



**June 19, 2022**

**9:55 AM**

**WORSHIP MUSIC**

Unclouded Day  
Sweeter as the Days Go By  
Amazing Grace/Peaceful, Easy Feeling  
I Refuse

**MESSAGE**

“Cleaning the Baptismal Waters”  
*Rev. Nathan Decker*

**SCRIPTURE**

Amos 5:14-15, 21-24  
*NRSV*

**SPECIAL MUSIC**

Come to the Water  
*Chancel Choir Quartet*

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**SUNDAY WORSHIP SCHEDULE**

<u>DATE</u>	<u>SERMON TITLE</u>	<u>SCRIPTURE</u>	
June 26	<i>God's Spirit and the People's Dreams</i>	Joel 2:23-32	NRSV
July 3	<i>No Such Thing as a Free Lunch</i>	Jonah 4:1-11	NRSV
July 10	<i>Standing Up, Like Captain America, to the Bullies</i>	1 Samuel 17:21-24	NRSV
July 17	<i>Being a Best Friend like Black Widow</i>	1 Samuel 20:35-42	CEB

**STAFF DIRECTORY**

Ministers..... All Disciples of the Congregation  
Senior Pastor: Nathan Decker.....nathandecker@chesterumc.org  
Associate Pastor: Chad Beck.....chadbeck@chesterumc.org  
Minister of Music/Office Assistant: Joshua Wortham..... music@chesterumc.org  
Office Manager: Terry Wisegarver..... cumcsecretary@chesterumc.org  
Financial Specialist: Julie Jones ..... finance@chesterumc.org  
Nursery Specialist: .....Alistia Mabry  
Nursery Assistant:..... Carla Adams  
MS & HS Youth Ministry (Jennifer Brame, Jeff Geisz, Gordon Morris) .....youthleaders@chesterumc.org



ONLINE GIVING

*A Community in Christ*

## **Chester United Methodist Church**

*Rooted in God, Growing in Christ, Bearing Fruit in the Spirit*

12132 Percival Street, Chester, Virginia 23831 \* Church: (804) 748-6006 Fax: (804) 748-0859

Web Site: [www.chesterumc.org](http://www.chesterumc.org) \* *A Stephen Ministry Congregation*



### **FRESH START SERVICE**

June 19, 2022—8:30 AM



*Please sign the teal attendance pad and pass it to your neighbor.*

#### **WORSHIP MUSIC**

Sing, Sing, Sing  
Everyday  
My Savior, My God  
I Refuse

#### **SPECIAL MUSIC**

Come to the Water  
*Chancel Choir Quartet*

#### **SCRIPTURE**

Amos 5:14-15, 21-24  
*NRSV*

#### **MESSAGE**

“Cleaning the Baptismal Waters”  
*Rev. Nathan Decker*

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June 19, 2022

A Service of Worship and Praise  
11:00 AM

3<sup>rd</sup> Sunday  
after Pentecost

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*Please sign the red attendance pad, register for activities, and pass it to your neighbor.*

Welcome, Announcements and Greeting

Chimes

Prelude

*I Am Bound for the Promised Land*

Chancel Choir

\* Call to Worship<sup>1</sup>

Leader: The world cries to us in its distress. How shall we answer?

**People: We cannot pass by as though nothing is wrong.**

Leader: How shall we answer?

**People: We cannot become so focused on ourselves that others mean nothing to us.**

Leader: How shall we answer?

**People: We shall be the neighbor in service, reconciliation, and compassion wherever we can. In Jesus' Holy Name. AMEN.**

\* Prayer of Confession<sup>2</sup>

**Stony the road we have walked and yet we forget our footsteps. We have too often not honored the faith of our foreparents. We have too often strayed from the righteous path. We have too often been drunk on the wine of the world, and not lived out the radical gospel of service and peace. We have too often lived in division and sin. Forgive us, O God. Call us back to our heritage; back to you.**

\* Assurance of Pardon<sup>3</sup>

**Christ is our peace and has torn down every barrier between us and heaven; between us and all humanity. By his life, he has broken down these barriers that separate and has built us up into one body in God by the Spirit. Whoever repents and believes, he has promised reconciliation and peace. Let us live as people reconciled. AMEN.**

