

ALLENDALE

UNITED METHODIST CHURCH

MAY 7, 2023

3803 Haines Road North
St. Petersburg, FL 33703

(727) 527-6694

office@allendaleumc.org

www.allendaleumc.org

WELCOME

Allendale United Methodist Church is a Reconciling Congregation. We affirm the sacred worth of all people and strive to practice Christ's example of unconditional love without exclusion. All are welcome to participate fully in the life and ministries of this congregation. Whatever your race, ethnicity, economic situation, sexual orientation, gender identity or expression, background or belief, age or condition of ableness, whether single or partnered, you are God's beloved and are welcome here. God calls us to acts of love, grace, and advocacy to promote healing and reconciliation. We are building a new Allendale: a place without barriers, a sanctuary for all.

Office Hours: Mon - Thu, 9 AM to 2 PM

We are honored that you chose to worship with us today! To learn more about the life of the church, if you have a special need, or you wish to visit with the pastor, please contact the office at 727.527.6694 or office@allendaleumc.org.

Gender Pronouns: Asking and correctly using someone's correct pronoun is one of the most basic ways to show your respect for their gender identity. When someone is referred to with the wrong pronoun, it can do harm.

Childcare/Nursery: Located in the courtyard, the first room to the right as you leave the sanctuary building. Children are welcomed and encouraged to stay in worship, even if they are noisy! The nursery is available beginning at 10 AM for children younger than kindergarten.

Children's activity sheets and fidget bags are available in the narthex.

Changing table is available in the Nursery.

Unisex/family restrooms are accessible from the narthex, to the left as you exit the sanctuary.

The balcony is open for those wishing to have more social distancing.

Holy Communion is typically celebrated on the first Sunday of the month.

Masks are recommended while on campus at Allendale to protect the most vulnerable.

Zoom links for Allendale's virtual events can be found at www.allendaleumc.org/online.

UPCOMING EVENTS

- Sun May 14 New Member Sunday (Sanctuary) 10:30 AM
Sign-up at www.allendaleumc.org/join
- Sat May 20 Pride at the Village (5663 Park Blvd) 2 PM
- Sat May 20 Gay Men's Chorus of Tampa Bay Concert (Sanctuary) 8 PM
- May 28-Jun 4 Allendale Hosting Families for Family Promise
- Jun 12-16 Vacation Bible School (Allendale) 9 AM - 12 PM
- Sat Jun 24 Allendale Marching in St. Pete Pride - Parade starts at 6 PM
- Jul 3-8 Warren Willis Summer Camp

Get more information about our upcoming events by visiting: www.allendaleumc.org/events

WORSHIP NOTES

TODAY'S LITURGIST:

ERICA GEORGE (she/they) is a Georgia native, but has lived in St Pete most of her life. She holds a Master of Social Work and works with individuals experiencing mental health crisis. She loves spoiling her cat, Cooper, Sunday brunches, and trying all kinds of coffee shops with her wife, Michaela. They serve Allendale as Chair of the Staff Parish Relations Committee, and sometimes you can also spot them singing or playing guitar on the Worship Band.

TODAY'S WORSHIP MUSIC:

guitar/vocals - Dylan Dames
piano - Tru Mizzell
vocals - Momma Ashley Rose

*Contact tru@allendaleumc.org
to join our band or choir*

COMMUNION PREPARERS:

Lynda Beltz
Pam Green

WANT TO JOIN ALLENDALE?

The next opportunity:

Sun May 14 at 10:30 AM

Sign-up at: www.allendaleumc.org/join

ANNOUNCEMENTS

PRIDE AT THE VILLAGE:

Join us on Saturday, May 20, from 2-8 PM for Pride @ the Villiage 2023. Allendale will have a tent set up at the festival in Pinellas Park at the Pinellas Arts Village, 5663 Park Blvd. *Reach out to dylan@allendaleumc.org if you're interested in helping run the tent.*

GAY MEN'S CHORUS CONCERT:

The Gay Men's Chorus of Tampa Bay will be presenting their spring concert, You Are Enough at Allendale UMC on Saturday, May 20, starting at 8 PM. Tickets are \$20 (\$10 for students)

MINDFULNESS MEDITATION:

