

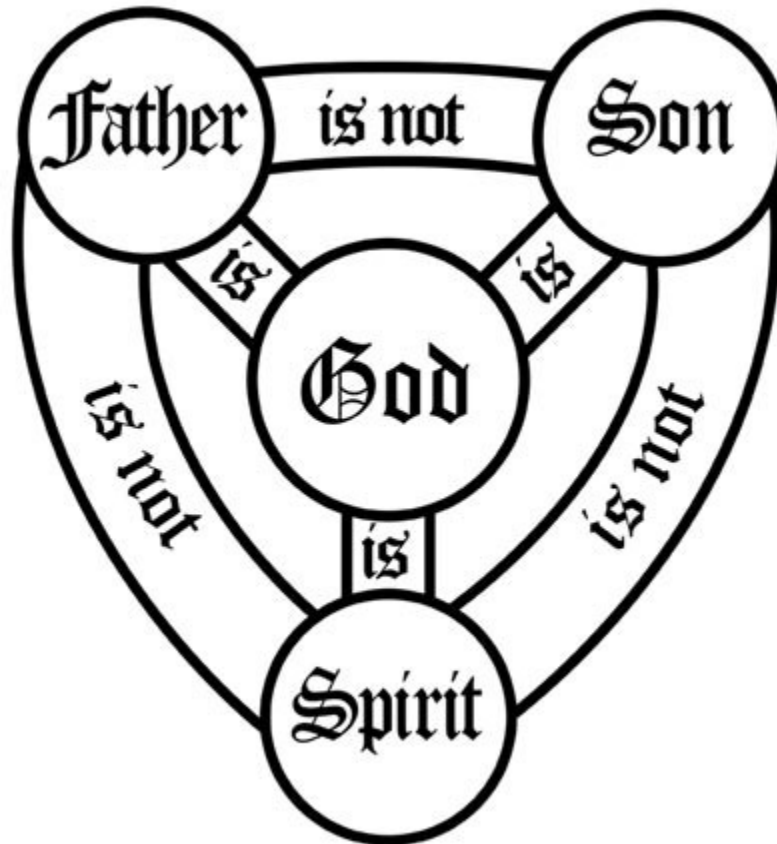
# *Evangelical Lutheran Church of Durham*

P.O. Box 100, Durham PA, 18039 610- 346-8500

[durhamlutheran.org](http://durhamlutheran.org)

Reverend James Heckman, Pastor

267-664-3160 / pastor@durhamlutheran.org



**May 31, 2026**

## **The Holy Trinity**

*Though the word trinity is not found in the scriptures, today's second reading includes the apostolic greeting that begins the liturgy: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. In the gospel Jesus sends his disciples forth to baptize in the name of the Father, and the Son, and the Holy Spirit. More than a doctrine, the Trinity expresses the heart of our faith: we have experienced the God of creation made known in Jesus Christ and with us always through the Holy Spirit. We celebrate the mystery of the Holy Trinity in word and sacrament, as we profess the creed, and as we are sent into the world to bear witness to our faith.*

You can find the live stream at the following location:

**[www.youtube.com/@DurhamLutheran](http://www.youtube.com/@DurhamLutheran)**

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## Prelude: "Holy, Holy, Holy"

### GATHERING

P: The Holy Spirit calls us together as the people of God.

### CONFESSION AND FORGIVENESS *(Stand if you are able)*

P: Blessed be the holy Trinity, † one God, whose compassion endures forever.

**C: Amen**

P: Let us confess our sin to God.

*(Silence is kept for reflection)*

P: Compassionate God,

**C: we confess to you all our sins. Our burden is heavy, and we cannot free ourselves. In your mercy, call us back to you. Your yoke is easy and your burden is light. Restore us to dwell in your peace. In Christ's name we pray, Amen.**

P: Jesus says, "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest." In the name of God, Father, † Son, and Holy Spirit, your sins are forgiven. Rest in God's love.

