



# Holy Trinity Sunday

May 26<sup>th</sup> 2024

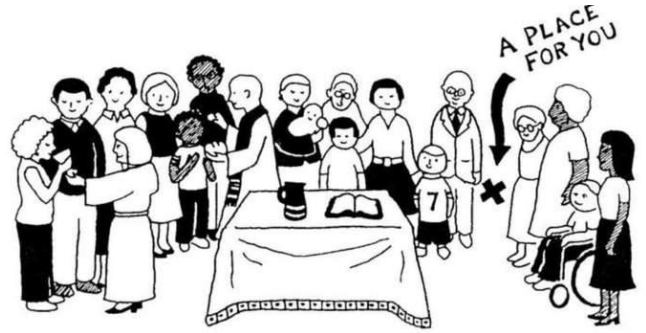
# JOY LUTHERAN CHURCH

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## Welcome!

There is a place for you here.  
*Just as you are.*

We extend welcome to those who are single, divorced, married, widowed, or if your relationship status is “complicated”. We love families, no matter how you define them.



We are glad you are here whether you come every Sunday or if this is your first time at our church or any church at all. You are welcome here if you know the bible backwards and forwards, or have never really read it, if you know Jesus or are just curious to hear what he is all about.

We welcome you if you have doubts about “organized religion” or are a “cradle Christian”. We welcome liberals, conservatives, moderates, and undecideds. If you cheer for the right team, or don’t like sports, you are welcome here.

We especially welcome those who could use a prayer right now, or an assurance that God loves them, those who are struggling, and those who are doing okay.

Whoever you are, whatever your past or present – God welcomes you and so do we.

**We embrace children!** We are used to the joyful sounds and wiggles of our youngest siblings in Christ and gladly welcome them in worship. We have a kids area with quiet toys and activities along with activity bags near the main entrance to the sanctuary to help keep restless hands busy. A family room is also available in the back and is equipped with a large window facing the sanctuary and a speaker to hear what is being said.

## Today's Introduction:

When we say God is the triune God, we are saying something about who God is beyond, before, and after the universe: that there is community within God. Our experience of this is reflected in Paul's words today. When we pray to God as Jesus prayed to his Abba (an everyday, intimate parental address), the Spirit prays within us, creating between us and God the same relationship Jesus has with the one who sent him.



+ WE GATHER TOGETHER +

*The Spirit calls us together as God's beloved people*

Welcome to worship this morning! Everything you will need is in this bulletin or the red hymnal book beside your seat. During worship, words in **bold** are said by the assembly in response.

We practice an open table meaning that all are welcome to receive Holy Communion. You do not need to be a member of Joy or any other church. Jesus welcomes all to the feast! Kids of all ages are welcome to receive but we leave this decision to parents. If you prefer your child receive a blessing, please place your hand over your child's hands when the pastor comes to you.

Welcome & Announcements

Gathering Hymn: #412 *"Come, Join the Dance of Trinity"*



- 1 Come, join the dance of Trin - i - ty, be - fore all worlds be - gun—
- 2 Come, see the face of Trin - i - ty, new - born in Beth - le - hem;
- 3 Come, speak a - loud of Trin - i - ty, as wind and tongues of flame
- 4 With - in the dance of Trin - i - ty, be - fore all worlds be - gun,



the in - ter-weav - ing of the Three, the Fa - ther, Spir - it, Son.  
then blood - ied by a crown of thorns out - side Je - ru - sa - lem.  
set peo - ple free at Pen - te - cost to tell the Sav - ior's name.  
we sing the prais - es of the Three, the Fa - ther, Spir - it, Son.



The u - ni - verse of space and time did not a - rise by chance,  
The dance of Trin - i - ty is meant for hu - man flesh and bone;  
We know the yoke of sin and death, our necks have worn it smooth;  
Let voic - es rise and in - ter-weave, by love and hope set free,



but as the Three, in love and hope, made room with - in their dance.  
when fear con - fines the dance in death, God rolls a - way the stone.  
go tell the world of weight and woe that we are free to move!  
to shape in song this joy, this life: the dance of Trin - i - ty.

