

BE LIKE RACHEL



Rachel's Day

Since 1997 St. Paul's Women of the ELCA have been observing Rachel's Day on the first Sunday in May. Brought before the triennial convention in 1996, the Metropolitan Chicago Synod of Women of the ELCA, encouraged each synodical women's group to decry violence against children. Rachel's Day is observed to uplift all children but especially those living in violence, those underserved through poverty, those abused and neglected, and those suffering with physical and/or mental illness. Today we uplift all of God's children, since each one of us is loved unconditionally by Our Caring and Compassionate God.

Rachel's Day — May 3, 2026

Prelude

Welcome & Announcements

Children's Sermon - Paula Rosenback

Opening Hymn

Christ Be Our Light

ELW 715

Call to Worship – Pam Ewing

Out of fear and in silence, we have left ourselves and our children victims to gun violence.

Children: We are determined to raise our voice in loud resolve.

The Herods of the world are seeking out our little ones to destroy them.

Children: We are determined to raise our voice in loud resolve.

Our children need us to stand for them. Keep us from giving up and giving in.

Children: We are determined to raise our voice in loud resolve.

With each shooting our children lives, our lives, and society is changed forever.

Children: We are determined to raise our voice in loud resolve.

Rachel shows us the way to justice, to be heard, to make a difference.

Children: We are determined to raise our voice in loud resolve.

Help us to get up and move all that stands in our way of keeping our children safe.

All: Our resolve is in you, O God.

Help us to be consumed only by the joy of our children when they feel safe.

All: Our resolve is in you, O God.

Help us to turn to you when we are overwhelmed and don't have the answers.

All: Our resolve is in you, O God.

Help us rejoice in anticipation of the day when every gun is no more.

All: Our resolve is in you, O God.

Leader: Let us pray.

O God of justice, give us determination and resolve, so that we can do the work of beating guns into swing sets and give hope to our children. This we ask through your Son, the Prince of Peace, our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and forever.

All Amen.

A litany of determined resolve for Rachel's Day was written by Valora K Starr. Copyright © 2025 Women of the Evangelical Lutheran Church in America. Developed by Women of the Evangelical Lutheran Church in America. May be reproduced for use in Women of the ELCA units, clusters/conferences and synodical women's organizations provided each copy is reproduced in its entirety, unless otherwise indicated by the material, and carries this copyright notice. Please direct all other requests for permission to reproduce to women.elca@elca.org

First Reading: Jeremiah 31: 15-17 (NLT) - Lisa Bodnar

This is what the Lord says: “A cry is heard in Ramah—deep anguish and bitter weeping. Rachel weeps for her children, refusing to be comforted—for her children are gone.” But now this is what the Lord says: “Do not weep any longer, for I will reward you,” says the Lord. “Your children will come back to you from the distant land of the enemy. There is hope for your future,” says the Lord. “Your children will come again to their own land.”

Holy wisdom, Holy Word.

People: Thanks be to God

Psalm 46 read responsively— Linda Rosa

L God is our refuge and strength, always ready to help in times of trouble.

P So we will not fear when earthquakes come and the mountains crumble into the sea.

L Let the oceans roar and foam. Let the mountains tremble as the waters surge!

P A river brings joy to the city of our God, the sacred home of the Most High.

L God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it.

P The nations are in chaos, and their kingdoms crumble! God’s voice thunders, and the earth melts!

L The Lord of Heaven’s Armies is here among us; the God of Israel is our fortress.

P Come, see the glorious works of the Lord: See how he brings destruction upon the world.

L He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire.

P “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”

L The Lord of Heaven’s Armies is here among us; the God of Israel is our fortress.

Second Reading: 2 Thessalonians 3:1-5 - Liz Falls

Finally, dear brothers and sisters, we ask you to pray for us. Pray that the Lord’s message will spread rapidly and be honored wherever it goes, just as when it came to you. Pray, too, that we will be rescued from wicked and evil people, for not everyone is a believer. But the Lord is faithful; he will strengthen you and guard you from the evil one. And we are Confident in the Lord that you are doing and will continue to do the things we commanded you. May the Lord lead your hearts into a full understanding and expression of the love of God and the patient endurance that comes from Christ. Holy Wisdom

People Holy Word

Alleluia. Lord, to whom shall we go? You have the words of eternal life. Alleluia. Alleluia.