\* Opening Hymn No. 103

*Immortal, Invisible, God Only Wise*

\* Apostle's Creed No. 881

\* Gloria Patri No. 70

**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.**

Anthem

*Come to the Water*

Chancel Choir

Why We Give  
Offertory

*Holy, Holy, Holy*

Organist

\* Doxology No. 95

**Praise God from whom all blessings flow; praise God, all creatures here below:  
Alleluia! Alleluia! Praise God, the source of all our gifts!  
Praise Jesus Christ, whose power uplifts! Praise the Spirit, Holy Spirit!  
Alleluia! Alleluia! Alleluia!**

Pastoral Prayer & The 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 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. Amen**

Hymn No. 431

*Let There Be Peace On Earth*

Scripture  
Sermon

*Amos 5:14-15, 21-24  
Cleaning the Baptismal Waters*

NRSV  
Rev. Nathan Decker

\* Closing Hymn

*We Are Called*

See insert.

\* Benediction  
\* Choral Amen

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\* *Please stand as you are able.* **Bold print indicates a response in unison.**

**The Flowers on the Altar** are given to the glory of God and in honor of Nancy Salazar and David Poulsen who were united in holy matrimony yesterday here at church.

**Hearing Assistance Devices, Large Print Hymnals, and Braille Hymn Sheets** are available for use in the Sanctuary. Please ask an usher.

**Worship Footnotes:**

<sup>1</sup> <https://www.ministrymatters.com/all/entry/3994/worship-connection-july-10-2022><sup>2</sup> United Methodist Hymnal # 607

<sup>2</sup> *Prayer of Confession*, The Africana Worship Book © 2006 by Discipleship Resources, page 222

<sup>3</sup> *Assurance of Pardon*, The Africana Worship Book © 2006 by Discipleship Resources, page 222

## CALENDAR

### June 19-26, 2022

Office Hours: Mon-Thurs 8:30 AM-2:00 PM

Today: 8:30 AM Nursery until 12:00 PM

Fresh Start Worship-DFH

9:30 AM Children's Sun Sch-210

9:45 AM Adult Sunday School

9:55 AM Bridge Service-Sanc/Stream

11:00 AM Traditions Service-Sanc/Stream

2-4:00 PM Garrett Visitation-JT Morriss

3:00 PM NO YOUTH

Mon.: 10:00 AM June Garrett Memorial-Sanc

10:45 AM Garrett Reception-DFH

2:00 PM Village People-offsite

Tues.: 1:00 PM History Com-220

7:00 PM Young Adults Bib Study-Annex

Wed.: 6:00 PM **SPRC-226**

7:00 PM Chancel Choir-Sanc

Thurs.: 7:30 AM Men's Group-Grant's Coffee

11:00 AM Contemplative Prayer-Parlor

1:30 PM Prayer Shawl-Parlor

Fri.:

Sat.:

### Next Sunday: **June 26, 2022**

8:30 AM Nursery until 12:00 PM

Fresh Start Worship-DFH

9:30 AM Children's Sun Sch-DFH

9:55 AM Bridge Service-Sanc/Stream

11:00 AM Traditions Service-Sanc/Stream

3:00 PM NO YOUTH

6:30 PM Playground wt Pastor-Pt of  
Rocks Park Playground

**Online Giving:** Scan the QR code with your smartphone to contribute online or visit [www.chesterumc.org](http://www.chesterumc.org) and click "Online Giving."



**Calling All Veterans** to register in the pew pad and list in which branch of the service you served. We want to have an accurate list in our data base of all who have served our country. Thank you. POC: Terry

### Leading Our Worship NEXT SUNDAY, June 26, 2022

**Greeters:** 8:30 Andy & Eileen Steck

9:55 Ed & Marian Garrett

11:00 Donna Nunery, Rae Ann Janderwski

**Ushers:** 8:30 Gordon Jones \*, Bruce Johnson, Ron Dombrowski \*Indicates Head Usher

9:55 Linda D'Agostino\*, Pat Stanfield

11:00 Gary Williams\*, Kay Williams, Emory Large, Stephen & Joan Osborne

**Nursery:** 8:30, 9:55, 11:00 Staff Members, Alistia Mabry & Carla Adams

*We are truly blessed if you are a guest who has chosen to worship with us today!  
First-time guests are invited to pick up a blue Welcome Bag from the Atrium or  
Narthex. Thank you for celebrating the Lord with us today!*

**Our Parish Nurse, Cindy Webb** is in today (9:00-10:45, Office 111).

**VBS SHOWCASE:** TODAY, June 19, 8:15 AM -12:15 PM in the Atrium. You can register your child, learn how you can volunteer, hear a little about what your child will experience, and even have things that you can take home to help us prepare for VBS week (July 11-15). We can't wait to welcome you aboard the ROCKY RAILWAY!