## Confession & Forgiveness

*All may make the sign of the cross, the sign that is marked at baptism, as the presiding minister begins.*

Blessed be the holy Trinity, ✝ one God,  
the God of manna,  
the God of miracles,  
the God of mercy.

**Amen.**

Drawn to Christ and seeking God's abundance,  
let us confess our sin.

*Silence is kept for reflection.*

God, our provider,  
**help us.**

**It is hard to believe there is enough to share.**

**We question your ways when they differ from the ways  
of the world in which we live.**

**We turn to our own understanding  
rather than trusting in you.**

**We take offense at your teachings and your ways.**

**Turn us again to you.**

**Where else can we turn?**

**Share with us the words of eternal life  
and feed us for life in the world.**

**Amen.**

Beloved people of God:

in Jesus, the manna from heaven,  
you are fed and nourished.

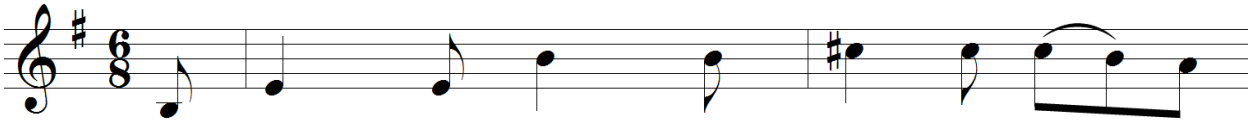
By Jesus, the worker of miracles,  
there is always more than enough.

Through Jesus, ✝ the bread of life,  
you are shown God's mercy:

you are forgiven and loved into abundant life. **Amen.**

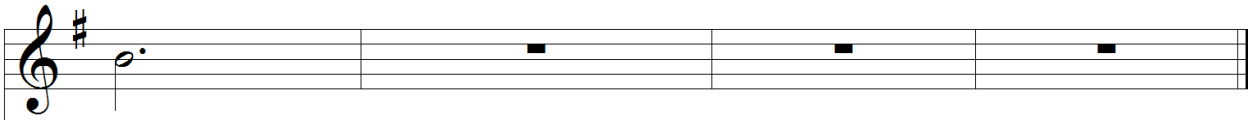
## Kyrie

Cantor




In peace, in peace, to you, O God we

Cantor



pray;

Cong.



God of love have mercy.

Cantor: For broken lives and broken hearts we pray;

Cong: God of healing, have mercy.

Cantor: For the unity of your church everywhere, we pray;

Cong: God of hope, have mercy.

Cantor: That we might know the forgiveness you promise, we pray;

Cong: God of grace, have mercy.

Cantor: For your parting gift of peace, O Lord, we pray;

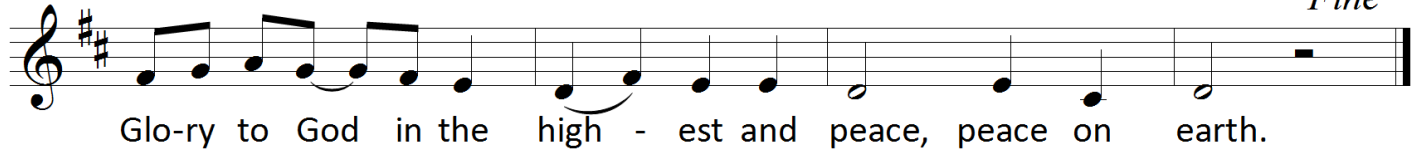
Cong: A-men, A--men!