Holy Gospel according to Matthew in the 2nd Chapter. C Glory to you, O Lord.– Beth Brower

After the wise men were gone, an angel of the Lord appeared to Joseph in a dream. “Get up! Flee to Egypt with the child and his mother,” the angel said. “Stay there until I tell you to return, because Herod is going to search for the child to kill him.” That night Joseph left for Egypt with the child and Mary, his mother, and they stayed there until Herod’s death. This fulfilled what the Lord had spoken through the prophet: “I called my Son out of Egypt.”

Herod was furious when he realized that the wise men had outwitted him. He sent soldiers to kill all the boys in and around Bethlehem who were two years old and under, based on the wise men’s report of the star’s first appearance. Herod’s brutal action fulfilled what God had spoken through the prophet Jeremiah: “A cry was heard in Ramah— weeping and great mourning. Rachel weeps for her children, refusing to be comforted, for they are dead.”

This is the Gospel of the Lord.

P Praise to you, O Christ.

Nadia Bolz-Weber Beatitudes <https://youtu.be/ctcjNCrGyT8?si=oL2B6ZhBbm8m0Oth>

Sermon

Pamela Little

Hymn of the Day

Alyssa Lies by Jason Michael Carroll

<https://youtu.be/xumsvSi8qz0?si=RaO8hFc7G65Im59L>

Affirmation of Faith– Linda Hamm

**We believe in God who loves us and wants us to love each other,
This is our God.**

**We believe in Jesus who cared about children and held them in his arms. He wanted a
world where everyone could live together in peace.
This is Jesus Christ.**

**We believe in the Holy Spirit who keeps working with us until everything is good and
true.
This is the Holy Spirit.**

**We can be the Church which reminds people of God because we love each other.
This, we believe. Amen.**



Prayers of the Church— Pamela Littled & Lisa Bodnar

This prayer written by Laura Jean Truman is from the book “A Rhythm of Prayer“.

The Prayer for the Tired, Angry Ones

P -God, We're so tired.

All: Lord Listen to your children praying

L- We want to do justice, but the work feels endless, and the results look so small in our exhausted hands.

All: Lord Listen to your children praying

P - We want to love mercy, but our enemies are relentless, and it feels like foolishness to prioritize gentleness in this unbelievably cruel world.

All: Lord Listen to your children praying

L- We want to walk humbly, but self-promotion is seductive, and we are afraid that if we don't look after ourselves, no one else will.

All: Lord Listen to your children praying

P - We want to be kind, but our anger feels insatiable.

All: Lord Listen to your children praying

L - Jesus, in this never-ending wilderness, come to us and grant us grace.

All: Lord Listen to your children praying

P - Grant us the courage to keep showing up to impossible battles, trusting that it is our commitment to faithfulness, and not our obsession with results, that will bring in Your shalom.

All: Lord Listen to your children praying

L - Grant us the vulnerability to risk loving our difficult and complicated neighbor, rejecting the lie that some people are made more in the image of God than others.

All: Lord Listen to your children praying

P - Grant us the humility of a de-centered but Beloved self.

All: Lord Listen to your children praying

L - As we continue to take the single step that is in front of us, Jesus, keep us from becoming what we are called to transform.

All: Lord Listen to your children praying

P - Protect us from using the empire's violence—in our words, in our theology, in our activism, and in our politics—for Your kingdom of peace.

All: Lord Listen to your children praying

L - Keep our anger from becoming meanness.

Keep our sorrow from collapsing into self-pity.

Keep our hearts soft enough to keep breaking.

Keep our outrage turned towards justice, not cruelty.

Remind us that all of this, every bit of it, is for love.

Keep us fiercely kind.

Amen.

Peace

P The peace of Christ be with you always.

Please share a sign of God's peace.

C And also with you.

The offering is received

Anthem That Judgment Mornin' Words: Nancy Price & Don Besig Music: Don Besig

We're gonna rise up that judgment morning, rise up that judgment morning. Gonna rise up that judgment morning, ready to walk on the streets of gold. We're gonna rise up that judgment morning, rise up that judgment morning,. Gonna rise up that judgment morning, ready to walk on the streets of gold. We've got to get ready for that glorious day.

We're gonna rise up that morning. When the troubles of the world gonna fade away.