**C: Amen.**

### Gathering Hymn: ELW 819

## Come, All You People *Uyaimose*



*U - ya - i - mo - se, ti - na - ma - te Mwa - ri;*  
1 Come, all you peo - ple, come and praise the Most High;  
2 Come, all you peo - ple, come and praise the Sav - ior;  
3 Come, all you peo - ple, come and praise the Spir - it;



*u - ya - i - mo - se, ti - na - ma - te Mwa - ri;*  
come, all you peo - ple, come and praise the Most High;  
come, all you peo - ple, come and praise the Sav - ior;  
come, all you peo - ple, come and praise the Spir - it;



*u - ya - i - mo - se, ti - na - ma - te Mwa - ri;*  
come, all you peo - ple, come and praise the Most High;  
come, all you peo - ple, come and praise the Sav - ior;  
come, all you peo - ple, come and praise the Spir - it;



*u - ya - i - mo - se Zvi - no.*  
come now and wor - ship the Lord.  
come now and wor - ship the Lord.  
come now and wor - ship the Lord.

Text: Alexander Gondo; tr. I-to Loh, b. 1936, alt.

Music: UYAIMOSE, Alexander Gondo

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## INVOCATION

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

C: And also with you.

## KYRIE-


*Refrain*




Ky-ri-e e-lei-son, on our world and on our way.




Ky-ri-e e-lei-son, ev-'ry day.



1 For peace in the world, for the health of the church, for the  
2 That we may live out your im-passioned re-sponse to the  
3 For peace in our hearts, . . . for peace in our homes, . . for  
4 For your Spir-it to guide; that you cen-ter our lives in the



u-ni-ty of all; for  
hun-gry and the poor; that  
friends and fam-i-ly; for  
wa-ter and the word; that you



this ho-ly house, for all who wor-ship and praise,  
we may live out . . . . truth and jus-tice and grace,  
life and for love, . . . . for our work and our play,  
nour-ish our souls . . . with your bod-y and blood,

*Refrain*



let us pray to the Lord, let us pray to the Lord.

## CANTICLE OF PRAISE

*Refrain*



This is the feast of vic-t'ry for our God, for the



Lamb who was slain has be-gun his reign. Al-le-lu-ia.

1 Wor- thy is Christ, the Lamb who was slain, whose blood set us free to be  
 peo- ple of God. Pow - er, rich - es, wis - dom, and strength, and  
*Refrain*  
 hon - or, bless - ing, and glo - ry are his. This is the feast of  
 vic - t'ry for our God, for the Lamb who was slain has be - gun his reign. Al -  
 le - lu - ia. 2 Sing with all the peo - ple of God, and  
 join in the hymn of all cre - a - tion: Bless - ing, hon - or,  
 glo - ry, and might be to God and the Lamb for - ev - er. A - men.  
*Final refrain*  
 This is the feast of vic - t'ry for our God, for the  
 Lamb who was slain has be - gun his reign. Al - le - lu - ia.

**Prayer of the Day**

L: Let us pray,

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.

C: Amen.

(Please be Seated)

## First Reading- Genesis 1:1-2:4a

*At the beginning of time, God the Creator, God the powerful Word, and God the life-giving Spirit form the earth and all its inhabitants. God sees that all this created work is good and then rests on the seventh day.*

L: A reading from the first and second chapters of Genesis.

<sup>1</sup> When God began to create the heavens and the earth, <sup>2</sup> the earth was complete chaos, and darkness covered the face of the deep, while a wind from God swept over the face of the waters. <sup>3</sup> Then God said, “Let there be light,” and there was light. <sup>4</sup> And God saw that the light was good, and God separated the light from the darkness. <sup>5</sup> God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

<sup>6</sup> And God said, “Let there be a dome in the midst of the waters, and let it separate the waters from the waters.” <sup>7</sup> So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. <sup>8</sup> God called the dome Sky. And there was evening and there was morning, the second day.

<sup>9</sup> And God said, “Let the waters under the sky be gathered together into one place, and let the dry land appear.” And it was so. <sup>10</sup> God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. <sup>11</sup> Then God said, “Let the earth put forth vegetation: plants yielding seed and fruit trees of every kind on earth that bear fruit with the seed in it.” And it was so. <sup>12</sup> The earth brought forth vegetation: plants yielding seed of every kind and trees of every kind bearing fruit with the seed in it. And God saw that it was good. <sup>13</sup> And there was evening and there was morning, the third day.

