

Order of Worship

22nd Sunday After Pentecost (Proper 24)

*Congregation Stands/rise in spirit

GATHERING MUSIC

WELCOME & ANNOUNCEMENTS

*INTROIT #644 (AA)

"Alleluia"

SERVICE MUSIC

644 ALLELUIA

He is your praise; He is your God, who has done for you these great and awesome things...

Deuteronomy 10:21



2. Thank You, Jesus,... 3. Lord, we praise You,... 4. Lord, we love You...

FUPC License number: 11348664

* CALL TO WORSHIP

Leader: The Son of Man came not to be served but to serve. Let us follow Christ, not seeking glory, but ways to serve.

All: Called to worship, we bow humbly before our God.

Zi -

on,

LIFE EVERLASTING

WE'RE MARCHING TO ZION

The ransomed of the LORD shall return, and come to Zion with singing; everlasting joy shall be upon their heads... Come,
 Let
 The
 Then that love the Lord, And Who be we let our joys those re of nev - er knew sing our fuse to hill yields thou-sand sa cred on let our songs a-bound, And ev tear be known, Join in song with cord, Join ly King,
 ly fields,
 uel's ground, God: heav'n heav'n But chil dren of the But reach Be fore we the Be sweets dry; We're We're march ing through man Im with sweet cord, And thus in a song ac sur the heav'n - ly King, the heav'n - ly fields, Im - man - uel's ground, dren of May speak their fore we reach Or walk the fair march ing through To er 1. And thus sur-round round the throne, And thus sur-round the throne. speak walk their joys the gold er worlds joys a broad, May a broad. gold Or streets. en streets. en worlds on high, To fair on high. throne, And thus sur - round the throne. We're march ing Zi to on. Beau - ti - ful, march - ing Zi on beau - ti - ful Z_{i} on; We're march ing up - ward z_{i} The cit - y of God. - ti-ful on. beau Zi - on,

* PRAYER OF PRAISE AND ADORATION (Unison)

Your praise is ever on our lips, O God. Songs of joy swell within us. We gaze at creation and behold goodness; we hear of your covenant and discover righteousness. Your love is boundless, your care without limits. We enter your sanctuary to give you honor; we bow down before you with glad adoration. Receive our worship and accept our thanksgiving. You are God whom we serve evermore. Amen.

CALL TO CONFESSION

Leader: Our God is slow to anger and abounding in steadfast love. Let us embrace this time of confession with honesty and humility as pray together the prayer of confession as printed.

PRAYER OF CONFESSION (unison)

Holy God, your truth is oftentimes hard to hear. We confess our avoidance, our purposeful distractions, our prideful arrogance that keeps us from hearing and responding to your Word. Although you send us messages and messengers, we dismiss and disregard those who tell us we are wrong. Have mercy upon us, Holy God. Open us to hearing the truth no matter how it is conveyed. Amen.

ASSURANCE OF PARDON

Leader: Hear the Good News! Who is in a position to condemn? **All:** Only Christ, and Christ died for us, Christ rose for us.

Leader: Christ reigns in power for us, Christ prays for us. Anyone who is in Christ is a new creation. The

old life has gone; a new life has begun.

All: Know that you are forgiven and be at peace. Amen.

*GLORIA PATRI

SPECIAL SELECTION

FUPCC Choir – "If God Be For Us" by The Winan Brothers

PRAYER FOR ILLUMINATION

Rev. Dr. Julia Robinson Moore

SCRIPTURE READINGS

Rev. Dr. Julia Robinson Moore

OLD TESTAMENT: Psalms 131:1-3 NEW TESTAMENT: Mark 4:35-41

SERMON ..." Quieting With Jesus Amid The Storms Of Life " Rev. Dr. Julia Robinson Moore

LIFE IN CHRIST

SALVATION / INVITATION AND ACCEPTANCE

351 JESUS IS CALLING



Text: Fanny J. Crosby, 1820-1915 Tune: CALLING TODAY, 10 8 10 7 with refrain; George C. Stebbins, 1846-1945

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సాసా INVITATION TO DISCIPLESHIP/PRAYERS OF THE PEOPLE/ LORD'S PRAYER సాసా

*AFFIRMATION OF FAITH (From Philippians 2: 5-11) (unison)

Christ Jesus, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross. There God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess to the glory of God. Jesus Christ is Lord! Amen.