We're gonna risen up that morning. The pearly gates will open wide, and we'll be ready to step inside. And we'll all sing Hallelujah. On that final judgment day! We're gonna rise up that judgment morning, rise up that judgment morning. Gonna rise up that judgment morning, ready to walk on the streets of gold. One bright morning we will wake up and see a chariot waiting there for you and me. We're gonna rise up that morning. We'll hear our names and get on board. We'll ride to heaven and our reward. And we'll all sing Hallelujah! Hallelujah! We're gonna rise up that judgment morning, rise up that judgment morning. Gonna rise up that judgment morning, ready to walk on the streets of gold. We're gonna rise up that judgment morning, rise up that judgment morning. Gonna rise up that judgment morning, ready to walk on the streets of gold.

Offertory Hymn

ELW 182

Let the vineyards be fruitful, Lord, and fill to the brim our cup of blessing. Gather a harvest from the seeds that were sown, that we may be fed with the bread of life. Gather the hopes and the dreams of all; unite them with the prayers we offer now. Grace our table with your presence, and give us a foretaste of the feast to come.

Offertory Prayer

Great Thanksgiving – page 144

L The Lord be with you. **C** **And also with you.**

L Lift up your hearts. **C** **We lift them to the Lord.**

L Let us give thanks to the Lord our God. **C** **It is right to give our thanks and praise.**

The Proper Preface is chanted.

L It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, for the glorious resurrection of our Savior Jesus Christ, the true Paschal Lamb who gave himself to take away our sin; who in dying has destroyed death, and in rising has brought us to eternal life. And so, with Mary Magdalene and Peter and all the witnesses of the resurrection, with earth and sea and all their creatures, and with angels and archangels, cherubim and seraphim, we praise your name and join their unending hymn:

Sanctus Pg. 144

C **Holy, holy, holy Lord, God of pow'r and might, heaven and earth are full of your glory. Hosanna. Hosanna. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

The Great Thanksgiving

LORD'S PRAYER

C 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 and ever. Amen

Agnus Dei Pg. 146

Lamb of God, you take away the sin of the world; have mercy on us. Lamb of God, you take away the sin of the world; have mercy on us. Lamb of God, you take away the sin of the world; grant us peace.

Communion is distributed.

Communion Music

Post Communion Prayer—Pam Ewing

Dear God,

Please protect all children today. Guard their bodies, minds and hearts wherever they go. Keep them safe at home, at school, and in the world. Surround them with love, patience, and understanding. When they feel afraid, let them feel your presence. I share this prayer so your protection may cover every child and every parent.

P: Amen

Closing Hymn Go, My Children with My Blessing ELW 543

Dismissal— Children

AM Go now in peace, to love and serve the Lord and your neighbors.

C Thanks be to God

Postlude

Thank you for coming. May God's peace be yours today.

IN OUR THOUGHTS AND PRAYERS

The following is a listing of those who need your prayers. Our hope is that you will take this listing home with you and in your daily prayers remember those listed below. If you would like to add or subtract for this list, please write name(s) on the Prayer of Concerns form in the Narthex located on the stand up desk to the right of the exit doors or email the office. Thank you!

| | | | |
|-------------------------|-----------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Joe Abbott | Richard Marine | Bruce Yauney | Our Nursing Home Members |
| Roberta Alteri | Janis Martin | Clayton Young | Dee Gammon |
| Coni Aparo | Gil & Marilyn Martin | Clarence & Priscilla | Midge Rosenbeck |
| Charlie Blakeslee | Michael Meyers | Ed | Mae Fay |
| Kathy Ann Campbell | Brigitte Mueller | Jen O. | Francine Ahrens |
| Angelo & Nicole Capasso | Bob Murphy | Jaiden | Betty Hilton |
| Carol Cianciolo | Barbara Nalette | Steve | Walter Joray |
| Pat Collins | Karen Ness | Lou W. | Daine Wright |
| Emma Cortina | Tom O'Brien | Todd | Our Military Friends |
| Emily Decker | Karen Pagano | Robert K. | Lord Jesus, Savior of the World and King of Peace, watch over our sons and daughters in the service of their Country. Protect them from the physical and moral dangers. Keep them close to you and help them live the commandments. Lord, Jesus give them courage to serve their country with honor and dignity. Be with them when they are in danger; strengthen them when they face hardship. Above all Lord, grant that when their service is finished that they may return to us, sound in mind, body and soul. Amen. |
| J.J. Eby | Melissa Pilbin | Terry | |
| Judy Elliott | Lisa & Dennis Polzun | Hagbard | |
| Diane Engle | Ed & Susan Regner | Peanut | |
| Jan Eucalitto | Baerbel Roehl | Diane L. | |
| Weston Faith | Patricia & Richard Sawitzke | Holly L. | |
| Amy Falls | Jean Schlapfer | Al & Mary | |
| Bruce & Liz Falls | Sarah Seelye | Isaac | |
| Rosemarie Foth | Paul Smith | Marci | |
| Bob Frantz | Sigrid Smitley | Kyle W. | |
| Danise Hall | Lori Sola | Michelle | |
| Renate Higgins | Deb & Jon Sterling | Ethan & his Marine Unit | |
| Kathleen Hilton | Tom Sterling Sr. | Jonathan E & his Army Unit | |
| Shannon Hilton | RuthAnn Stone | Stefan Nikola J. | |
| Shaelynn Holmgren | Patricia Switzer | | |
| Rusty Judd | Diane Tanner | Pastor Cady & family & friends of Sigrid Devita | |
| Brian Kiernan | Gloria Thibault | | |
| Marge Kiernan | Nancy Underwood | Family & friends of James Murdick | |
| Marilyn Killingbeck | Lucille Videtto | | |
| John Lewis | Carol Vrlik | | |
| David Little | Justin Wade & Family | Family & Friends of Betsy Anderson | |
| Rebecca Little | Eveyln Walters | | |
| Kari Machowski | Sue Watkins | | |
| Audrey Marquard | James Weber | | |
| Abigail Marine | Kim Weissman | | |
| Eric Marine | | | |