<sup>14</sup> And God said, “Let there be lights in the dome of the sky to separate the day from the night, and let them be for signs and for seasons and for days and years, <sup>15</sup> and let them be lights in the dome of the sky to give light upon the earth.” And it was so. <sup>16</sup> God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. <sup>17</sup> God set them in the dome of the sky to give light upon the earth, <sup>18</sup> to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. <sup>19</sup> And there was evening and there was morning, the fourth day.

<sup>20</sup> And God said, “Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.” <sup>21</sup> So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm and every winged bird of every kind. And God saw that it was good. <sup>22</sup> God blessed them, saying, “Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.” <sup>23</sup> And there was evening and there was morning, the fifth day.

<sup>24</sup> And God said, “Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.” And it was so. <sup>25</sup> God made the wild animals of the earth of every kind and the cattle of every kind and everything that creeps upon the ground of every kind. And God saw that it was good.

<sup>26</sup> Then God said, "Let us make humans in our image, according to our likeness, and let them have dominion over the fish of the sea and over the birds of the air and over the cattle and over all the wild animals of the earth and over every creeping thing that creeps upon the earth."

<sup>27</sup> So God created humans in his image, in the image of God he created them; male and female he created them.

<sup>28</sup> God blessed them, and God said to them, "Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth." <sup>29</sup> God said, "See, I have given you every plant yielding seed that is upon the face of all the earth and every tree with seed in its fruit; you shall have them for food." <sup>30</sup> And to every beast of the earth and to every bird of the air and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so. <sup>31</sup> God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

<sup>2:1</sup> Thus the heavens and the earth were finished and all their multitude. <sup>2</sup> On the sixth day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. <sup>3</sup> So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

<sup>4a</sup> These are the generations of the heavens and the earth when they were created.

L: Word of God, Word of life.

**C: Thanks be to God.**

### **Psalm: Psalm 8**

L: <sup>1</sup> O Lord our Lord, how majestic is your name in all the earth!

**C: <sup>2</sup> you whose glory is chanted above the heavens out of the mouths of infants and children; you have set up a fortress against your enemies, to silence the foe and avenger.**

L: <sup>3</sup> When I consider your heavens, the work of your fingers, the moon and the stars you have set in their courses,

**C: <sup>4</sup> what are mere mortals that you should be mindful of them, human beings that you should care for them?**

L: <sup>5</sup> Yet you have made them little less than divine; with glory and honor you crown them.

**C: <sup>6</sup> You have made them rule over the works of your hands; you have put all things under their feet:**

L: <sup>7</sup> all flocks and cattle, even the wild beasts of the field,

**C: <sup>8</sup> the birds of the air, the fish of the sea, and whatever passes along the paths of the sea.**

L: <sup>9</sup> O Lord our Lord, how majestic is your name in all the earth!

## Second Reading-2 Corinthians 13:11-13

*Paul closes a challenging letter to the Corinthians with an appeal to Christian fellowship grounded in the triune harmony of Christ's grace, God's love, and the Spirit's partnership.*

L: A reading from the thirteenth chapter of 2 Corinthians.

Paul writes:<sup>11</sup> Finally, brothers and sisters, farewell. Be restored; listen to my appeal; agree with one another; live in peace; and the God of love and peace will be with you. <sup>12</sup> Greet one another with a holy kiss. All the saints greet you.

<sup>13</sup> The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

L: Word of God, word of life.

**C: Thanks be to God.**

**Gospel Acclamation:** *(Please stand if you are able)*



## The Gospel: Matthew 28:16-20

*After his resurrection, Jesus summons his remaining disciples and commissions them to baptize and teach all nations in the name of the Father, Son, and Holy Spirit.*

P: The holy gospel according to Matthew, the twenty-eighth chapter.

**C: Glory to you, O Lord.**

P: <sup>16</sup> Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. <sup>17</sup> When they saw him, they worshiped him, but they doubted. <sup>18</sup> And Jesus came and said to them, "All authority in heaven and on earth has been given to me. <sup>19</sup> Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit <sup>20</sup> and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

P: The gospel of the Lord.

