



9:00 AM WORSHIP

WELCOME, GUESTS!

Thank you for worshipping with us this morning.

**First Presbyterian Church
of Arlington Heights**

*A congregation of the Presbyterian Church (USA)
Organized in 1855*

WELCOME Adam Hendrickson

✦ CALL TO WORSHIP

One: Give thanks to the Lord with your whole heart
All: in the company of the congregation.
One: The Lord is gracious and merciful, ever mindful of the covenant.
All: The works of God's hands are faithful and just, established forever and ever.
One: Holy and awesome is God's name.
All: God's praise endures forever!

✦ "FOREVER" Chris Tomlin

PRAYER OF CONFESSION AND HOPEFULNESS

Rev. Barbara Gorsky

God of mercy, we confess that we have settled down and become satisfied with our place in life. We have gotten comfortable wearing the labels given to us, even if those labels discriminate against one another. We confess that we are comfortable living under systems of injustice and exploitation. We confess our discomfort in speaking truths that unmask idolatries. Make us ready to follow Jesus, ready to repent and eager to change our hearts and lives. Call to us again, and show us your mercy. Let us hear your good news again. Amen.

✦ SUNG RESPONSE "Glory to God" HYMN 582

✦ TIME OF GREETING

ANNOUNCEMENTS

Please sign the Friendship Pad and pass it along to those around you.

PSALM 111

MESSAGE "Jesus is the Balm" Rev. Laura Sherwood

Scripture: Mark 1:21-28

SONG "Fix You"
Martin, Buckland, Berryman, & Chapman

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER

Rev. Barbara Gorsky

SHARING OUR GIFTS

"All Things New" *Fielding & Ussher*

PRAYER OF THANKSGIVING

✦ "LEAN ON ME" Bill Withers

✦ CHARGE & BLESSING Rev. Laura Sherwood

✦ Please stand as you are able.

Compass: Dan Berg, guitar; Amy Carroll, piano; Kevin Carroll, bass; Adam Hendrickson, guitar/vocals; Greg Schultz, saxophone; Todd Smith, drums; Katie Walsh, vocals

Stop by the Welcome Center in the Narthex (lobby) to pick up information that will acquaint you with our church services and programs. You are also invited to join the conversation on Facebook, at facebook.com/firstpresah, Twitter, at @FirstPresAh, and Instagram, at @firstpresah. We look forward to connecting with you again.

CHILD CARE

Children of all ages are warmly welcomed and encouraged to participate in worship. Child care is available (infants through age four) in the Christian Education Wing (8:45 am – 11:45 am).

CLASSES FOR ALL AGES

From September through May, Sunday morning Christian education classes are held for all ages. These include classes for preschool, elementary, middle school, and high school students, as well as education and discussion groups for adults. To learn more, visit firstpresah.org or call the church office at 847-255-5900.

SPECIAL ASSISTANCE

For worship in the Sanctuary, large print bulletins, and hearing amplifiers (some with T-Coil lanyard adapters) are available from the ushers.

IMPORTANT WORSHIP REMINDERS

Please silence cell phones and refrain from taking photos or recording the worship service. Services are webcast live at firstpresah.org/experience/livestream. To download or listen to a podcast of today's sermon, search Apple podcasts for **The Word @ First Pres.** Past sermons are available at firstpresah.org/experience/sermons.

SOURCES FOR WORSHIP

All liturgies are from Call to Worship Year B Presbyterian Publishing; Scriptures are from the New Revised Standard Updated Edition (NRSVUE).



"An exchange of empathy provides an entry point for a lot of people to see what healing feels like."
— Tarana Burke

**SERVICE FOR THE LORD'S DAY
FOURTH SUNDAY AFTER EPIPHANY**

**JANUARY 28, 2024
9:00 & 10:30 AM**

Choose love. Be the light. Change the world.