MINUTE FOR MISSION Fannie Watermann

CALL FOR THE OFFERING

Leader: Let us give and live generously in response to all that God has done for us.

You may give online @ fupcc.org; mail your gifts to the church office, 406 N. College Street, 28202; or leave with the Officers as you exit. Let us present our tithes and offerings to the Lord, as we remember, all that we have, and all that we are belong to God.

OFFERING

OFFERTORY SELECTION FUPCC Choir - "I Love To Praise Him" by The Mississippi Mass Choir

*DOXOLOGY

PRAYER OF DEDICATION

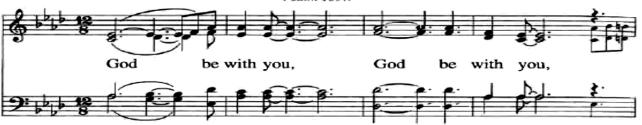
Leader: Let us pray, Holy God, these offerings are only a portion of all that you have given us. We gratefully present these gifts and entrust them to your work in this world. May our gifts share the Good News of the gospel to those who are in need. May these gifts help unburden those with the heaviest of loads. Amen.

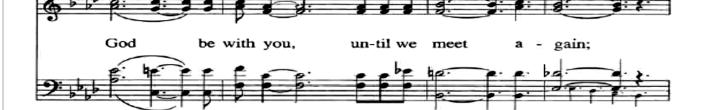


CLOSING OF SERVICE BENEDICTIONS

639 GOD BE WITH YOU

Where can I go from Your spirit? Or where can I flee from Your presence?
Psalm 139:7









Text: Thomas A., Dorsey, 1899-1993, © 1940, Unichappell Music, Inc., Tune: Thomas A., Dorsey, 1899-1993, © 1940, Unichappell Music, Inc.; arr, by Horace Clarence Boyer, b.1935, © 1992

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*CHARGE AND BENEDICTION...... Rev. Dr. Julia Robinson Moore

POSTLUDE

ANNOUNCEMENTS

WORSHIP with FIRST PRESBYTERIAN

We will be worshipping with First Presbyterian Church (TBA). Be sure to tune in to their TV ministry on channel 64.



<u>TEN CENTS A MEAL</u> - We Can Make a Huge Difference when ALL participate. Using the same passage Two and Five Cents-a-Meal has been used since 1982. Please consider a gift to Ten Cents-a-Meal every 1st Sunday.

PW BIBLE STUDY – PW Bible study (November 16, 2024 @ 11:00 am)

LET JUSTICE ROLL DOWN/God's Call to Care for Neighbors & All Creation: Lesson 2 – Food Justice

Meeting ID: 819 3012 7450 • **Passcode:** 129126 • **Call in:** 1 309 205 3325 US

<u>PRESBYTERIAN WOMEN - PW</u> Women will be collecting personal hygiene items for Sister to Sister for women (*deodorant, soap toothpaste, toothbrush, feminine products, lotion*), The collection of toiletries will continue throughout the year (December).



PRESBYTERIAN WOMEN and the CHRISTIAN NURTURE MINISTRY in observance of World Food Day on October 16, 2024, are sponsoring a church wide food drive during the month of October. We're asking the congregation to donate nonperishable food items to help restock the shelves of **Nourish Up.**



NOURISH UP 5TH Fridays @ First Presbyterian, the next date will be November 29, 2024