**C: Praise to you, O Christ.**

**Children's Sermon / Sermon** (please be seated)

Hymn of the Day: ELW 412 (*Stand if you are able*)

## 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.

Text: Richard Leach, b. 1953

Music: KINGSFOLD, English folk tune

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### CONFIRMANDS CREED

**I believe in God the Father: Creator of life, maker of all things around us, Maker of reality, of all things seen and unseen.**

**I believe in Jesus Christ: Our savior, God's son. He was born of the Virgin Mary. God sent him to forgive our sins, heal us, and give us eternal life. He was resurrected before us and he will come again to judge both the living and those who have perished. He is the king of kings and loves us all.**

**I believe in the Holy Spirit: Who lets us know about and believe in Jesus. Who gives us strength and guidance to fulfill the promise made at the baptismal font. Who is a gift of God to all of us for the good of all. Amen.**

## PRAYERS OF INTERCESSION

*The pastor will read the first and last prayer, those in the congregation are invited to read the other prayer aloud as they feel called. The congregation may turn and face the aisle.*

P: Gathered together by the Holy Spirit, let us pray for the church and the needs of the world.

*A brief silence.*

Holy God, we are in awe of your creative work. Continue that work in your church, making us a new creation that proclaims your presence and love. God of grace,

**C: hear our prayer.**

Creator God, nature reveals your power and glory. Protect water sources, vegetation, and wildlife as reminders of who you are. God of grace,

**C: hear our prayer.**

Redeemer God, you call us to pray for those in authority. Guide our leaders to pursue the work of fostering peace and community. God of grace,

**C: hear our prayer.**

Sustaining God, you are mindful of your people in every circumstance. Heal those who are sick. Provide for all who hunger. Protect those in harm's way. Comfort any experiencing hardship (especially those we mention now or in our hearts). God of grace,

**C: hear our prayer.**

Gracious God, we pray for the children of our church and community. Provide for their needs. Support their caregivers. Nurture their faith. God of grace,

**C: hear our prayer.**

Loving God, we give thanks for those who have died and claimed their baptismal promises. Strengthen us to live as they did in communion with you. God of grace,

**C: hear our prayer.**

*Here other intercessions may be offered.*

P: Trusting you receive all our prayers, we commend our spoken and unspoken prayers to you, O God, through Jesus our Savior.

**C: Amen.**

## PEACE

P: The peace of Christ be with you always.

**C: And also with you.**

**OFFERING –**

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**Choir Anthem: "Go Ye Into All the World" – Eugene Butler**

## PRESENTATION OF THE GIFTS- Doxology

Thomas Ken, 1709 Geistliche Kirchengesänge, Cologne, 1623

Praise God from whom all bless-ings flow; praise him, all crea-tures here be - low: Al - le -  
lu - ia, al - le - lu - ia! Praise him a-bove ye heav'n-ly host; praise Fa-ther, Son, and Ho-ly  
Ghost: O praise him, O praise him, al-le - lu - ia! Al-le - lu - ia! Al-le - lu - ia!

### Offering Prayer

P: Let us Pray: Loving God, we offer at your table the gifts of our hearts. Help us take heart in you and share freely of your love, so that all creation can taste your abundance. We ask this in the name of Jesus, through the Spirit abiding with us now and forever.

C: Amen.

## THE HOLY COMMUNION

P: The Lord be with you.

C: **And also with you.**

P: Lift up your hearts.

C: **We lift them to the Lord.**

P: Let us give thanks to the Lord our God.

C: **It is right to give our thanks and praise.**

P: 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. You reveal your glory as the glory of the Father, the Son, and the Holy Spirit: equal in majesty, undivided in splendor, one Lord, one God, ever to be adored in your eternal glory. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might,  
heav'n and earth are full of your glo-ry. Ho-san - na in the high - est.  
Bless - ed is he who comes in the name of the Lord. Ho -  
san - na in the high - est, ho - san - na in the high - est.

## THANKSGIVING AT THE TABLE (said by Pastor)

P: Holy, mighty, and merciful Lord, heaven and earth are full of your glory. In great love you sent to us Jesus, your Son, who reached out to heal the sick and suffering, who preached good news to the poor, and who, on the cross, opened his arms to all.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

Remembering, therefore, his death, resurrection, and ascension, we await his coming in glory.

Pour out upon us the Spirit of your love, O Lord, and unite the wills of all who share this heavenly food, the body and blood of Jesus Christ, our Lord; to whom, with you and the Holy Spirit, be all honor and glory, now and forever.

**C: Amen.**

P: Let us pray with confidence in the words our Savior taught us:

**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.**

## INVITATION TO COMMUNION

P: Heaven has come near, Come, share in the feast!