## Canticle of Praise

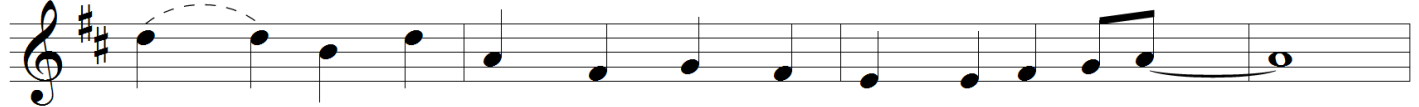
### Refrain



### Fine



### Verses



## Greeting

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

**And also with you.**

## Prayer of the Day

Almighty Creator and ever-living God: **we worship your glory, eternal Three-in-One, and we praise your power, majestic One-in-Three. Keep us steadfast in this faith, defend us in all adversity, and bring us at last into your presence, where you live in endless joy and love, Father, Son, and Holy Spirit, one God, now and forever. Amen.**

+ WE HEAR GOD'S WORD +  
*God speaks in scripture, preaching, and song*

Psalm Reading | Psalm 29

*The reading is read responsively.*

<sup>1</sup>Ascribe to the LORD, O heavenly beings,  
ascribe to the LORD glory and strength.

**<sup>2</sup>Ascribe to the LORD the glory of his name;  
worship the LORD in holy splendor.**

<sup>3</sup>The voice of the LORD is over the waters;  
the God of glory thunders,  
the LORD, over mighty waters.

**<sup>4</sup>The voice of the LORD is powerful;  
the voice of the LORD is full of majesty.**

<sup>5</sup>The voice of the LORD breaks the cedars;  
the LORD breaks the cedars of Lebanon.

**<sup>6</sup>He makes Lebanon skip like a calf,  
and Sirion like a young wild ox.**

<sup>7</sup>The voice of the LORD flashes forth flames of fire.

**<sup>8</sup>The voice of the LORD shakes the wilderness;  
the LORD shakes the wilderness of Kadesh.**

<sup>9</sup>The voice of the LORD causes the oaks to whirl,  
and strips the forest bare;  
and in his temple all say, "Glory!"

**<sup>10</sup>The LORD sits enthroned over the flood;  
the LORD sits enthroned as king forever.**

<sup>11</sup>May the LORD give strength to his people!  
May the LORD bless his people with peace!

Epistle Reading | Romans 8:12-17

*In describing the new life of faith, Paul refers to all three persons of the Trinity: the Spirit leads us to recognize that we are children of God the Father and joint heirs with Christ the Son.*



<sup>12</sup>So then, brothers and sisters, we have an obligation, but it isn't an obligation to ourselves to live our lives on the basis of selfishness. <sup>13</sup>If you live on the basis of selfishness, you are going to die. But if by the Spirit you put to death the actions of the body, you will live. <sup>14</sup>All who are led by God's Spirit are God's sons and daughters. <sup>15</sup>You didn't receive a spirit of slavery to lead you back again into fear, but you received a Spirit that shows you are adopted as his children. With this Spirit, we cry, "Abba, Father." <sup>16</sup>The same Spirit agrees with our spirit, that we are God's children. <sup>17</sup>But if we are children, we are also heirs. We are God's heirs and fellow heirs with Christ, if we really suffer with him so that we can also be glorified with him.

## Children's Message

### Gospel Acclamation



### Gospel Reading | John 3:1-17

<sup>1</sup>Now there was a Pharisee named Nicodemus, a leader of the Jews. <sup>2</sup>He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." <sup>3</sup>Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." <sup>4</sup>Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" <sup>5</sup>Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. <sup>6</sup>What is born of the flesh is flesh, and what is born of the Spirit is spirit. <sup>7</sup>Do not be astonished that I said to you, 'You must be born from above.' <sup>8</sup>The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." <sup>9</sup>Nicodemus said to him, "How can these things be?" <sup>10</sup>Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?

<sup>11</sup>"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. <sup>12</sup>If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? <sup>13</sup>No one has ascended into heaven except the one who descended from heaven, the Son of Man. <sup>14</sup>And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, <sup>15</sup>that whoever believes in him may have eternal life.