Mindfulness is the practice of being present in the moment. Mindfulness meditation is a practice where we learn how to sit in embodied awareness. It is a practice that helps us learn to be at ease with life's experiences as they unfold--with a quiet mind, an open heart, and a non-judging, receptive awareness of the reality of the moment. David Armbruster will be leading a meditation class at Allendale on Wednesday nights from 6-7:30 PM beginning on May 31. *Learn more: www.allendaleumc.org/mind.*

STEWARDSHIP

PRAYERS

Donna Baxla: lung cancer treatments
Dan Leeper: cancer treatments
Karen Welling: health issues
Eunice Fisher: health issues
Bobbie Windle: cancer treatments
Ruth Spangler: recovering from a minor stroke
Nina Dauzet: Jimmy's cancer treatments (friend)
Nina Dauzet: Jeannie's health concerns (friend)
Nina Dauzet: Ted's health concerns (son)

BIRTHDAYS:

Carole Brophy	May 13
Tom Jackson	May 16
Raegan Miller	May 22
Jeff Ishman	May 24
Chris Marks	May 28

Birthday missing? Please contact the office

CARE AND SUPPORT:

Rev. David Franks, Minister of Pastoral Support is unavailable until the end of May.

Make an appointment for care by calling the church office at 727-527-6694

LICENSED THERAPISTS AND COUNSELORS:

available at Allendale's Counseling Center
Visit www.allendaleumc.org/therapy

PRESENCE

Previous Sunday: 71 in-person, 448 online
Livestream: www.allendaleumc.org/online

GIFTS

Give online: www.allendaleumc.org/give
Text-to-give: Text amount to 727-312-0808

SETTING UP AUTOMATIC ONLINE GIVING:

Contact the office to set up online giving.
Thank you so much for your investment in our collective work of liberation.



Give Online now by scanning this code with your phone's camera

WITNESS

SIMPLY BEING PRESENT:

[M]editation is a training in presence. As a metaphor, it is like we have a presence muscle in our mind that is being fine tuned, and by sitting in meditation we are strengthening that muscle. It is much the same as if we were going to the gym to fine tune our core muscles or our biceps. We do this not only to have a strong presence muscle while we are sitting, but the real benefit comes when we carry that same strong presence muscle with us throughout our day. When we live more moments of our life in presence, we have a different level of agency or power in how we live our life. When difficult situations like disappointments, emotional struggles, unhappy surprises occur in our lives we are more likely to experience insights that allow us to respond to the situations out of wisdom rather than to react to them out of habit or past conditioning. And, equally, when happy moments of good news and joy come our way, we will also hopefully be able to meet them and respond from a stance of wisdom. A strong presence muscle simply helps us be more intimate with our life experiences. Because of that, taking this journey takes courage to be present with what is real in the moment.

Strengthening our presence muscle also has the potential of helping us experience more peace and calm in our life. Interestingly, peace and calm is not something we create. It is more something that wells up from within. It is not so much something we do; it is more something that we allow. In meditation we create the conditions for peace and calm to arise—and those conditions are presence and a quiet mind. In meditation, we are not only aspiring for peace and calm when things are going well in our lives, we are aspiring to have peace and calm even in the midst of chaos.

Excerpt from "Simply Being Present" by David Armbruster. David is leading a class on Mindfulness Meditation at Allendale this summer. Learn more about this class at:
www.allendaleumc.org/mind

