We humans have lost the wisdom of genuinely resting and relaxing. We are very good at preparing to live, but not very good at living. We know how to sacrifice ten years for a diploma, and we are willing to work very hard to get a job, a car, a house, and so on. But we have difficulty remembering that we are alive in the present moment, the only moment for us to be alive. We worry too much. We need to wake up from our autopilot mode, learning to appreciate the beauty of rest thus allowing our bodies, minds, and hearts to heal. Resting is a precondition for healing. It is time to take care of yourself. Rest!
Welcome

Land Acknowledgment
Our physical space stands on the unceded land of the Lenape people. Judson Memorial Church acknowledges the Lenape community, their elders both past and present, as well as future generations, and we make this acknowledgement as part of our work to dismantle the ongoing legacies and lies of Christian supremacy, settler colonialism, and white supremacy.

Call to Worship    Min. Lopez-Joël Dautruche

Opening Song     Go Lay Down, Nigel Rowe

Ancient Testimony Hebrews 4: 1-10 MSG, Read by former CM Elisa Rosoff

For as long, then, as that promise of resting in him pulls us on to God's goal for us, we need to be careful that we’re not disqualified. We received the same promises as those people in the wilderness, but the promises didn't do them a bit of good because they didn’t receive the promises with faith. If we believe, though, we'll experience that state of resting. But not if we don’t have faith. Remember that God said, Exasperated, I vowed, “They'll never get where they’re going, never be able to sit down and rest.” God made that vow, even though he'd finished his part before the foundation of the world. Somewhere it's written, “God rested the seventh day, having completed his work,” but in this other text he says, “They’ll never be able to sit down and rest.” So this promise has not yet been fulfilled. Those earlier ones never did get to the place of rest because they were disobedient. God keeps renewing the promise and setting the date as today, just as he did in David’s psalm, centuries later than the original invitation: Today, please listen, don't turn a deaf ear... and so this is still a live promise. It wasn’t canceled at the time of Joshua; otherwise, God wouldn’t keep renewing the appointment for “today.” The promise of “arrival” and “rest” is still there for God’s people.
Modern Testimony  “A Restless Bird”  Aaron Waldron

Rest taunts me like the little bird in my window.
Day after day I shoo away this little bird.
It sings in my ear as I systematically slave for absolute values.
It flies in circles around my house.
It stares at me as if it's inviting me to come play.
This little bird is restless with no off-switch.
Eagerly Patient: waiting for me to acknowledge it.
Instead, I am angry unknown to me.
With excitement and passion
I Kill the little bird in my window.
I no longer hear the songs or see it in my window.
I now weep with deep emptiness and restlessness.

Response in Song  There Is A Place Of Quiet Rest  Cleland Boyd McAfee

Interpreting for Our Time  “Enjoy Sabbathing: Rest is Holy”  Joel Dautruche
**Closing Hymn**

*Lay My Burden Down*

*The Maverick Saints, featuring Sandra Stephens & Chris Falson*

Glory, glory, hallelujah!
Since I laid my burdens down.
Glory, glory, hallelujah!
Since I laid my burdens down!
Burdens down Lord
Burdens down Lord
Since I laid my burdens down.
Burdens down Lord
Burdens down Lord
Since I laid my burdens down.
I feel better, so much better
Since I laid my burdens down.
I feel better, so much better
Since I laid my burdens down!
Glory, glory, hallelujah!
Since I laid my burdens down.
Glory, glory, hallelujah!
Since I laid my burdens down!
Since I laid my burdens down!
Since I laid my burdens down!
Since I laid my burdens down!

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*During the Watch Party and Coffee Hour ~ Join Us via Zoom zoom.us/j/89409583117*

**Heart of the Community: Celebrations & Concerns**  
Rev. Dr. Valerie H. Holly & Rev. Roy Atwood

*During this time of “Connecting Community, Remotely”, our usual Agape Communion, Celebrations & Concerns sharing, and Community Prayer time occurs in our live 11am Sunday Zoom watch party (zoom.us/j/89409583117). All are welcome to join these weekly gatherings, but if you are unable to join, please do take time to read over our Celebration & Concerns (listed below), or sit for a few moments in silent reflection, or raise up a prayer for a concern or thanks. Questions, Celebrations, and Concerns may always be sent to Rev. Dr. Valerie H. Holly at valeriehholly@judson.org.*

*For a daily helping of community, quiet, and sharing of Celebrations & Concerns, all are invited to our daily 9am Meditation & Prayer Circle, where you are welcome to join as often or as seldom as you’d like. [www.judson.org/meditation](http://www.judson.org/meditation).*

**Community Prayer**

**Coffee Hour**
Jim Fraser and Katherine Hanson ask continued prayers for their friend Adrienne Cupples in her hospice care. Also prayers for Richard Harding as he and Eileen face his stage IV pancreatic cancer.

Suresh Dianand asks for prayers for the Mangar-Ali family. Suress went to college with Jennifer Ali (nee Mangar). Her father, Mohabir Mangar, passed away this week. He apparently had been sick for a while. He was 78.