<sup>16</sup>“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

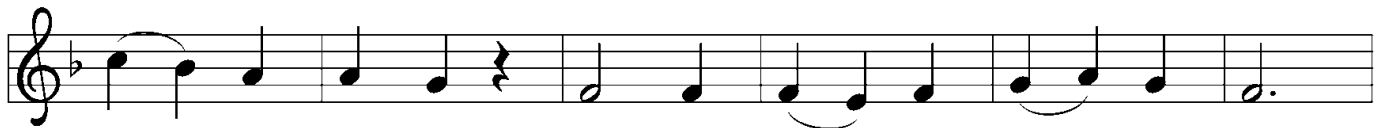
<sup>17</sup>“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

Sermon | Pastor Sean Avery

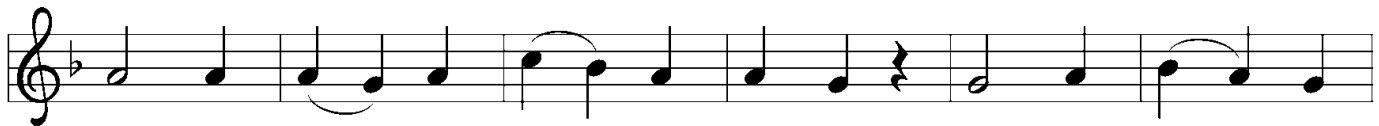
Hymn of the Day: #414 “Holy God, We Praise Your Name”



1 Ho - ly God, we praise your name; Lord of all, we  
2 Hark! The glad ce - les - tial hymn an - gel choirs a -  
3 Lo, the ap - os - tol - ic train join your sa - cred  
4 Ho - ly Fa - ther, ho - ly Son, Ho - ly Spir - it,



bow be - fore you. All on earth your scep - ter claim,  
bove are rais - ing; cher - u - bim and ser - a - phim,  
name to hal - low; proph - ets swell the glad re - frain,  
three we name you, though in es - sence on - ly one;



all in heav'n a - bove a - dore you. In - fi - nite your  
in un - ceas - ing cho - rus prais - ing, fill the heav'ns with  
and the white-robed mar - tyrs fol - low; and from morn to  
un - di - vid - ed God we claim you and, a - dor - ing,



vast do - main, ev - er - last - ing is your reign.  
sweet ac - cord: “Ho - ly, ho - ly, ho - ly Lord!”  
set of sun through the church the song goes on.  
bend the knee while we own the mys - ter - y.

## We Pray for All God's Creation

*Each prayer petition ends with the following prompt and response.*

Hear us O God,  
**Your mercy is great.**

## We Share Signs of Peace with Each Other

*All may respond with open arms in response to the presiding minister.*

The peace of Christ be with you all.  
**And also with you.**

*All share signs of peace with each other, saying "Peace" or "Peace be with you" or similar words.*

## + WE SHARE IN THE LORD'S MEAL + *We partake in Holy Communion*

### Offering & Offertory Response

5

We of - fer these to you: our -

9

selves, our time, our pos - ses - sions, signs of your gra - cious

12

love. And we bring this bread and wine, that

15

they may be - come your bod - y and your blood in the meal we

18

share. We of - fer our hopes and our vi - sions,

21

21  
joys and pain. We are blessed with so much you have

24  
giv - en us; help us share it in your name. Show

27  
us what we can do to use these gifts to your

30  
glo - ry so that oth - ers may know your love.

## We Pray for God to Use the Gifts We Offer

Jesus, Bread of life,  
**you have set this table with your very self,**  
**and called us to the feast of plenty.**  
**Gather what has been sown among us,**  
**and strengthen us in this meal.**  
**Make us to be what we receive here,**  
**your body for the life of the world.**  
**Amen.**

## The Great Thanksgiving

[P] - Pastor [C] - Congregation

[P] The Lord be with you. [C] And al-so with you.