First Presbyterian Church of Arlington Heights
302 N. Dunton Avenue • Arlington Heights, IL 60004
847-255-5900 • firstpresah.org • mail@firstpresah.org



10:30 AM WORSHIP

GATHERING AS GOD'S PEOPLE

PRELUDE "Come, Christians, Rejoice Today" *J. S. Bach*
"Aria" *Flor Peeters*
Royce Eckhardt, organist

*The prelude is your invitation to quiet preparation
for the worship of Almighty God.*

WELCOME Rev. Laura Sherwood

✦ CALL TO WORSHIP

One: Give thanks to the Lord with your whole heart

All: in the company of the congregation.

One: The Lord is gracious and merciful, ever mindful of the covenant.

**All: The works of God's hands are faithful and just, established forever
and ever.**

One: Holy and awesome is God's name

All: God's praise endures forever!

✦ HYMN 755 "Alleluia! Laud and Blessing" WEISSE FLAGGEN

CALL TO CONFESSION Rev. Barbara Gorsky

PRAYER OF CONFESSION

You have shown us, O God, what it means to follow you. Forgive us when we fail; open our hearts and minds to your teachings. You modeled compassion in the person of Jesus Christ, but we do not extend kindness to strangers or friends. You challenge systems of injustice through the movement of your spirit, but we keep choosing comfort over justice, the status quo over the kingdom of God. You create all things good, and your creation sings your praise, but we consider no creatures but ourselves and wound your earth by our sin. Forgive us, O God. Pour your compassion on us this day, and by your forgiveness, show us how to share it with one another...

SILENT CONFESSION

(please pray a silent and personal prayer of confession during this time)

...in Jesus' name we pray. **Amen.**

WORDS OF FORGIVENESS

One: Those who trust in the Lord will renew their strength. They will rise up to fly like eagles, they will run and not be weary, they will walk and not grow faint. (Isaiah 40:31) In the name of Jesus Christ, we are forgiven!

All: Thanks be to God.

✦ GLORIA PATRI (Hymn 581)

**Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end.
Amen, Amen.**

✦ TIME OF GREETING

COMMUNITY LIFE

Please sign the Friendship Pad and pass it along to those around you.

HEARING GOD'S WORD

PRAYER OF ILLUMINATION Rev. Barbara Gorsky

FIRST SCRIPTURE READING Psalm 111
(Pew Bible, p. 490) Rev. Barbara Gorsky
The Word of the Lord/**Thanks be to God!**

ANTHEM "Exultate, Jubilate" *Gordon Young*
"Praise ye the Lord!"
He hath made known the wonder of His works.
"Praise ye the Lord!"
Chancel Choir

SECOND SCRIPTURE READING Mark 1:21-28
(Pew Bible, p. 812) Rev. Laura Sherwood
The Word of the Lord/**Thanks be to God!**

SERMON "Jesus is the Balm" Rev. Laura Sherwood

✦ HYMN (on screen) "Have Thine Own Way, Lord!" ADELAIDE

GIVING THANKS TO GOD

PRAYERS OF THE PEOPLE Rev. Barbara Gorsky

LORD'S PRAYER

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 sins, as we forgive those who sin 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. Amen.

CALL FOR OFFERING

OFFERTORY "There Is a Balm in Gilead" *Don Smith*
"There is a balm in Gilead to make the wounded whole, There is a balm in Gilead to heal the sin-sick soul. Sometimes I feel discouraged and think my work's in vain, But then the Holy Spirit revives my soul again. If you cannot sing like angels, If you cannot preach like Paul, You can tell the love of Jesus who died to save us all. There is a balm in Gilead to make the wounded whole, There is a balm in Gilead to heal the sin-sick soul."
Chancel Choir

✦ DOXOLOGY (Hymn 607)

**Praise God, from whom all blessings flow; praise Christ, all people here below; praise Holy Spirit evermore; praise Triune God, whom we adore.
Amen.**

✦ PRAYER OF THANKSGIVING Rev. Laura Sherwood

One: We praise and thank you, Lord God, for the majesty of your work, the wisdom of your word, and the generosity of your grace. Let the gifts of our lives bear witness to your goodness and mercy, your faithfulness and justice, and your steadfast love for all. (Psalm 111)

All: Amen.