1 O Lamb of God, you bear the sin of all the world a - way;  
2 O Lamb of God, you bear the sin of all the world a - way;  
3 O Lamb of God, you bear the sin of all the world a - way;



you suf-fered death our lives to save: have mer-cy now, we pray.  
you set us free from guilt and grave: have mer-cy now, we pray.  
e - ter-nal peace with God you made: give us your peace, we pray.

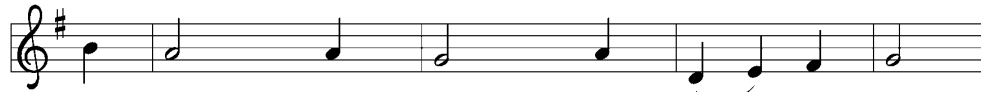
**Distribution of Bread & Fruits of the Vine (please follow usher)**

## SONG DURING COMMUNION: ELW 405

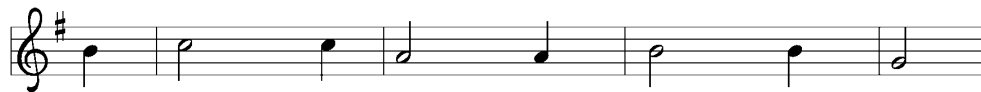
### O Spirit of Life



1 O Spir - it of life, O Spir - it of God,  
2 O Spir - it of life, O Spir - it of God,  
3 O Spir - it of life, O Spir - it of God,  
4 O Spir - it of life, O Spir - it of God,



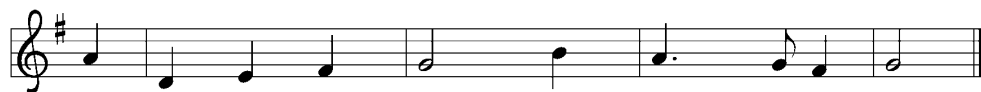
in ev - 'ry need you bring us aid,  
in - crease our faith in our dear Lord;  
make us to love your sa - cred word;  
en - light - en us by that same word;



pro - ceed - ing forth from heav - en's throne,  
un - less your grace the pow'r should give,  
the ho - ly flame of love im - part,  
teach us to know God's ra - diant love,



from God, the Fa - ther and the Son;  
none can be - lieve in Christ and live;  
that char - i - ty may warm each heart;  
lead us to Christ who reigns a - bove;



O Spir - it of life, O Spir - it of God.  
O Spir - it of life, O Spir - it of God.  
O Spir - it of life, O Spir - it of God.  
O Spir - it of life, O Spir - it of God.

Text: Johann Niedling, 1602–1668; tr. John C. Mattes, 1876–1948, alt.  
Music: O HELIGER GEIST, *Geistliche Kirchengesänge*, Köln, 1623

### Prayer after Communion

P: Let us pray, Compassionate God, through the gifts of bread and wine our hearts are filled with the abundance of your love. Strengthen us that we, through this holy meal, may share your love freely, as you have shared with us. We ask this in the name of Jesus, through the Spirit nourishing us now and forever.

C: Amen.

### Announcements

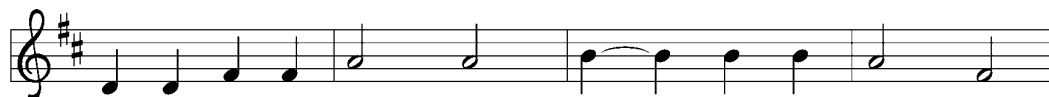
### BLESSING

P: Creator, Redeemer, Sustainer, † one God, bless, heal, and hold you today and always.

C: Amen

**Sending Song : ELW 413**

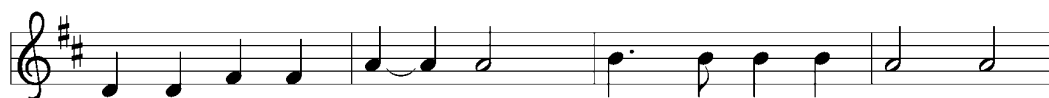
**Holy, Holy, Holy, Lord God Almighty!**



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!

Text: Reginald Heber, 1783–1826, alt.  
 Music: NICAEA, John B. Dykes, 1823–1876

**DISMISSAL**

**P:** Heaven has come near. Go, share the good news!

**C:** Thanks be to God.

**Postlude: “Ancient of Days” -Paul Taylor**

Our Outreach envelopes for May are supporting Care-A-Lot Scholarship Fund.

