

Sermon 25.09.28

Kate Heinzl, pastor UMC

Philippians 4: 8-9 Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Golden (by Todd Davis)

Not like bars or chains
but like goldenrod
at the end of August,
skin on the shoulder
in summer, the air
just before dark,
part of it yellowing
with age, drawn down
to the river plain
where the garden returns
year after year.
It's the soil
and what we give
back to the earth
that makes us grow,
the way flesh falls
together as we sleep.
Or perhaps it's more
like singing, each note

joining with another,
a song that merges
and shimmers
along the water's surface,
and the water itself,
from which we all drink,
and in sharing this cup
cannot imagine
any other life
but this one.

Finally _____ LOY-POS

pay attention - instructions coming OR new action to live into

Paul - finally - instructions for living. Keep on doing - you know this

Jesus - Gethsemane Are you still sleeping?
Enough, the hour has come...

Wake up! You need to live in a new way

Instructions for living. New ways of being are being asked of you.

10 Days of Teshuvah _____ High Holy Days
Repentance. Return.

Return to what?
Jesus (Geth) Paul (prison) turn back

RETURN TO THE SOURCE

Strong Ground - Brene Brown

Injury - no core. Needed to 'find the ground'. STRONG
GROUND - what connects us, supports us?

Find the ground. Strong Ground. RETURN TO
THE SOURCE

Scripture

Is it just a call to focus on what's good? Glass half full?
whatever is true, honorable, just... Gaza movie. No white
washing

true, honorable, just - see all of humanity made in the Divine
image. Don't turn away. Turn towards.
Teshuvah

Where is our focus? Whatever is pure, pleasing, worthy of
praise...think about these things
(NEGATIVE THINKING overwhelms me)
Yellow birches/hemlocks - excellent, worthy of praise.
Supporting - seen in erosion

Keep on doing - Paul knows they are connected to the source
If there is any excellence, think about these things

See something - say something.

Strong ground.

Finally my siblings in Christ, whatever challenges you to see the
face of God in one another, whatever keeps you awake and
engaged, whatever makes you come alive, gives you energy,
whatever allows you to see the beauty in the world, if there's
anything that makes your heart sing...think about these things.
Keep on doing the things you witness in one another, and the
Spirit that is closer than your own breath, the God of love, will
be with you.