**Celebration of Life for June Garrett:** Monday, June 20, at 10:00 AM in the Sanctuary followed by a reception in Davis Fellowship Hall. Visitation with the family is Sunday, June 19, from 2:00 to 4:00 PM at J.T. Morriss & Son Chester Chapel. Interment will be at 2:30 PM in Wickliffe Cemetery, Brookneal, VA.

**Playground with the Pastor:** Sunday, June 26, 6:30 PM at Point of Rocks Park (201 Enon Church RD, Chester 23836—R. Garland Dodd Park.). Join us for fun with Chester UMC friends and family on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of June, July, August, September, and October!

**Supplies for Veterans:** Volunteer Service, the group that has been accepting and distributing our cards to the Veterans, has made us aware that the patients at McQuire Veterans Hospital, need personal items during their stay there. *Please place your donations in the labeled bin in the Missions Closet.* POC: Barbara MacIntyre ([telluwhatbarbara@aim.com](mailto:telluwhatbarbara@aim.com))

ITEMS REQUESTED:

1. bar soap (unscented like Dove or Arm & Hammer)
2. cheap shower shoes/flip flops (men's sizes 6-12)
3. men's medium size sweatshirt & matching pants

**VBS Volunteers:** All aboard the *Rocky Railway* where we'll have fun adventures learning about Jesus' power and how He helps us! To make this happen, we need VOLUNTEERS (group shepherds and assistants (escort children from one station to the next), music, recreation, crafts, and snacks)! We need them now, later, and especially, JULY 11-15! Prayerfully consider this call to work with our children and those in our community. *Register in the pew pad* if you are willing to help. POC: Sherri Morris ([smorris787@aim.com](mailto:smorris787@aim.com); 804-221-1528)

**VBS NEEDS:** Empty toilet paper rolls; large plastic sheeting (a roll of it would really be great!); canvas drop cloths (can be used since we will be spatter painting them). Please put your name on your drop cloth if you would like it returned. Place your donations in the labeled bin in the Missions Closet.

**KEEP IN PRAYER:** Marty Beverly; Cornelia DeWitt; Isaias Garcia, age 4 (son of friend of Talina Beck’s family in Mexico; EJ Walters and Kristin C. (friends of Debbie Hubley); family of Ed Williams (brother of Charles [Kathi] Williams); family of June Garrett; family of Ron King; family of Dr. Floyd *Floogie* Moore; Benjamin Blackwell (nephew of Anita Nugent); Betty Owen (sister-in-law of Gail King); Marty Beverly; Vernelle Curtis; Charles “Pa” Decker (father of Pastor Nathan); Kitty Lipscomb; Cecilia Caruso (close friend of Talina Beck); Clayton Herring (brother of Linda Mottley); Debbie Freed; Janean Trimble; Doug and Clara Gestwick.

**Our Presence June 12, 2022**

Fresh Start Service .....	71
The Bridge Service .....	68
Traditions Service .....	115
Online/Call In .....	17
<b>Total Worship Attendance.....</b>	<b>271</b>