[P] Lift up your hearts. [C] We lift them up to the Lord.

[P] Let us thank our God. [C] It is right to give God thanks and praise.

### *Seasonal Preface*

[P] We should at all times and in all places, offer our thanks and praise to you...

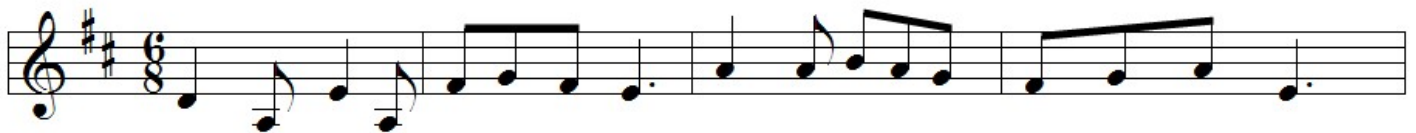
## Preface

*The presiding minister continues singing:*

"It is our duty and delight....and join their unending hymn..."

*The assembly joins in singing "Holy, Holy, Holy..."*

## Holy, Holy, Holy



Ho - ly, ho - ly, ho - ly are you, God of in - fin - ite wis - dom and strength.



Heav - en and earth are full of your glo - ry, ho - san - na.



Yet, we come to you - to - day; be with us now in this time and this place.



We re - mem - ber the pro - mise you gave us so long a - go: You



said this bread is your bod - y, bro - ken and shared with us



all; This cup, your blood, is for - give - ness,

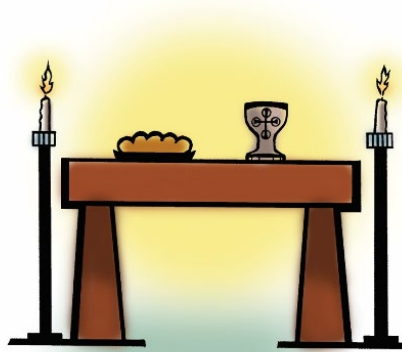


new life and hope for us all new life and hope for us all.

## Words of Institution

### The Lord's Prayer

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and forever. Amen.**



### Communion

*All are welcome at the Lord's Table.* You do not need to be a member of Joy Lutheran Church or any other church. Jesus welcomes you and you have a place here. We believe Jesus is truly present in bread and wine and in this meal, we receive God's gift of forgiveness, kindness, and love.

The ushers will guide you forward. You may either stand or kneel at the communion rail. If you require a gluten-free option, keep your hands folded to receive a gluten-free wafer.

Following communion, all are welcome to light a prayer candle along the west wall of the sanctuary. Prayer requests may be written on paper slips and placed in the wooden hands.

Communion Hymn: # 468 "Around You, O Lord Jesus"



- 1 A - round you, O Lord Je - sus, your own you gath - er still
- 2 We hear your in - vi - ta - tion, and heed, O Lord, your call;
- 3 We are your own for - ev - er; un - til our fi - nal breath



to share the feast you give us with grace our lives to fill.  
your word of con - so - la - tion is spo - ken here to all.  
we will be true and nev - er—in joy, in grief, in death—



You say to us so lov - ing - ly, "Take, eat! This is my  
It draws us to your lov - ing heart; it brings to us your  
de - part from you, for you are still a - mong your peo - ple



bod - y! Take, drink! This is my blood!"  
bless - ing, which nev - er will de - part.  
dwell - ing, as you have said you will.

## Communion Hymn: #464 “Bread of Life, our Host and Meal”



- 1 Bread of life, our host and meal, Je - sus, feed us.
- 2 Bread now break and wine now pour, Je - sus, feed us.
- 3 Grant for - give - ness in the feast— Je - sus, feed us—
- 4 Thank you for this gift we share. Je - sus, feed us.



