

# Problem Solving Versus Problem Generating Anxiety

## July 20, 2025

### MEDITATION

*"Almost everything will work again if you unplug it for a few minutes, including you." Anne Lamott.*

### WELCOME & ANNOUNCEMENTS

### GATHERING WORDS

L: And now may the grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you. **P: And also with you.**

### PRELUDE

*"Look up Child" Arranged: Matt Schinske  
Music by Lauren Daigle, Paul Mabury and Jason Ingram*

### CALL TO WORSHIP

*Chris Polloni, Deacon*

Leader: God calls us here to worship. We carry many worries and are distracted by many things, but here, in this time and place, we are invited to set them aside, to be fully present. Let's pause and take a deep breath. We remember who we are:

**All: We are the body of Christ.**

Leader: We remember whose we are:

**All: We are God's beloved children.**

Leader: We remember our chief purpose:

**All: To glorify and enjoy God forever.**

Leader: Let us worship God!

### \*SONG OF REJOICING

*"Rejoice in the Lord Always" 2x*

*In Pew*

### RESPONSIVE OPENING PRAYER

*Chris Polloni, Deacon*

Leader: God of Wisdom, still our hearts and silence our distractions so that we can be fully present to your Word.

**All: Through the power of your Holy Spirit, let us hear what you have to say to us today, and give us the courage to listen and respond to your call. In Jesus' name, Amen.**

**\*OPENING HYMN**      “Amazing Grace, How Sweet the Sound”      *Black 547*

**WORD FOR ALL GOD'S CHILDREN** *Lisa Allen*

**ANTHEM** “Let All the People Praise Thee” Words: based on Psalm 67:3 Choir  
Music: Natalie Sleeth (from the tune St. Anne by William Croft)

**OLD TESTAMENT READING** | Genesis 18:1-10a, p. 17 *Chris Polloni, Deacon*

NEW TESTAMENT READING | Luke 10:38-42, p. 87

**L:** The Word of God for the people of God. **All:** Thanks be to God.

**REFLECTION** "Problem Solving Versus Problem Generating Anxiety"  
Rev. Eric Stroshine

**\*RESPONSIVE HYMN**                      “When Peace, Like a River”                      *Black 438*

## PASTORAL PRAYER & PRAYERS OF THE PEOPLE

*During the prayers of the people, you are invited to voice your joys and concerns out loud. When names are spoken, all invited to respond, “O Lord, hear our prayers.”*

## THE LORD'S PRAYER (*trespasses*)

**Our Father who art in heaven, hallowed be thy name. Thy kingdom come thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil, for thine is the kingdom and the power and the glory forever. All are invited to sing "Amen". (Black 812)**

## INVITATION TO OFFERING

**OFFERTORY MUSIC**                      “I Will Sing of Thy Mercies”                      *Choir*  
*Words: Psalm 89:1, music: Felix Mendelssohn, arranged: Carlton Young*

**\*DOXOLOGY**

Praise God from whom all blessing flow;  
Praise God all creatures here below;  
Praise God for all that love had done:  
Creator, Christ, and Spirit, One Amen.

**\*UNISON PRAYER OF THANKSGIVING**

**Abundant God, we give thanks for your grace and provision in our lives. Use these gifts to meet the physical and spiritual needs of our community and the world. May they witness to your love and care for all people, as we offer our time and energy to do the same. In Jesus' name we pray, Amen.**

**\*CLOSING HYMN**

“Softly and Tenderly”

*Black 449*

**\*BENEDICTION**

**SUNG BENEDICTION**

“May You Go in Peace”

*Choir*

*Words/music: Gene Grier and Lowell Everson*

**POSTLUDE**

“Heart of God”

*Music: Aodhan King and Jonas Myrin, arranged: Matt Schinske*

*\* Please stand in body or spirit.*

**Many thanks to the volunteers who enriched our morning together!**

Deacon, Chris Polloni; Tech Deacon, Amelia Allen; Choir, Kay Clark, Linda Thomas, Joyce Kenneally, Meg Tivey, Alan King and Chris Polloni; Hospitality & Food donation, Rosemary Carey

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## NEW HERE TODAY?

*No matter who you are or where you are on life's journey you are welcome here!  
To help you navigate Sunday mornings with us, please see the guide below.*

1. **Order of Worship:** *\*An asterisk means stand in body or spirit. **Bold text** is spoken in unison.*
  2. **Kid's Connection:** *After the "Word for all God's children," the children leave worship for a time learning and fun with Bible stories, crafts, and games with Lisa Allen.*
  3. **TAKE TWO** *is an adult faith formation group that meets after worship with Lisa Allen. The summer discussion topic will be "Hearing the Voice of God."*
  4. **Coffee and Conversation:** *You are welcome to gather with us after worship to meet some new friends in the Covenant Room, down the hall on the right.*
  5. **Have Questions?** *Please reach out to the Deacon of the day.*
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## Welcome to Rev. Eric Stroshine

The Reverend Eric Stroshine is an ordained minister in the United Church of Christ and lives in Centerville with his wife Colleen. He served churches for 29 years and the last church he served was the First Congregational Church of Hanover, Massachusetts. Five years ago he started a counseling ministry and is now a psychotherapist in private practice. He graduated with an undergraduate degree from University of Massachusetts Amherst and has graduate degrees from Yale Divinity School and Boston University School of Social Work.