ORDER OF WORSHIP

Let us know you are here by going to www.allendaleumc.org/here

PRELUDE Allendale Band

Meant To Live | Switchfoot|

WELCOME Rev. Andy Oliver

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SONG Allendale Band

I Am Loved | Brock|

CALL TO WORSHIP & PRAYER Erica George

SONG Allendale Band

What I'm Waiting For | Doe|

TIME WITH CHILDREN Rev. Andy Oliver

OFFERING Congregation

I Need Thee Every Hour | Hawks|
give online at www.allendaleumc.org/give

PRAYER OF DEDICATION Erica George

SONG Allendale Band

A Mighty Fortress | Luther|

SCRIPTURE Erica George

Psalms 31

SERMON Rev. Andy Oliver

COMMUNION Congregation

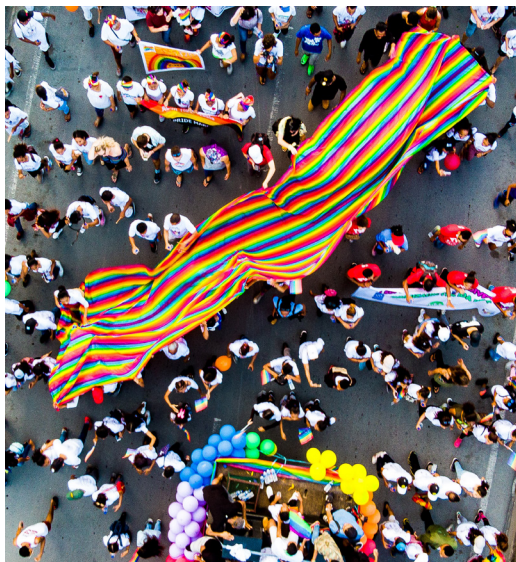
Oceans (Where Feet May Fail) | Crocker, Houston, Lighthelm|

CONNECTING WITH THE COMMUNITY Theresa Frost

BENEDICTION Erica George

POSTLUDE Allendale Band

Meant To Live | Switchfoot|



PSALM 31

Many Psalms may seem foreign to our own context, but we've all prayed refuge-seeking prayers like this one. Sometimes it's as simple as begging God, "save me from this one". Sometimes it's a sharp whisper of "get me the [****] out of here", expressed to the universe and whatever god, angel, or ancestor listening.

Prayers like this channel our hopes for justice, but also, as prayers of lament, they channel our sadness, and our rage. Rageful prayers are an essential part of a holistic spirituality, even prayers where that rage is directed at God.

Our rage is made sacred in prayers of lament. An authentic relationship with God requires these kinds of prayers. And it's through this struggle that our perspective of God shifts.

*Image from Unsplash
Liturgy from Enfleshed*

Rev. Andy Oliver, Pastor | andy@allendaleumc.org

Rev. David Franks, Minister of Pastoral Support | david@allendaleumc.org

Clarissa Silveira, Church Administrator | clarissa@allendaleumc.org

Tru Mizzell, Director of Music Development | tru@allendaleumc.org

Theresa Frost, Director of Student Ministries | theresa@allendaleumc.org

Cameron Helwege, Creative Director | cameron@allendaleumc.org

Dylan Dames, Music and Organizing Associate | dylan@allendaleumc.org

Aaron Bennett, Maintenance | aaron@allendaleumc.org

Bill Lee | Organist

Maria Davidson | Nursery Coordinator

Madison Redington, Erin Giblin,

Courtney Ross | Nursery Attendants

Dr. Kate Pravera | Theologian in Residence

All in the Congregation | Ministers of the Gospel

THIS WEEK

Subscribe to the Allendale Calendar:
www.allendaleumc.org/calendar

Sun May 7

10:30 AM Worship Service (Sanctuary)

5 PM Crystal Meth Anon (Tubman)

5:30 PM Youth Group (Wesley, Kitchen, Youth)

Mon May 8

7:30 PM AA Common Solutions (Bill W.)

8 PM AA Go After Sobriety (Rustin & Tubman)

Tue May 9

6 PM W. Wesley Cooking w/ Friends (Kitchen)

Wed May 10

5 PM Dinner at Allendale (Community Center)

6 PM Scripture Class (Room 109 & Zoom)

6 PM Welcome Statement Class (CC)

8 PM AA Go After Sobriety (Rustin)

Thu May 11

9 AM Chit Chat (Zoom)

7 PM AA Home Group (Bill W.)

Fri May 12

7:30 PM AA Common Solutions (Bill W.)

8 PM AA Go After Your Sobriety (Rustin)

Sat May 13

9:30 AM AA Women's Reflection (Bill W.)

10 AM United Women in Faith Walk (offsite)

Sun May 14

10:30 AM Worship Service (Sanctuary)

5 PM Crystal Meth Anon (Tubman)

5:30 PM Youth Group (Wesley, Kitchen, Youth)

DINNER MENU

Dinner starts at 5 PM in the Community Center. \$10 or whatever you can afford. Vegetarian or Vegan options are always available.

Wed May 10

Chicken Alfredo, Lemon Pepper Broccoli, Cinnamon Apples, Salad, Dinner Roll

Wed May 17

Shepherd's Pie (beef, veggies, potato, cheese), Roasted Root Blend (vegetarian), Cilantro-lime Jasmine Rice, Sliced Peaches, Dessert