GOING FORTH IN GOD'S NAME

✦ HYMN 610 "O for a Thousands Tongues to Sing" AZMON

✦ CHARGE & BENEDICTION Rev. Laura Sherwood

POSTLUDE "Triumphal March" *G. F. Handel*

✦ Please stand as you are able.

Flowers: Suzanne Urban on the celebration of her 80th birthday.

Listing of Worship Leaders:

Preaching: Rev. Laura Sherwood

Liturgist: (9:00 & 10:30) Rev. Barbara Gorsky

Director of Music and Worship: Adam Hendrickson

Associate Director of Music and Organist: Christopher Urban

Guest Organist: Royce Eckhardt

Praise Band: Compass (9:00 am service)

Tech Support and Livestream: Amy Senior and Jonah White

WORSHIP NOTES

Prayer Requests

Healing & Comfort

First Pres Community

Mario Alberico
Carole Anderson
Don & Judy Ayers
Wendy Blanck
Virginia Blocki
Dawn Bruce
Laura Carlson
Jean Castles

Mary Clabour
Marilyn Giacoppi
Marylyn Jirsa
June Johnson
Sandy Naehar
Patty Richard
Susan Scott

Friends & Family

Karl Gates — friend of Mary Kiepura
Donna Hames — friend of Mary Halatek
Tom Nemec — friend of Kevin & Carol Kelley
Desa Peric — great-granddaughter of Steve Smith
Phil Perillo — brother of Kristie Cerniglia
Larry Pohlman — friend of Kevin & Carol Kelley

Jerry Shields — husband of Dianne Shields
Tom Spaeth — friend of Steve Smith
Dale VanEck — friend of Corinne Peterson
Claire Walsh — cousin of Mary Hebden
Pamela Wilson — daughter-in-law of Al & Karen Wilson

Retirement congratulations to:

Col. Gretchen Wiltse, sister of Vincent and Heidi Wiltse

Serving in the Armed Services

MU2 Wesley Carroll, Navy — son of Kevin and Amy Carroll, grandson of JoAnn Thompson
Lt. Col. Michael B. Ford, US Army Reserves — stepson of Kris Ford
Brandon Latuzek — nephew of Elaine Chen
Capt. John Olszewski, USMC — nephew of Steve and Lisa Olszewski

About First Pres

STAFF

Interim Pastor / Head of Staff:
Laura Sherwood

Bridge Interim Associate Pastor:
Barbara Gorsky

Director of Children's & Youth Ministries: Rebekah Anderson

Director of Music and Worship:
Adam Hendrickson

Associate Director of Music and Organist: Christopher Urban

Worship Technicians:
Amy Senior, Jonah White

Business Administrator:
Debbie Walter

Senior Administrative Assistant:
Mary Fino

Administrative Assistant / Receptionist: Carol Vega

Facilities Director: Tony Scheurich

Facilities Coordinator:
Michele Holifield

Director of First Pres PDO & Preschool: Coleen Anzalone

Nursery Coordinator: Beth Johnson

Save the Date

February 7 Wednesday@Noon Recital
February 8 PDO Family Pizza Party and Open House
February 11 Youth Sunday / Souper Bowl of Caring
February 11 Annual Meeting of the Congregation
February 13 Shrove Tuesday at Hey Nonny
February 14 Ash Wednesday Service
February 18 39th Annual Organ Fest
March 3 PDO Sunday—Registration for First Pres Members

PASTORAL CARE — If you have a death in the family, an anticipated surgery, the birth of a new baby, or if you or a loved one are struggling, your pastors and church family want to be there to support you. Please contact Rev. Barbara Gorsky, at barbaragorsky@firstpresah.org, or 847-255-5900, extension 225 or Rev. Laura Sherwood, at laurasherwood@firstpresah.org or 847-255-5900, extension 229 or call the church office to share your pastoral needs.

LIVE WEBCAST & WORSHIP RECORDINGS — Services are webcast live at firstpresah.org/experience/livestream. To download or listen to a podcast of today's sermon, search Apple podcasts for **The Word @ First Pres**. Past sermons are available at firstpresah.org/experience/sermons. If you need help with technical problems, please send an email to webcasting@firstpresah.org.

