning; great is your faithfulness.
²⁴ I say to myself, "The Lord is my portion; therefore I will wait for him."

Scripture: I Thessalonians 4: 13-16 (NIV?)

¹³ Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. ¹⁴ For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. ¹⁵ According to the Lord's word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep. ¹⁶ For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first.

Synopsis: Grieving can lead to deeper despair if we try to deny our feelings, make the journey on our own, or trust that it will "just get better" with time. We can experience true healing and hope in the midst of grief when we turn to God and open ourselves to God's grace and peace.

Visuals:

Media possibility:

- "God of the New." Length: 2:34. Cost: We own it. Last used 6/12/16. This encouraging service opener reminds us that, no matter how things have gone so far, God always has new mercies and fresh starts. <https://www.sermonspice.com/product/67957/god-of-the-new>

Activity:

Music: It Is Well with My Soul (UMH 377); Stand by Me (UMH 512); Hymn of Promise (UMH 707); I'll Fly Away (TFWS 2282); Joy in the Morning (TFWS 2284)