Christ, by faith, to see and feel, feed us with your love.  
Make us one, our hope re - store; feed us with your love.  
for the great - est and the least; feed us with your love.  
Save God's chil - dren ev - 'ry - where; feed us with your love.

## Post-Communion Blessing

The body and blood of our Lord Jesus Christ strengthen you in his grace.

**Amen.**

+ WE ARE SENT OUT +

*God blesses us for the ministry of our daily lives*

## Blessing

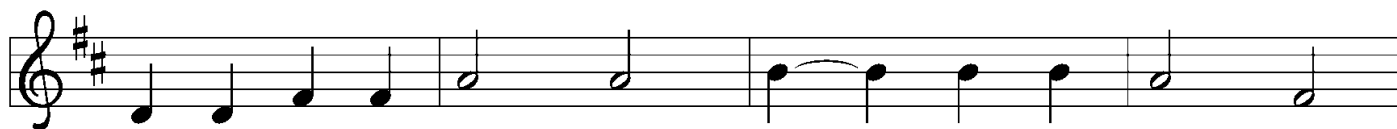
The blessing of God,  
who provides for us, feeds us, and journeys with us,

✠ be upon you now and forever.

**Amen.**



Sending Hymn: #413 *Holy, Holy, Holy, Lord God Almighty*



1 Ho - ly, ho - ly, ho - ly, Lord God Al - might - y!  
 2 Ho - ly, ho - ly, ho - ly! All the saints a - dore thee,  
 3 Ho - ly, ho - ly, ho - ly! Though the dark - ness hide thee,  
 4 Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!



Ear - ly in the morn - ing our song shall rise to thee.  
 cast - ing down their gold - en crowns a - round the glass - y sea;  
 though the eye of sin - ful - ness thy glo - ry may not see,  
 All thy works shall praise thy name in earth and sky and sea.



Ho - ly, ho - ly, ho - ly, mer - ci - ful and might - y!  
 cher - u - bim and ser - a - phim fall - ing down be - fore thee,  
 on - ly thou art ho - ly; there is none be - side thee,  
 Ho - ly, ho - ly, ho - ly, mer - ci - ful and might - y!



God in three per - sons, bless - ed Trin - i - ty!  
 which wert and art, and ev - er - more shalt be.  
 per - fect in pow'r, in love and pu - ri - ty.  
 God in three per - sons, bless - ed Trin - i - ty!

Thank you for joining us for worship today!  
*Join us for coffee, snacks, and conversation after worship in the narthex!*

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*Want to learn more about our faith community?*

Visit **joy-lutheran.com** and sign-up for our weekly digital newsletter *Notes of Joy*. You can also send us a message on our homepage!



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**Please pray for those listed below:**

*To add someone to this list, please send an email to [joylutheran@gmail.com](mailto:joylutheran@gmail.com)*

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- + Kuhl Family (for safe travels as they drive from Alaska and move to New York, blessings in your retirement)
- + Hegna Family (as they grieve the loss of Jonny).
- + Pr. Sean, Becky & family (as they grieve the loss of Sean's mom)
- + Julie Meyer (facing the uncertainty after suffering a stroke)
- + Justin Dailey (Chris Dailey's brother, for comfort for the family and a successful surgery)
- + Bob & Candy Allen (for successful back surgery for Bob and comfort for Candy)
- + Tom & Debbie Bird (as they grieve the loss of Skip Lange)
- + Bentson family (as they grieve the loss of Al Bentson)
- + Eric & Margie Hall & family (as they grieve the loss of Eric's dad John)
- + Reimer & Oistad family (as they grieve the loss of Gary)
- + LaiMing Reimer (as she recovers from a successful kidney transplant)
- + Diana Flaherty (for pain and healing)
- + Trudi (for healing, wisdom for doctors)
- + Lisa Lind (healing, friend of Kristi Swain)
- + Dick Prien and family (as they mourn the passing of Sharon)
- + Stella Scamman (Kristi Swain's aunt)
- + Layli (Trudi's granddaughter, for peace and guidance)
- + Margie H. (for healing and recovery)
- + Harvey P. (for strength and healing)