GET CONNECTED — Join the conversation on Facebook, at facebook.com/firstpresah; Twitter, at @FirstPresAH; and Instagram, at @firstpresah. Download the free ACS Church Life app or visit the website to access the church directory or manage your giving online. Simply set up a user account at firstpresah.org under the Member Login tab to get started. We look forward to connecting with you!



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Church Life

January 28, 2024

We believe in building the kingdom of God in this world. We strive to be a welcoming and inclusive church that celebrates the diversity existing in our community. That means bringing good news to the poor, freedom to the oppressed, welcoming the stranger, and loving one another as Jesus loves us. We do this by choosing love and being the light that changes the world. Thank you for worshiping with us in this spirit.

WELCOME TO FIRST PRESBYTERIAN CHURCH OF ARLINGTON HEIGHTS: Please sign the Friendship Pad and pass it to those around you.

THANK YOU! WITH YOUR HELP WE HAVE CLOSED THE 2023 DEFICIT — The Administration & Finance Committee is grateful to the whole congregation for the quick and generous response to our December appeal to help close our anticipated 2023 budget deficit. We are still tracking everything that has come in and will include this information in our report for the February 11 Annual Meeting.



HAVE YOU TURNED IN YOUR 2024 COMMITMENT CARD? — If you have not yet had a chance to turn in your Commitment Card for 2024, you are invited to place your card in the offering plate today. Or, you can drop it off or mail it to the church office, to the attention of Debbie Walter, business administrator. You can also enter your commitment online at firstpresah.org.

DONATE SANCTUARY FLOWERS — We are now in a new year and an opportunity to remember important people and events in your life is here. For a suggested \$40 donation, the flowers in the Sanctuary on Sundays can be dedicated to people and/or events you choose. The dedication will appear in the Sunday Bulletin on the requested date. Presbyterian Women will be available in the Narthex after both services to accept your requests and donations today. For questions, contact Sue Henderson at 847-804-1682.

ANNUAL MEETING OF THE CONGREGATION — *Sunday, February 11 / 11:30 am / Sanctuary* — Please plan to attend in person, as we need a quorum of the congregation to conduct business.

January 28 — Fourth Sunday after Epiphany

8:45 am – 11:15 am — Child care (infants – 4 years) — Room 205/207 (Blue Room), Main Floor Christian Education (CE) Wing
9:00 am **Worship** — Chapel
9:00 am Adult Education — Boardroom
10:00 am Adult Choir Rehearsal — Choir Auditorium
10:00 am Fellowship Time — Parlor, Narthex
10:30 am **Worship** — Sanctuary
10:30 am Preschool Sunday School (3- & 4-year olds) — Room 206
10:30 am K-5 Sunday School — Room 304
10:30 am Sunday School (Grades 5-7 & 9-12) — Room 301/303
10:30 am Confirmation — Room 109/111
10:30 am Coffee: Grounds for Discussion & Service — Room 110
11:30 am Fellowship Time — Parlor, Narthex
5:00 pm Youth Handbell Choir — Bell Choir Room
5:45 pm Youth Handbell Choir/HSYG Dinner — Fellowship Hall
6:00 pm Connection Group — Parlor
6:00 pm HSYG — HS Lounge, Gym, Fellowship Hall

Upcoming Events



FAMILY NIGHT PROGRAMMING — *Wednesdays / 6:00-8:00 pm / September through May* — Come and share dinner and fellowship with families from First Pres and the broader community. This program includes dinner, adult education and programs for children and youth.

Weekly Schedule:

- 6:00-7:00 pm: Drop-in dinner time for all ages
- 6:30-7:00 pm: Children's Choir (grades K-5)
- 7:00-8:00 pm: Classes and programs, including:
 - ENGAGE & ENCOUNTER adult Christian education
 - Kids Connect (grades K-5)
 - Middle School Youth Group (grades 5-8)

ENGAGE & ENCOUNTER — *Wednesdays, through February 7 / 7:00 pm / Chapel / Exodus: A Historical Approach / Dr. Donald Kaasch* — What does the historical record, outside of the Old Testament, tell us about the pivotal importance of the Exodus story? Who wrote Exodus? When? What does it set up for the rest of the OT? Who is Moses in the OT and what does history tell us about him? There's so much good stuff to learn, come and take part!