**CHESTER UMC ONLINE RESOURCES**

- **Website:** [www.chesterumc.org](http://www.chesterumc.org).
- **Facebook:** <https://www.facebook.com/ChesterUnitedMethodistChurch/>.
- **Facebook Closed Group:** <https://www.facebook.com/groups/ChesterUMC/>.
- **Daily Email News:** Visit <http://eepurl.com/blV9Tv> to subscribe.
- **Daily Devotionals from Pastor Nathan:** <https://www.facebook.com/BetterTogether.Devos/>.
- **YouTube:** <https://www.youtube.com/c/ChesterUMC>.
- **Prayer Chain Email:** to subscribe or to submit a prayer request, email Terry at [cumcsecretary@chesterumc.org](mailto:cumcsecretary@chesterumc.org) with “Prayer Chain” or “Prayer Request” in the subject line.
- **CUMC Library Catalog:** <https://16538.rmwebopac.com> (password: CUMC). Search for titles, peruse our inventory, and much more. POC: Ron Dombrowski ([rmachachi@aol.com](mailto:rmachachi@aol.com)).
- **The Chimes**, bi-monthly newsletter: Submit items to [communication@chesterumc.org](mailto:communication@chesterumc.org) on 3<sup>rd</sup> Wednesday of January, March, May, July, September, and November.

**Leading Our Worship TODAY, June 19, 2022**

<b>Greeters:</b>	<b>8:30</b>	Vince & Linda D’Agostino
	<b>9:55</b>	Mette Shultz
	<b>11:00</b>	Mary Musselwhite, Martha Miles
<b>Ushers:</b>	<b>8:30</b>	Dave Coker *, Dale Clark, Bill Comer *Indicates Head Usher
	<b>9:55</b>	Gordon Morris*, Jim Watkins
	<b>11:00</b>	Gordon Jones*, Larry Koon, Geoff LeSueur, Vann Stanfield, Scott Pugh
<b>Nursery:</b>	<b>8:30, 9:55, 11:00</b>	Staff Members, Alistia Mabry & Carla Adams

**Choir Tour Home Concert** Wednesday, **June 29, at 7:00 PM.** Invite your friends and neighbors to this exciting concert of worship featuring our Chancel Choir and guest soloist Tiffany Coburn (*Dove Award nominee and member of a cappella sensation, Voctave*). This will be the culmination of our summer tour to Charleston and Savannah. For a complete list of our performance dates and venues, visit [www.chesterumc.org/tour](http://www.chesterumc.org/tour). If you have friends and family in those areas, encourage them to attend!

**Dessert Reception - Wednesday, June 29:** Following our Choir Tour Home Concert, join us in Davis Fellowship Hall for a dessert reception as we celebrate Music Minister Joshua Wortham's 40th birthday! *If you are willing to bring a dessert (cooled pies, cakes, bars, or similar treats, including pre-sliced fresh fruit), please sign up in the pew pad.* Label your serving tray if you want it returned. POC: Kris Spadaccia ([kspadaccia@aol.com](mailto:kspadaccia@aol.com))

**CUMC Blood Drive:** Wednesday, **July 6,** 11:00 AM -4:00 PM. The Red Cross is currently experiencing very low participation with their blood drives, and the need is great! Youth may also donate blood (ages 17 and up or 16 with a signed parental consent form). There have been no high school blood drives in two years at Chesterfield County schools. What a great opportunity for parents to come and donate with their teenager! The Red Cross loves to see young donors! Please sign up at [www.redcrossblood.org](http://www.redcrossblood.org) to donate life-saving blood. Registration is open now.

**CUMC in a Nutshell:** July 10, or August 14 (2<sup>nd</sup> Sundays) at 9:45 AM . If you are new, visiting, or just want to learn more about Chester United Methodist Church, please join us in Room 116 at 9:45 AM on **July 10**, to meet others and chat about what's happening at Chester UMC. There is no need to RSVP. POCs: Joan Osborne (540-270-4251) and Beth Stewart (919-210-2220)

**Take Me Out to the Ballgame!** Children's Ministry is inviting our whole church to come out and enjoy a night of baseball on **Saturday, July 16**, at 7:00 PM. Because this follows our Vacation Bible School, this is an awesome opportunity to invite kids and adults to see how much fun our church can be together. The Tri-City Chili Peppers will be taking on the Morehead City Marlins. Tickets are \$16 and must be printed out after purchase. To join us for a great night at the park, go to <https://chilipeppers.isportstix.com/order/group/chmc2022/>!



