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BETHANY LUTHERAN CHURCH  
ELKHORN, NEBRASKA  
JANUARY 16, 2005  
PASTOR WENDA FRY

1                   "THIS IS FOR ALL THE LONELY PEOPLE  
2                   THINKING THAT LIFE HAS PASSED THEM BY  
3           DON'T GIVE UP UNTIL YOU DRINK FROM THE SILVER CUP  
4                   AND RIDE THAT HIGHWAY IN THE SKY

5  
6                   THIS IS FOR ALL THE SINGLE PEOPLE  
7                   THINKING THAT LOVE HAS LEFT THEM DRY  
8           DON'T GIVE UP UNTIL YOU DRINK FROM THE SILVER CUP  
9                   YOU NEVER KNOW UNTIL YOU TRY

10

11                   WELL, I'M ON MY WAY

12                   YES, I'M BACK TO STAY

13                   WELL, I'M ON MY WAY BACK HOME

14

15                   THIS IS FOR ALL THE LONELY PEOPLE  
16                   THINKING THAT LIFE HAS PASSED THEM BY  
17           DON'T GIVE UP UNTIL YOU DRINK FROM THE SILVER CUP  
18                   AND NEVER TAKE YOU DOWN OR NEVER GIVE YOU UP  
19                   YOU NEVER KNOW UNTIL YOU TRY"

20

21                   PASTOR FRY: All the lonely people, thinking life  
22           has passed them by.

23                   That song, written by Dan and Cathy Peek in 1974,  
24           still seems appropriate today, doesn't it?

25                   Thirty years later Jars of Clay, a Christian rock

1 group, re-recorded it, but the message is still the same.

2 Look at all the lonely people, and you can do that  
3 very easily.

4 Have you ever done that? You drive up to the  
5 stoplight and just look in the next van, look in the next  
6 car, just look at the people.

7 Or go to the mall and sit down and watch their  
8 faces, or the airport, and that song will probably start  
9 playing in your mind.

10 Look at all the lonely people, thinking that life  
11 has passed them by.

12 Maybe you have had that experience where you plop  
13 down into your bed, tired from the day, thought to yourself  
14 there has to be more to life than this.

15 Man, I ran ragged today. We were late for the  
16 soccer game, we were late for the baseball game, and I  
17 tumbled into bed tonight and now I can't sleep. So you go  
18 get a sleeping pill, and then you sleep.

19 Randy Frazee is the author of a book called "Making  
20 Room for Life" and he would call that a toxic disease called  
21 crowded loneliness.

22 And in it he describes what crowded loneliness is  
23 like for the average American Family.

24 I'm just going to read a little bit of this to you.  
25 By the way, this book is for sale and you can sign up at the

1 information center, welcome center, if you want to pick up a  
2 copy.

3 At the end of each chapter there are some really  
4 great questions, it's simple, really easy to read, but  
5 radical, kind of like the Gospel of our Lord Jesus Christ.

6 The Good News is pretty simple, but it calls for a  
7 radical change.

8 "Consider the average day of a typical middle class  
9 family in America. The family rises at 6:00 a.m. Everyone  
10 fend for himself or herself for breakfast. Dad heads out  
11 at 6:45 to beat the 7:00 o'clock traffic. His normal  
12 commute without excessive traffic is forty-five minutes.  
13 Mom and the two children are out the door by 7:15. Mom  
14 drops off her elementary age son at school at 7:40. Twenty  
15 minutes later she arrives at her workplace. At 3:30 the  
16 children are done with school and enter an after-school  
17 program. Mom skips lunch so she can rush out of the office  
18 and pick up the kids by 5:00. She arrives home at 5:30.  
19 Fifteen minutes later one son has a baseball practice. She  
20 gets both kids in the car, rushes to make it to the practice  
21 field on time. The other son has a game at 8:00. She calls  
22 her husband on the cell phone while taking her son to  
23 baseball to make sure he can grab the second child at the  
24 field and get him to his game by 7:30."

25 He goes on to describe that they barely make it to

1 the field.