WEDNESDAY@NOON RECITAL — *Wednesday, February 7 / 12:10 pm / Sanctuary* — As we approach Valentine's Day, the music for the program will be focused on love: our love of God's kingdom, God's love for us and our love for each other. Christopher Urban, organ.

PDO, PRESCHOOL & K-CLUB OPEN HOUSE AND PIZZA PARTY — *Thursday, February 8 / 4:30-6:30 pm* — PDO will once again be hosting an open house for all currently enrolled students, their families and First Pres families interested in enrolling in the 2024 – 2025 school year. This event allows families an opportunity to view the school, meet the teachers and get to know the CE wing a little differently than on a Sunday morning. Pizza will also be served!! For more information, contact PDO Director, Coleen Anzalone, at coleenanzalone@firstpresah.org.

YOUTH SUNDAY — *Sunday, February 11* — Mark your calendars: Youth in grades 5-12 are invited to take part in the music, liturgy and leadership of worship! It's also Super Bowl Sunday so youth will help with taking a collection for the Souper Bowl of Caring, a cause that collects money to help people experiencing food scarcity and hunger. Please join us in worship to support the youth of First Pres and if you're a youth who is interested in participating, please email Rebekah Anderson! Whether you'd like to help in the background or have a major leadership role, there's a way that everyone can contribute to Youth Sunday, so please be sure to join us.

SUPER BOWL PARTY FOR THE SECOND HALF — *Sunday, February 11 / 5:00 pm / Home of Bill & Sue Lyon* — Our social group for 55-75-year-olds is having a Super Bowl party. The hosts are Bill & Sue Lyon, 931 N Vail Ave, AH. Wear your favorite football jersey - there will be a prize for the most obscure! RSVP to sbtalyon@comcast.net and let us know how many guests and the food item that you'll bring.



THE 39TH ANNUAL ORGAN FEST — *Sunday, February 18 / 4:00 pm / Sanctuary* — Join organists Michael Gagne, Marianne Kim, Christopher Urban and Gary Wendt as they team up to provide another dynamic and inspiring organ concert.

Serving, Giving, and Growing

SOUPER BOWL OF CARING — *Sunday, February 11* — Help our youth as they participate in the Souper Bowl of Caring by donating spare change or bills on Sunday, February 11. Souper Bowl of Caring supports local hunger relief charities across the nation and encourages neighbors to tackle hunger in their local communities. Our youth will be at the doors of the Sanctuary after worship collecting for this mission. Please give generously.

BLANKET DRIVE SPECIAL OFFERING — *Collection through January & February* — Not everyone is lucky to have warmth and comfort. During the months of January and February, PW will be collecting for the Church World Services Blanket Drive. A \$10 donation will provide a blanket for someone needing a little support, warmth and encouragement. Please help by donating! Checks may be made out to First Presbyterian Church, indicate Blanket Drive in the memo, or you may donate online by selecting Blanket Drive in the dropdown menu. Contact Lois Meisterheim at mlmeisterheim@gmail.com.

COFFEE: GROUNDS FOR DISCUSSION & SERVICE — *Sundays, through February 11 / 10:30 am / Room 110 / What's So Amazing About Grace?* — In *What's So Amazing About Grace?* award-winning author Philip Yancey explores grace at street level. If grace is God's love for the undeserving, he asks, then what does it look like in action? And if Christians are its sole dispensers, then how are we doing at lavishing grace on a world that knows far more of cruelty and unforgiveness than it does of mercy?

SUNDAY EDUCATION FOR ADULTS — *Sundays, through February 11 / 9:00 am / Boardroom / Rev. Rebekah Anderson / The Journey Inward: Embracing Vulnerability as a Spiritual Practice* — Over the past decade, the work of researcher Brené Brown has brought experiences of vulnerability and shame out of the darkness and into the light. In this class, we'll learn about what vulnerability looks like, the things that get in the way of living authentically, and why embracing a life of vulnerability is not only what we're called to do as followers of Jesus, but also a critical part of finding the capacity to withstand life's greatest challenges.