May	BIRTHDAYS	ANNIVERSARIES	BAPTISMS
31			Leo Grzelkowski

June	BIRTHDAYS	ANNIVERSARIES	BAPTISMS
1	David Pyne		
2			Matthew Crouse
4			Kathy Haney



**Prayer List**

**For Healing of those in our Congregation:** Barbara Altemus; David Antoni; Virginia Hager; Joe Hlavaty; George Kreitz; Paul McGinn; Bradley Mundt; Barbara Naska; Joanne Ziegenfuss; Pat Zion

**For Healing of Friends and Family:** Phyllis Allebach; Bob Benoure; Jason Bigley; Brier Bower; Hans Buss; Melissa Carafa; Deb Carmichael; Jane Carr; Christine Connelly; Stephanie Courtney; Dan Crooke; David Davis; Charlie DeLorenzo; Nancy Edelen; Marissa Embardino; Carol and Leon Errico; Barbara Foster; Gabriella Froehlich; Debbie Gardner; Candie Gimbar; Baree Lee Goodman; Penni Griffith; Dolores Hess; Penny Houck; Bill Hunt; Lois James & family; Martine King; Priscilla Ballek Kinter; Tim Koplin; Carole Korupp; Devon Kramer; Jake Kramer; Linda Lyle; Colleen Marshall; Jim McAnally; Letitia McCrea; Connor McDevitt; Stacy Mecham;

Helen Mundt; Larry Munford; Hunter Nebbia; Keith Newcomb; Lucia Otero; Jennifer Phelps; Jax Reidinger; Adrienne Rozzi; Connie Rugen; Laurel Sheetz; Holly Snyder; Lillian Staiger; Donna Storm; Edward Thaler; Russ Trauger; Joe V.; Janet Vanderlely; Karen von Ruffer-Hills; Kelly Walsh; Jacqueline Ward; Dean Erika Wesch; Ann & Henry Wong and Family; Barbara Yob.

**For those who are Homebound:** James Altemose; Cheryl Mesko

**For families and friends grieving the loss of:** Al Boorse; Althea Crouse, Esther Crouse; Rose Elcavage; Jayne Miller; Dennis Phillipps; Stephen J Rohs Jr; Ruth Sauter; Jami Silfies; Jeff Starling; Linda Wetherill; Wayne Yeisley

If you want to add or remove someone from the prayer list, please contact Joan Mammaña either by phone (610-258-5717 or 610-417-6553) or by email at: [joanmammaña@icloud.com](mailto:joanmammaña@icloud.com)

**Worship Assistants**

Pastor	Rev. James Heckman
Organist and Choir Director	Carolyn Williams
Altar Guild	Val McGinn and Nancy Moskella
Greeter(s)	Nancy Moskella
Acolyte	
Lector	Bea von Watzdorf
Head / Communion Usher	Mark Harwick
Council Communion Coordinator	Mark Harwick
Counting Team	Mark Harwick
Technology & Livestreaming	Ken Anderson
Administrative	Kathryn Wagner
Custodian	Dawn Margeson



This week- EASTER WEEK 9- May 31, 2026- \* GENTLENESS\* \*Peach\*\*HEARTwork\*

To increase gentleness, whether toward yourself, your body, or others—focus on mindfulness, slow movement, and compassionate communication. These structured activities and exercises can actively build a gentler mindset and physical presence.

\*Tai Chi\*

\* **FOOT FOCUS**\*Take slow strolls where you focus purely on the sensation of your feet hitting the ground and your breathing, rather than on a workout goal or pace.

**REMEMBER to MEET ME AT THE MARINA!** to Walk the Walk! 10:00 a.m. each Wednesday! (Light rain or Shine) Your pets would love a stroll, too! (Leashed or harnessed, please!)

\***Act Out Every Day**\* Practice outward or intentional gentleness by performing several small, deliberate gestures or acts of care or kindness in a single day.

### **GENTLEness Reminders...**

- Pay for a stranger's beverage
- Write a complimentary note to a friend, family member, acquaintance, caregiver, doctor, teacher, clergy, police officer (the list can go on and on.)
- Compliment a stranger, or hold a door for them
- Collect and return stray carts in a shopping center
- Pick up and discard litter in your neighborhood, along a road, or in a park. Wear reflective clothing and use gloves, please.