CLEANSING WATERS SHOWER MINISTRY - 1st & 3rd Sundays from 9:00 am - 10:30 am

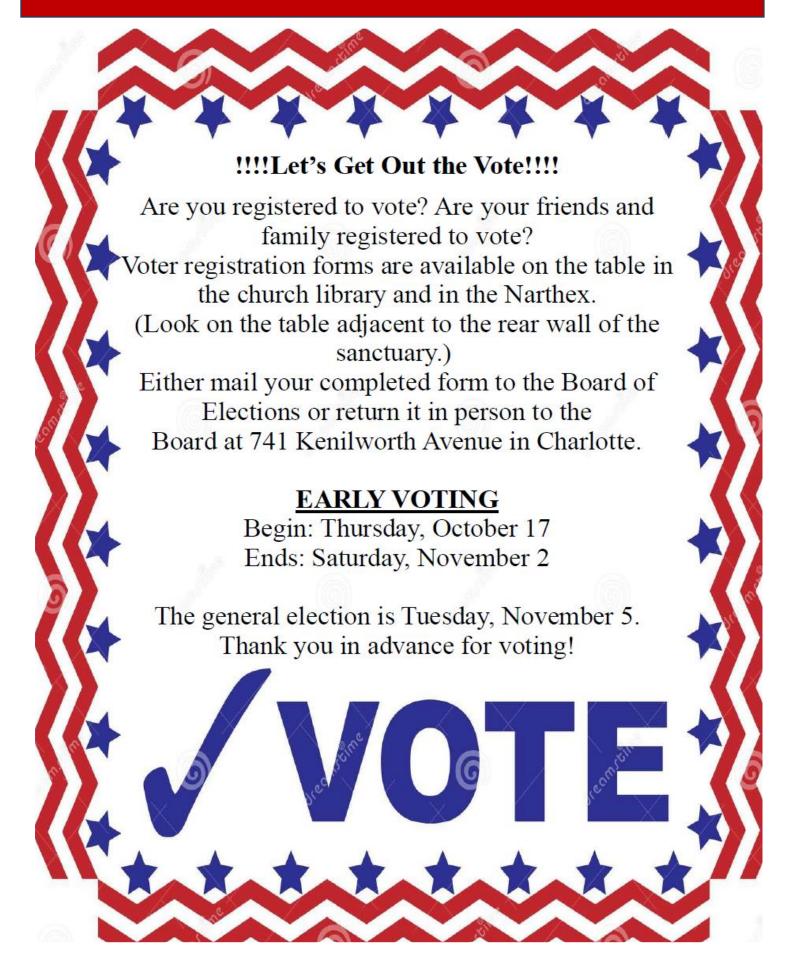
BT EXPRESS (Alcohol/Narcotics Program) - Mondays & Wednesdays at 7:00 pm

<u>BIBLE STUDY – (Hybrid)</u> - Bible Study every Wednesday night at 6:30 pm **Join Zoom Meeting:** Meeting ID: 874 8560 5940 Passcode: 413228

https://us02web.zoom.us/j/87485605940?pwd=1W9aATJXSS4OqG90shNj5hr8jYK7cB.1 Dial by location: One tap mobile, +1 301 715 8592 US (Washington DC) follow the prompts.

FIRST UNITED'S TRIUMPHANT TEENS – Bible Study 2nd & 4th Sunday's of each Month Sunday Mornings @ 9:45 am Classroom #201 Ages: 13-18 (snacks provided)

Sample ballots are available in the Library and the Narthex





Samaritan's Purse

Attention Church Family

Here is an excellent opportunity to share the **GOOD NEWS** and discipleship throughout the world. The Deacon Outreach Ministry is actively involved in the Operation Christmas Child thru the Samaritans Purse Organization (providing Christmas boxes) to reach children worldwide. If this is something that you would like to travel with us on this journey, please contact me at (704-724-8810) and or see any deacon after church on any Sunday up to November 3rd (turn in date). There will be a display table set up in the library. Thanks.

-Deacon Charles Jackson



Educate a Child calls Presbyterians to our common commitment to join in God's song of ongoing transformation of the world by working and advocating to ensure equitable, accessible, quality public education that all people, created in the image of God, may grow into the fullness of life.

Clearance Sale.

All FUPC T-Shirts, Sweatshirts, and Hoodies up to \$2 Off Clearance!!!!

Hello Church Family, in effort to clear the remaining apparel inventory, the Deacon Board is excited to announce that our apparel is now on

!!!!! SALE !!!!!

That means, all Hoodies are now \$20, Crewneck sweatshirts are \$18, Adult T-shirts are \$8, and Youth T-shirts are \$6!!

All items will be sold on a first come, first served basis. Please get yours now while supplies last!!!

When they are gone, they are gone!!