MIDDLE SCHOOL RETREAT — *Friday, March 1 - Sunday, March 3* — The Middle School Retreat for students in grades 5-8 will take place from Friday, March 1 through Sunday, March 3 at the Daycholah Center in Ripon, Wisconsin. We're so excited! We'll have more details regarding the retreat available soon, but let Rebekah know if you're planning to join us! We'll email you with more registration details. The all-inclusive cost of the retreat which includes lodging, meals and transportation is \$240. Scholarships are available. We do not want cost to prevent any person from joining us on this trip. If you have any questions, please contact Rebekah Anderson by email at rebekahanderson@firstpresah.org.

COLLEGE CARE PACKAGES — As we continue our journey through this year, the Youth Ministries Committee will be teaming up with the Mission Committee to support our First Pres college students on their journey. If you'd like to donate treats or other items to include in the packages, please look for the large backpack display in the lobby today and on Sunday, February 4, or deliver them to the church office by February 7. Suggested items: \$5 Starbucks gift cards, prepackaged snacks such as cookies, candy bars, crackers, granola bars, gum, packets of hot chocolate or soup, or other small items. Monetary donations to help cover shipping are also appreciated and can be given online. We are also collecting current mailing addresses for the college students, as well as cell phone and email address. If you have college students in your family, please send us the info via email to Rebekah Anderson at rebekahanderson@firstpresah.org or Darl Pochert at darl.pochert@icloud.com.

Worship Next Sunday

February 4, 2024: Fifth Sunday after Epiphany

9:00 am — Worship (Chapel)
Music: Compass Praise Band

10:30 am — Worship (Sanctuary)
Music: Chancel Choir and First Pres Brass

Preacher: Rev. Laura Sherwood
Scriptures: Isaiah 40:21-31; Mark 1:29-39
Sermon Title: "A Deserted Place to Pray"

If you give electronically but would like to put something in the offering plate, we invite you to use the laminated bookmarks available in the pew rack in front of you. We will be keeping you abreast of your generosity.

Bookmarks*	\$313.00
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***GIVING OPPORTUNITY: PC(USA) Native American Church Property Fund** — The Native American Church Property Fund assists with needed repairs of Native American churches and chapels in the Presbyterian Church, PC(USA). Repairing the infrastructure of Native American churches and chapels also supports the mission, ministry and presence of Native American congregations in the PC(USA). The need for funds to conduct urgent and immediate repairs and improvements, including health and safety repairs, will enable continued use of the facilities by congregations and the public who visit the churches. Currently, there are approximately ninety-five Native American PC(USA) congregations in the United States.

NEW ONLINE GIVING PORTAL — We will be transitioning to a new online giving portal, Abundant Online Giving. The new portal will allow members to cover the processing fee for online credit card giving. In 2022, we were charged \$11,000 in processing fees and we expect to be charged approximately \$9,800 in 2023. These are fees that could be going to the mission and ministry of First Pres. More information will be coming. If you have any questions, contact business administrator, Debbie Walter, at debbiewalter@firstpresah.org.

PLEASE GIVE TO COVER YOUR PER CAPITA APPORTIONMENT — Each year every Presbyterian church is apportioned a share of the ecclesiastical expenses of the Presbytery, Synod and General Assembly. These are the activities that make us Presbyterian. This apportionment is based on church membership. In 2024, this apportionment is \$36.50 per member. Any funds you designate for the apportionment will be used for this purpose and will free up our General Fund dollars to be used in supporting the vision, overall ministry and missions of our congregation. Please consider contributing your share of the Per Capita Apportionment.

PADS (PUBLIC ACTION TO DELIVER SHELTER) — The First Pres PADS overnight shelter is open for the season. Each evening, we need twelve volunteers to fill our shifts. Training is provided for all volunteers. We also have many opportunities to donate food and other items for our guests. If you have any questions or would like more information, email pads@firstpresah.org.