- + Family of Anton Erickson (Margie and Eric's nephew)
- + The Fredeen Family (as they mourn Wayne and Amy)
- + Brittany Mumma (seizures)
- + Jennifer Huntington (health and healing)
- + Corrine Finnie (healing)
- + The McConell Family (as they mourn the loss of their mother and wife, Mary)
- + Gwendolyn Roth (peace of mind and that she will know God is with her)
- + Tom Clark (healing)
- + For our active-duty military personnel, especially those serving in Alaska and our veterans.

## ANNOUNCEMENTS:

### **CARING FOR CREATION | SOLAR PANEL UPDATE**

We are excited to announce that the installation of the solar panels will begin in early July! Thank you for all your support in making this happen.

### **JUMP FOR JOY KIDS CLOTHES CLOSET – NEXT SUNDAY JUNE 2<sup>nd</sup> 1-3pm**

We are currently in need of boys and girls pant sizes 8-12. Thank you all for your donations and help serving our community in this way, you are a huge part of the success of our ministry.

### **JOYFUL WOMEN AT THE ALASKA RUN FOR WOMEN | JUNE 8<sup>th</sup>**

And we're up to 7 participants!

Joy's team will walk (or run) the 1- and 5-mile versions (timed and untimed) of the 32nd Alaska Run for Women [<https://www.akrfw.org/>] in Anchorage. As in past years, we are participating to honor the many women in our congregation who have experienced breast cancer.

If you'd like to join Team **Joyful Women** in person or virtually, you can register to join us until June 7 at <https://www.akrfw.org/register/registration>. In order to include all women regardless of economic circumstances, the Run for Women has no set registration fee but relies solely on donations. Last year, we raised \$750 so we've set that as our goal again this year.

Cheer us on along the route! The event begins and ends at UAA, and the route circles the campuses and adjacent neighborhoods. You can find a map of the race at <https://www.akrfw.org/event-info/maps>. We'll acknowledge the entire team at church on Sunday the 9<sup>th</sup>.

Contact Nancy Hemsath if you have questions or need more information, 907.230.0641 or [nancyhemsath@gmail.com](mailto:nancyhemsath@gmail.com).



*Registration Link*

## **CHURCH BRUNCH | SUNDAY JUNE 9<sup>th</sup>**

Join us after worship for our church wide brunch following worship. All are welcome!

## **SATURDAY WORK GROUP SCHEDULE | June 22<sup>nd</sup>**

Because of the Alaska Run for Women on June 8 (hint, hint), the work group will meet again on **Saturday, June 22**, and we'll focus on outdoor chores. More details will follow, including a list of tasks and volunteer opportunities both inside and outside. Feel free to connect with Nancy Hemsath if you have questions or want to add a project to the list.

Huge thanks to all who help to maintain our very organic building and grounds, especially those who take care of chores without recognition. YOU ARE SO APPRECIATED!

## **RETIREMENT POTLUCK FOR BISHOP SHELLEY WICKSTROM**

*June 24<sup>th</sup>, 5-8pm at the Kincaid Chalet.* Hamburgers, veggie burgers and fixing provided. Side dishes welcome. Dancing at 7pm. Dress for comfort. In lieu of gifts, donations to In Our Backyard are welcome. Scan the QR code for more information and to RSVP.



## **JOY OF READING BOOK CLUB | June- October 2024**

The Joy of Reading Book Club meets once a month to discuss the book selection for that month. We share thoughts on the book of the month, have a light dinner, and talk and laugh together.

### Upcoming books and meetings:

No meeting in June

**Friday July 12<sup>th</sup>** is *The Women* by Kristen Hannah– mark your calendars for the book club anniversary celebration on Nancy Lake! This will be our 14<sup>th</sup> anniversary!