SIZES AVAILABLE

Hoodies: M, L and 2XL

Sweatshirts: XL

Youth T-Shirts: S, M, L

Adult T-Shirts: S, M, L, 2XL and 3XL

かかかかかかかかかかかかかか HOMECOMING 2024 SAVE THE DATE: NOVEMBER 15-17, 2024 かかかかかかかかかかかかかかか

Capital Campaign Update Homecoming Assessment Request

Church Family -

As many of you may recall, we began a capital campaign journey a few years ago to repair our historic sanctuary roof and to replace the roof on our Education Building. Through the GOODNESS of God and your generosity, we were able to complete both projects. While we still have some outstanding pledge commitments, we are grateful for the support we have received thus far. If you have not yet completed your pledge commitment to these capital campaign efforts, we encourage you to do so during this homecoming season. Gifts of at least \$158 towards your outstanding pledge commitment would be much appreciated. Of course, if you have completed your pledge commitment (Thank You!), gifts of at least \$158 would also be appreciated to support the ongoing structural needs of our historic facilities. Be sure to indicate on your gift which scenario fits your situation. Additionally, please see below for requested breakdown of gift amounts:

Children Under 12 \$1.58 Youth Between 12-22 \$15.80 Adults Over Age 22 \$158.00

Thank you for your prayerful consideration.

-Stewardship Ministry Team

7 Marks of Congregational Vitality

1. A commitment to forming disciples over every member's lifetime. This leads first to personal transformation, as people put on the heart of Christ, and then to social transformation, as people joyfully go forth into the community and tackle the issues facing today's culture.

- **2.** Embracing the call to evangelism. We show forth the love of Christ by our actions and our lives even more than by our words. Our relationships are genuine and caring. People know we are Christians by our love.
- **3.** An outward focus. Our church is not a place to escape from the world, but rather our gateway to our community where we may be the hands, feet, heart and mouth of Jesus Christ for people who are suffering or marginalized.
- **4.** Empowering every member to discover their individual calling and the gifts God has given them so they can go forth and serve.
- **5.** Spirit-inspired worship that challenges, teaches, transforms, convicts and energizes us so when we are sent out, we have experienced the wonder of God and are changed for the better from when we arrived.
- **6.** Caring relationships modeled on God's love. We open our doors and hearts to all people, and we build relationships modeled on God's love, which leads to genuine reconciliation and peace.
- **7.** Congregations with healthy systems. Our mission focuses are clear. There is fiscal responsibility and accountability. We have thoughtful decision-making structures. Our leaders and staff enjoy a sustainable balance of work/rest time.



History of our Partnership

FIRST PRESBYTERIAN + SUN COUNSELING AND WELLNESS

The Opening Doors campaign identified mental health as an outreach priority after Charlotte's Opportunity Task Force included access to mental healthcare as a major factor in socioeconomic mobility and flourishing. First Presbyterian Church recognized barriers to quality, accessible mental health counseling within the uptown community (cost, location) and set out to partner with excellent therapists to provide care in uptown.

COVID-19 underscored the widespread need, not only for direct services for people of all income levels, but also for more opportunities to destigmatize education about mental health and wellness.

After receiving proposals from many potential partners, Sun Counseling was identified as the church's clinical partner for this project. First Presbyterian values Sun Counseling's proven excellence in clinical practice, as well as their commitment to compassionate, engaging education about mental health concerns that are familiar to many of us.

The Opening Doors Capital Campaign will fund incomebased scholarships for clients seeing the therapists at the First Presbyterian location. FPC will also provide two offices in the Fresco Lobby during business hours.

Sun Counseling will provide educational opportunities throughout the year for the congregation and community of First Presbyterian Church.





About Sun Counseling and Wellness

Sun Counseling and Wellness is made up of a consortium of providers that have many years of experience working with individuals, couples, families, and groups. We are passionate about helping clients achieve a balanced and fulfilling life and treating the WHOLE person. We use modern and evidencebased therapeutic techniques and are individualized and creative in our work with clients. Some of our specialty



areas include trauma, grief, eating disorders, artxiety, depression, self-esteem, body image, life transition, integrative wellness, yoga, acupuncture, and more.

VALUES

Authenticity, Creativity, Compassion, Education, Service, Showing up. This spells ACCESS. By definition, access is "a means of approaching or entering a place and the ability, right, or permission to approach, enter, speak with, or use." Our hope is for every person to find permission to tend to their wellness and to have the opportunity to do so.

These are approachable, safe, inclusive, nonjudgmental counseling relationships to fit your needs. It is our privilege to work with clients and we are on a mission to destigmatize, elevate the conversation, and normalize dialogue around mental health. We want people to feel proud to say "Yep, I go to therapy!"

Scheduling an Appointment

Sun Counseling and Wellness will handle all scheduling for appointments in the First Presbyterian counseling center. The new dient form can be accessed on their website: suncounselingandwellness.com/new-clients

You do not need a referral from a First Presbyterian minister to make an appointment.