Mary Jo Robertiello is asking for prayers for her dear friend, Winnie Stone, who has Alzheimer's.

Lynn Denton and Charlie Kaprelian ask for your prayers as Charlie continues to fight Alzheimer’s. Thank you.

Josephine and her family appreciate your continued prayers for her dad, Willie Mac Vass, as he continues in his cancer treatments.

Please keep Elvetta Harris, Cathy Phillips, and their families in your prayers.

Continued prayers for the work we face as a country and as global citizens.

Celebrations to every moment we are blessed to experience.

~ May prayers, positive energy, love and light continue to be lifted up ~

All of us at Judson send strength and energy to our friend, Jean Montrevil, and all in Haiti.

The Judson Food Bank and the impact that they bring citywide in providing much-needed relief to underserved families across our city. Many thanks to everyone for all the ways you continue to help us make an impact.

The communities that are concerned about taking the vaccine due to historical negative experiences in the hands of medicine. Vaccine hesitancy still needs our conversations and sharing of our experiences to help move as many people as possible to a place of being able to get the vaccine. May we all continue to work on being safe as this need for care is still high and impacts us all worldwide.

To our dear friends at Middle Collegiate Church, all of us at Judson send our continued love, solidarity, and prayers. As they recover from a devastating fire and seek the support of their interfaith and community partners in renewing their hope and rebuilding their home, please, if you can, donate to Middle at middlechurch.org/donate.

To the family of Judson community member, Vivian Hamilton, in Honduras and to all in Honduras, Nicaragua, and beyond as they suffer the continuing effects of Hurricane Eta and Hurricane Iota.

Prayers to all who are displaced by the changes of their natural environment as Nature does what is needed.

We lift prayers for the United States of America and the future we create as a Union.

We lift up those especially in need of good energy and prayers, those navigating mental and physical health, and we shoulder these needs together, knowing that burdens can be a bit lighter when they are carried together, that joys can be more grounded when we celebrate them together.

We celebrate and hold in our hearts those on the front lines of this crisis, the healthcare professionals, the essential workers, the store clerks, the postal carriers, the MTA workers, all who serve and clean and make certain that we are fed and sheltered and healthy, especially as we enter new phases of reopening and enter into the next part of the learning in this pandemic journey.

We continue to celebrate and hold in our hearts all of the schools: administrators, teachers, support staff and aides, program facilitators, food services, custodial, and transportation. All of the individuals that make up the school community and provide education and social-emotional support to every child and family. To all students, parents and families, we send continued strength and light as we turn the corner on this school year, and move towards SY'21-22.

We hold those who have lost work, who have lost income, who have lost a feeling of purpose, who have lost loved ones, who fear for their health and for their future.

We also continue to celebrate all of you, a congregation of beloved souls who continue to hold one another in astonishing, intimate and life-giving ways, even while we are physically apart.
THIS WEEK @ JUDSON

JUSTICE. ART. WORSHIP.

Sunday, August 8
Semi-Public Event today
**11AM JMC Virtual Sunday Service
Video Streaming available online at judson.org/worship

Monday, August 9
No Public Events this day

Tuesday, August 10
No Public Events this day

Wednesday, August 11
No Public Events this day

Thursday, August 12
No Public Events this day

Friday, August 13
No Public Events this day

Saturday, August 14
No Public Events this day

Sunday, August 15
Semi-Public Event today
**11AM JMC Virtual Sunday Service
Video Streaming available online at judson.org/worship

1PM Together In Faith
zoom.us/j/98378895530
Password: together

Judsonista Lulu Fogarty’s weekly art-making activity to supplement Judson Memorial Church Virtual Sunday School lessons. All Ages Welcome! judson.org/kids

Black History is American History judson.org/black-history-month-2021

MESSAGE FROM OUR MODERATOR
“I AM HAPPY TO HEAR FROM ANYONE ABOUT JUDSON! WE ARE A CONGREGATION-LED CHURCH, WHICH MEANS THAT THE CONGREGATION HAS THE FINAL SAY IN GOVERNANCE. THE BOARD MEMBERS ARE ELECTED FROM THE CONGREGATION, AND REPRESENT THE CONGREGATION, SO THEY ARE EAGER TO LISTEN TO EVERYONE.”

KEEN BERGER (MODERATOR, ’23)
KEENBERGER@GMAIL.COM

Pastoral Care:
Rev. Micah Bucey at micah@judson.org
Rev. Dr. Valerie H. Holly at valeriehholly@judson.org
917-797-5051

Wellness Resources at Judson:
https://www.judson.org/covid

To subscribe to the Judson Community listserv and stay connected throughout the week, email michelle@judson.org

Welcome To Judson!

WE’RE BACK! September 2021!
Tickets available now BEYOND BABEL
www.showclix.com/event/beyond-babel-nyc

Every Morning @ 9am Virtual Meditation & Prayer Circle

Judson Bible Study

Beyondbabel

Connecting Community, Remotely & In-person | judson.org/worship