Around the Church

| Event | Date | Time |
|--------------------------|------|---------|
| Chris. Ed. Meeting | 5/4 | 6:30 pm |
| Finance Committee | 5/6 | 6 pm |
| Property Committee | 5/6 | 7 pm |
| Toastmasters Club | | 7 pm |
| Penny Auction | 5/8 | 5 pm |
| Motorcycle/Car Show | 5/9 | Noon |
| Council | 5/11 | 7 pm |
| Potluck and Praise | 5/14 | 6 pm |
| CYC Concert @ St. Paul's | 5/17 | 4 pm |
| New Members Class | 5/23 | 10 am |

Bible Study

Tuesday via Zoom 6:00 pm

In person Bible Study Wednesdays

10:00 am

Wednesdays

Tai Chi 11:00 am

Quilting Group 1:00 pm

Offerings Summary:

| | |
|----------------------|-------------------|
| Needed Weekly | \$6,290 |
| Received | \$3,898 |
| Shortfall | (\$2,392) |
| YTD shortfall | (\$42,184) |

Minimalist bulletin

Prelude

Announcements

Children's Sermon

Opening Hymn

Call to Worship

Prayer of the Day

First Reading

Psalm

Second Reading

Gospel Acclamation Pg. 142

Reading of the Holy Gospel

Sermon

Hymn of the Day

Affirmation of Faith

Prayers of the People

Peace

A Capella Choir Anthem

The Offering is received

Offertory Hymn ELW 140

Offertory Prayer

Great Thanksgiving

Sanctus pg. 144

Lord's Prayer

Agnus Dei (Lamb of God) pg. 146

Communion is Distributed

Post-communion prayer

Closing Hymn

Dismissal

Postlude

The Rev. Dr. G. Scott Cady

Music Director Marcia Newcome

Around the Church

Christmas Eve survey please fill it out if you have not already.

Anyone wishing to be a Sunday helper next year please sign up sheet in narthex or contact Pastor.

Those interested in becoming official members please fill out a form found on the table in the narthex.

New Tai Chi class starting on Tuesday May 5, 2026 10 to 11:15 am \$12 per class

Divine by Design ~B Still & Breathe with Bonnie

Approach

I embrace a holistic approach to better health. Through the practice of gentle movement, breathwork and mindful meditation we are able to release stress and anxiety, and thus harmonize mind, body, spirit and emotions. By enhancing tranquility, we improve balance, coordination, mind/body awareness, flexibility, circulation and range of motion. Participants blossom in a fun and friendly atmosphere.

Teaching Experience

For the past 12 years, I have taught tai chi, qigong, and mindful meditation with large groups and small in many venues, including the Sullivan Senior Center in Torrington, the Torrington Historical Society, Keystone Place at Newbury Brook, the Torrington Health Department, and Ed Advance.

Training

I have been practicing tai chi, qigong, yoga and meditation for over 30 years and have trained with national and international experts in the field, including: Paul Lam, Master Yang Yang, Lee Holden, Greg DeLisio, Ken Nelson, and Daisy Lee among others.

Contact Information

Bonnie Fienemann
b.taichi.3@gmail.com