About the Scholarships

The cost of therapy can be a barrier to many. Sun Counseling therapists will work directly with individual clients to identify the appropriate rate for services rendered, using the incomebased charts provided below.

If you think you qualify for a reduced rate, please fill out the form at fpc.tiny.us/scholarship or speak directly with your therapist during or prior to your first session.

For adult clients or guardians with FEWER than four dependents:

YOUR INCOME	SESSION COST
Up to \$15,000	\$10/\$15
\$15,001-30,000	\$25/\$35
\$30,001-40,000	\$50 / \$75
\$40,001-50,000	\$75 / \$100
\$50,001-55,000	\$100/\$150
\$55,001-60,000	\$125/\$165
\$60,001+	\$150*/\$200*

For adult clients or guardians with MORE than four dependents:

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YOUR INCOME	SESSION COST
Up to \$20,000	\$10/\$15
\$20,001-\$40,000	\$25/\$35
\$40,001-50,000	\$50 / \$ 75
\$50,001-60,000	\$75 / \$100
\$60,001-65,000	\$100/\$135
\$65,001-70,000	\$125/\$165
\$70,001+	\$150*/\$200*

fire for session with a provisionally licensed therapist

*Full-rate fees: \$175 for a 60-minute intake / \$150 for subsequent 50-minute sessions

fire for session with a fully licensed therapist

*Full-rate fees: \$250 for a 60-minute intake session / \$200 for subsecuent 50-minute sessions

Meet the Therapists

Sun Counseling and Wellness provides two full-time therapists who are available for appointments on the First Presbyterian campus.

Dr. Sheba Surratt, DBH, LCMHC

I have 15 years of experience providing counseling, professional development, and consultative services. I work with children, teens and adolescents, and adults. I provide services to individuals with emotional, psychological, lifestyle changes, and various other problem-situations. I work to reduce behavioral and/or mental health

symptoms that impair quality of life in order improve overall self-care management and wellness. Specialty areas: Anxiety, depression, griefand loss, developmental concerns, adjustment and life transitions, self-esteem and self-concept, interpersonal conflict and relationship issues, substance use.

Andrea Juarez, LCSWA

I am a Latinx, Bilingual (English)
Spanish), Licensed Clinical Social
Worker Associate. I am passionate
about breaking the stigma
surrounding mental health and
helping individuals find healing
in their life. My aim is to work
collaboratively with you to
empower and support through
life's ups and downs. It is my



priority to create a safe and inclusive space for you to process and explore your feelings. Specially areas: complex trauma, intergenerational trauma, anxiety, depression, relationship dynamics, First Gen experience, LatinX experience, change/life transitions, navigating family of origin experiences.

Participating in Worship - October 20, 2024

Liturgist: Elder Anthony Dozier

Offering: Deacon Helen Hairston and Elder Gail Walker

Greeting: Deacon Helen Hairston

Ushering: Jaron Givens, Reggie Clark and Thulder Carelock

SICK AND SHUT-INS S

AT HOME	
Mrs. Louise Ezell	
Dr. Sandra Govan	
Ms. Jonette Harper	
Mrs. Selene Burris	
Ms. Constance Sims	
CKILLED MIDSING EACH THES HOSDITALS & SENIOD LIVING	
SKILLED NURSING FACILITIES , HOSPITALS & SENIOR LIVING Dr. Mildred Y. Mosley	
5215 Randolph Rd Apt 2018, Charlotte, NC 28211-5164	
3213 Kandolphi Ku Apt 2016, Charlotte, NC 26211-3104	
Mrs. Margaret Freeman BROOKDALE SOUTH CHARLOTTE	
5515 Rea Road Apartment #111B, Charlotte, NC 28226	

PRAYER LIST Email: prayer@fupcc.org	
Barbara Cannon cs Caryle Blakeney-Bennett cs Abby Flanders	
Shepard Foley 68 Ms. Jane Reid 68 Connie Patton 68 Mrs. Yvonne Thomas	
Shepard Poley & Wis. Jane Reid & Comme Latton & Wis. I voline Thomas	

We pray, O God, that you will remove from us any burdens that keep us from realizing our destiny. Remove the scales from our eyes so that we can see clearly what you would have us to do. Help us to put our trust in Christ, who alone can keep us from falling by the waist side of false pride, deception, or boredom, so that we can walk boldly in His name. Amen	
SERMON NOTES	
Scripture:	
1	