See how many days you can repeat these kind and mindful actions each week. Try to increase your "total" each subsequent week. Practice leads to betterment. (Let's face it...WE WILL NEVER BE PERFECT!)

\***Self-Compassion Exercises**\*If you prefer meditation instead, loving-kindness meditation, also known as Metta meditation, can help you cultivate feelings of love and compassion.

\***Soul Food**\*Love to cook or bake? Make an extra pot of soup, tray of lasagna, tin of cookies 🍪 or box of pastries and deliver to someone who would appreciate your kind gesture. There are a lot of road maintenance workers out there doing tough jobs in all kinds of inclement weather and deal with grouchy and impatient drivers every day. I doubt they would refuse bottles of water or juice...or a cookies or two. DON'T FORGET TO VERBALLY THANK THEM WITH A BIG OLE SMILE, TOO. ADD "HAVE A BLESSED DAY!"

Thank those who work at your child's or grandchild(ren)'s school (secretaries, custodians, cafeteria staff, maintenance staff, teacher's aides, nurses, crossing guards, teachers, librarians, and administrators) with a fruit basket or even organize a mini luncheon spread for the break room. It DOES take a village!

\***Doctor, My Eyes Have Seen The Years**" MAKE THAT APPOINTMENT! KEEP THAT APPOINTMENT!

GO TO THAT APPOINTMENT! YOU talking to me?! I'M TALKING TO YOU (AND TO ME)!

Only YOU can help prevent THAT forest fire! If I would have gone to the doctor sooner, I might not have needed a liver transplant. Lesson learned. I haven't missed a single appointment in the past year...and there have been at least 100. Take care of yourself. The rest of us can only be your GENTLE reminder. WE LOVE YOU. ❤️ YOU NEED TO LOVE YOU, TOO!

\***The Importance of Gentleness**\*By cultivating gentleness, individuals can foster emotional well-being and develop empathy, patience, and kindness in their lives and in the lives of others.

Let's start a 🐝 MINDFUL MOVEMENT today!

## THIS WEEK AT CHURCH

<b>Sunday, May 31</b> The Holy Trinity	<b>10:00 AM</b> After Worship	<b>Communion Worship</b> Durham Dialogue
Monday, June 1	1:00 PM- 3:00 PM	Admin Office Hours
Wednesday, June 3	10:00 AM - 2:00 PM	Office Hours
Thursday, June 4	10:00 AM - 1:00 PM 12:00 PM 1:00 - 3:00 PM	Office hours Chat & Chew with Pr. Jim Adult Bible Study @ Hlavaty's

### Upcoming Weeks

<b>Sunday, June 7</b> 2nd Sunday after Pentecost	<b>10:00 AM</b>	<b>Communion Worship</b> Moving Day After Worship
Tuesday, June 9	7:00PM	Council Meeting
Wednesday, June 10	10:00 AM - 2:00 PM 6:30 PM -8:00 PM	Office Hours Open House Ice Cream Social
Thursday, June 11	10:00 AM - 1:00 PM 1:00 - 3:00 PM	Admin Office hours Adult Bible Study @ Hlavaty's
Friday, June 12	11:00 AM	WELCA Meet at church, carpool to luncheon.
<b>Sunday, June 14</b> 3rd Sunday after Pentecost	<b>10:00 AM</b>	<b>Communion Worship</b> <b>Rev. David Lutcher</b>
Monday, June 15	1:00 PM- 3:00 PM	Admin Office Hours
Wednesday, June 17	10:00 AM - 2:00 PM 6:30 PM -7:30 PM	Admin Office Hours Wednesday Sundaes
Thursday, June 18	10:00 AM - 1:00 PM	Admin Office hours

**\*\* Pastor will be away June 11-June 21 \*\***

**If you are in need of pastoral care while Pastor is on vacation please contact the church office**

**610-346-8500 leave a voicemail-we can receive voicemails outside of office hours**

Or email [evangel@durhamlutheran.org](mailto:evangel@durhamlutheran.org)



**SAVE THE DATE or our Open House Ice Cream Social**  
**Invite a friend or neighbor!**