**What Do Stephen Ministers Do?** Ever thought about becoming a Stephen Minister? Stephen Ministers work alongside our pastors to care, encourage, and provide emotional and spiritual support to people who are going through a difficult time, such as divorce, grief, hospitalization, unemployment, terminal illness, relocation, chronic illness, or loneliness. If you have gifts for caring, encouragement, and listening, please begin to prayerfully consider whether you might want to be part of this exciting ministry. *If you think you might be interested, please contact Stephen Leader Steve Osborne at 407-921-0227 or register in the pew pad.*



## **SUNDAY SMALL GROUPS**

**Children's Sunday School** will continue this summer! 9:30 – 9:55 playground, 10:00 – 10:45 Bible/gospel lesson & activities in **Room 210**. Please sign up in the pew pad if you have a heart for our children and would like to assist (as your schedule allows) in any of these areas this summer. The curriculum will be provided for you and the reward will be great. I have no greater joy than to hear that my children are walking in the truth.” 3 John 1:4 POC: Chad Beck ([chadbeck@chesterumc.org](mailto:chadbeck@chesterumc.org))

### **Sunday Soles—Faith on the Move: WILL RESUME IN THE FALL.**

Sundays at 3:30 PM, at the Annex, weather permitting. Check the church Fb page for cancellation or time changes for the walk/run. We start with a group warm-up, then a 2-mile loop. Routes provided so you can go at your own pace. POCs: Sarah Bowers ([massagebysarahb@gmail.com](mailto:massagebysarahb@gmail.com))

### **Fresh Start Sunday School Class**

9:45 AM, Room 205, *The Mayberry Bible Study Series* uses classic episodes from *The Andy Griffith Show*, along with relevant scripture, as modern parables on the teachings of Jesus. The Fresh Start Class meets every Sunday morning at 9:45 in room 205 (across the hall from the church library). Visitors and new members are always welcome. Call Susan Petrey, 938-5396, for more information.

### **Journey Sunday School Class**

9:45 AM, Annex and Google Meet (<https://meet.google.com/ptm-pieh-vve>)  
*Traveling Light*, by Max Lucado  
POCs: Carolyn Landis ([landisfamily05@gmail.com](mailto:landisfamily05@gmail.com));  
Eric Hougland ([ehougland88@gmail.com](mailto:ehougland88@gmail.com))

### **Seekers Sunday School Class**

9:40 AM, Room 226, Ecclesiastes: Chasing After Meaning (LifeGuide Bible Studies) by Teresa & Bill Syrios. POC: Barbara MacIntyre ([telluwhatbarbara@aim.com](mailto:telluwhatbarbara@aim.com))

### **Senior Singles Sunday School Class**

9:45 AM, Parlor, *The Walk*, by Adam Hamilton, POC: Cynthia Corley ([cacorley@ctsi.net](mailto:cacorley@ctsi.net))

**Middle and High School Youth Sunday is on SUMMER BREAK UNTIL THE FALL**

**Bridge Builders In-Person: WILL RESUME IN THE FALL.** 6:30 PM, Room 226.

## WEEKLY SMALL GROUPS

**Faith Keepers Women's Prayer Group:** Mondays, 9:00 AM at Grants Coffee Co. (11884 Chester Village DR). POC: Julie Ferry ([juliejerry@gmail.com](mailto:juliejerry@gmail.com))

**Bridge Builders Online Study Group:** WILL RESUME IN THE FALL.

Wednesdays, 12:00 PM. We have open, safe conversations based in Jesus's love and reconciliation.

**Thursday Morning Men's Group:** Thursdays, 7:30 AM at Grants Coffee Co. (11884 Chester Village DR). POC: Vann Stanfield ([vannstan34@gmail.com](mailto:vannstan34@gmail.com))

**Contemplative Prayer Group:** Thursdays, 11:00 AM in the Church Parlor. We read scripture and then practice using silence to focus, pray, and connect with God. Please join us.  
POC: Lisa Stanfield ([lisajostanfield@gmail.com](mailto:lisajostanfield@gmail.com))

**Prayer Shawl Group:** Thursdays, 1:30 PM, in the Church Parlor. All are invited to join us! We will happily teach you how to knit or crochet if you don't already know  
POCs: Beverly Trevillian ([beverly.trevillian@comcast.net](mailto:beverly.trevillian@comcast.net)) & June Gilliam (804-748-6668)

**Village People Study, Socialize, & Service Group SUMMER Schedule:** meets every 3<sup>rd</sup> Monday, 2:00 PM, Community Room at Chester Village Senior APTS (11701 Chester Village DR). Weekly meetings will resume in the fall. POC: Bruce Johnson ([bruce\\_bethjohnson@yahoo.com](mailto:bruce_bethjohnson@yahoo.com))

**Summer Young Adult Bible Study:** Tuesdays, 7:00 PM in the Annex Loft, facilitated by Evan Moody. ALL post-high school young adults are invited to join us! *If you are interested, please contact Evan* ([tmooody44@yahoo.com](mailto:tmooody44@yahoo.com)).