**August 19<sup>th</sup>** is *Little Souls* by Sandra Dallas.

**September 16<sup>th</sup>** is *The Extraordinary Life of Sam Hell* by Robert Dugoni.

**October 21<sup>st</sup>** is *They Called It Camelot: A Novel of Jacqueline Bouvier Kennedy Onassis* by Stephanie Marie Thornton.

Books are meant to be shared! Please join us!

Please contact the office on 907-694-9601 if you would like any more information.

## **JOY CHILD DEVELOPMENT CENTER- HIRING TEACHER POSTITIONS**

JCDC is currently hiring teacher positions. If you have any questions, please contact JCDC [jcdcoffice@gmail.com](mailto:jcdcoffice@gmail.com) or 907-694-2755.

*Do you have an announcement for the bulletin or Notes of Joy? Email Ericka in the office at [joylutheran@gmail.com](mailto:joylutheran@gmail.com). Submissions are due each week by Thursday at 9am.*

### **WORSHIP LEADERS TODAY**

**Presider:** Pastor Sean Avery  
**Assisting Minister:** Jim H.  
**Readers:** Trudi P. & Blake P.  
**Pianist:** Nancy W.  
**Altar Care:** Nancy W.

**Communion Assistant:** Jim H.  
**Acolyte:** Harper P.  
**Ushers:** Shontelle S. & Mark S.

### **WORSHIP LEADERS NEXT SUNDAY**

**Presider:** Pastor Sean Avery  
**Assisting Minister:** Marcia W.  
**Readers:** Heather S. & Hazel S.  
**Pianist:** Nancy W.  
**Altar Care:** Sue W.

**Communion Assistant:** Jan O.  
**Acolyte:** Jack S.  
**Ushers:** Sue W. & Heather S.

*\*\*Bold and underlined names are unconfirmed*

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### **Today's Flowers Provided by:**

**Susan Axtell**

**In celebration of Riley L. Birthday & in Memory of Mitchell Axtell**

## **Joy's May Birthdays & Anniversaries**

If we missed your birthday, or anniversary please email [joylutheran@gmail.com](mailto:joylutheran@gmail.com)

### **Birthday's**

5 Wyatt J.  
14 Mona M.  
25 Nicole S.

### **Anniversaries**

25 Dan & Nancy D.

## The Art of Spiritual Practice

“Martha, Martha, you are worried and distracted by many things; there is need of only one.” Luke 10:42”

This well-known story of Jesus visiting his friends, Mary and Martha, contrast Mary who was sitting at Jesus’ feet, listening to her sister, Martha who was doing the responsible thing of hospitality—rushing around preparing food and worrying that everything was prepared. Jesus tells her there is need of only *one thing*. And he says, “Mary has chosen the better part.”

The author and Franciscan priest, Fr. Richard Rohr, writes about this passage in his book, *The Naked Now*: “Martha was everything good and right, but one thing she was not. She was not *present*—most likely, not present to herself, her own feelings of resentment, perhaps her own martyr complex, her need to be needed. This is the kind of goodness that does no good! If she was not present to herself, she could not truly be present to her guests in any healing way, and spiritually speaking, she could not even be present to God. Presence is presence is presence. How you do it is how you do everything.”(p. 58)

The spiritual practice this week, and all weeks and all days and all moments is to be present to *how we do the moment*. Are you distracted? Worried? Planning ahead? Busy? Be present. So simple, yet so hard to practice. Yet it is what Jesus called only one thing that is needed.

*Pastor Marcia Wakeland is a retired ELCA pastor, a spiritual director and a listening advocate. She is interested in the actual experience of having faith and how that is lived out. She can be reached at [mwakeland@gmail.com](mailto:mwakeland@gmail.com) for comments or more questions Her ongoing blog of living out spiritual practices is [listeninglife.live](http://listeninglife.live).*