### LOOKING AHEAD

<b>June 29</b>	Choir Tour Home Concert, 7 PM in the Sanctuary
<b>July 6</b>	<b>Blood Drive</b> , DFH, 11 AM-4 PM
<b>July 9</b>	Batman & Wonder Woman: Heroes for Jesus, 10 AM-12 PM
<b>July 11-15</b>	Vacation Bible School at Chester UMC, 9 AM -12 PM
<b>July 16</b>	Tri-Cities Chili Peppers Baseball Game, 7 PM
<b>July 17-23</b>	Camp Impact for Youth
<b>August 10</b>	<b>Blood Drive</b> , DFH, 11 AM-4 PM
<b>August 12</b>	Children's Pool Party, 12-4 PM at Stony Glen residence

Summer Tour 2022

# CHANCEL CHOIR

*from Chester United Methodist Church in Virginia*

## All Rise

**HOME CONCERT!**  
**Chester United Methodist**  
 12132 Percival Street, Chester, VA 23831

**Wednesday, June 29**  
**7:00 PM**

*A love offering will be received to support our music ministry.*

INFO: [www.chesterumc.org/tour](http://www.chesterumc.org/tour)




Guest Artist  
*Tiffany Coburn*

Dove Award Nominee and member of the a cappella sensation **Voctave**



All church concerts are free and open to the public!  
 Please share if you have friends and family who live along our route.

Friday, June 24—*Spring Hill UMC* (Lillington, NC) 7:00 PM  
 Saturday, June 25—The Manor Senior Living (Florence, SC) 2:00 PM  
 Sunday, June 26—*Asbury Memorial Church* (Savannah, GA) 11:15 AM  
 Sunday, June 26—Harmony Senior Living (Savannah, GA) 4:00 PM  
 Tuesday, June 28—*St. Johannes Lutheran* (Charleston, SC) 7:00 PM

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**CAMP IMPACT:** Sunday, July 17, to Saturday, July 23. CUMC is happy to host this FREE intense mission experience for youth. Students will work all day on a job site and spend mornings and evenings in worship. Your students will meet youth from other churches and work alongside them. Our goal is to make sure that everyone is challenged—from the 6th grader who is coming for the first time to the crew chief who has been coming for years. You'll face physical and spiritual challenges as we all wrestle with what God is saying to us during this week.  
 POC: Jennifer Brame ([youthleaders@chesterumc.org](mailto:youthleaders@chesterumc.org))

# We Are Called



1. Come! Live in the light! \_\_\_\_\_ Shine with the  
 2. Come! O - pen your heart! \_\_\_\_\_ Show your  
 3. Sing! Sing a new song! \_\_\_\_\_ Sing of that



joy and the love of the Lord! We are called \_\_\_\_\_ to be  
 mer - cy to all those in fear! We are called \_\_\_\_\_ to be  
 great day when all will be one! God will reign, \_\_\_\_\_ and we'll



light for the king-dom, to live in the free-dom of the  
 hope for the hope-less so all ha-tred and blind-ness will  
 walk with each oth - er as sis - ters and broth-ers u -

## *Refrain*



cit-y of God! \_\_\_\_\_  
 be no more! \_\_\_\_\_ We are called to act with  
 nit-ed in love! \_\_\_\_\_



jus-tice, \_\_\_\_\_ we are called to love ten-der - ly, \_\_\_\_\_



— we are called to serve one an - oth-er, \_\_\_\_\_ to



walk hum-bly with God! \_\_\_\_\_

WORDS: David Haas (Mic. 6:8)  
 MUSIC: David Haas

WE ARE CALLED  
 Irregular with Refrain

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