2 "On the way they pick up Taco Bell."

3 I'm taking you to 9:00 o'clock now.

4 "The baseball game gets started late and doesn't  
5 end until 9:45.

6 "Dad is still in his business casual clothes, but  
7 he does appreciate the forced break to watch his son play  
8 ball.

9 "On their way home they make a quick stop at the  
10 McDonald's drive-in window.

11 "They arrive at 10:30. Once in the house son  
12 number two reveals that he hasn't finished studying for the  
13 history test he's supposed to take tomorrow.

14 "After forty-five minutes of shoving facts into her  
15 son's short-term memory, while he inhales a McDonald's happy  
16 meal, mom sends him to bed.

17 "It's now 11:15. Mom falls asleep as soon as the  
18 lights are out.

19 "Dad, on the other hand, doesn't. He lies there  
20 thinking about all the things that must be done.

21 "Things seem a little harried and out of hand, but  
22 the following assumptions keep the family from making any  
23 changes.

24 "One, everyone lives this way.

25 "Two, this is a privileged life that only can be

1 maintained with discretionary money.

2 "Three, things will even out soon. This must be  
3 just a temporary season of busyness."

4 Yesterday Pastor Mark finished the book and I said,  
5 "What did you think?"

6 He said, "Wenda, that description of the typical  
7 American Family we live right in the heart of suburban  
8 Omaha.

9 And I said, "I know. It might be our last worship  
10 series. We might be stoned or we might have rotten tomatoes  
11 thrown at us," for we are going to talk about the kind of  
12 lifestyle that I know many of you lead.

13 It's hectic. It's incredible. But, according to  
14 Randy Frazee, he says it's toxic if we continue to live life  
15 like that and God didn't intend for us to live life like  
16 that.

17 That is what he says in the first chapter. "Simply  
18 put, many of us have squeezed living out of life. We don't  
19 have time to soak in life and deep friendships. We are  
20 always running around trying to get to the next event.

21 "This prevents at least two major problems. First,  
22 our busy lifestyle stimulates a toxic disease called crowded  
23 loneliness, but there's an even deeper problem.

24 "In our original design we were created with a  
25 connection requirement. If this requirement is not met, we

1 will die."

2 I think that he's on to something here. I think  
3 that he really is wise in his simplicity and he challenges  
4 in that book, and I challenge you to purchase it and read it  
5 along in the next four weeks as we do this series together.

6 But he says that unless we simplify we are going to  
7 die sooner than we wanted to.

8 And one of the things we all want to do is to enjoy  
9 the things we work so hard to have.

10 Well, last week Pastor Mark mentioned that in the  
11 year 2005 here at Bethany, he mentioned in the state of the  
12 church address that he's going to grow forward adult  
13 discipleship and worship.

14 And there were a few of us that went, in preparing  
15 for my interim director of adult discipleship, a team of us  
16 went to Chicago.

17 That's me and Kristi Costello on the right. She is  
18 the coordinator of adult discipleship; Rick Kennebeck and  
19 Gary May.

20 We thought that we would go to one of the largest  
21 Christian churches here in America just to get a vision of  
22 what we maybe need to be doing here for adult discipleship  
23 at Bethany.

24 And we thought we were going there to learn about  
25 small groups, because we, the four of us, and some of you

1 have experienced true discipleship in a small group.

2           You have known and been known; you have loved and  
3 been loved; and you have cared and been cared for in small  
4 groups.

5           Some of you have not experienced that, that kind of  
6 a discipleship experience.

7           And that's too bad, because there's only about two  
8 hundred people in the people that consider Bethany their  
9 church home, which is about 2500 people, there are only two  
10 hundred or so that have experienced that kind of  
11 discipleship. That kind of connected relationship.

12           But if you come to worship, and you like what you  
13 see and you hear and you feel, that's a difficult jump to  
14 make, from worship to the intimacy of a small group, even  
15 though it's one of Bethany's core spiritual values, we want  
16 you to be involved in a group because we know that's where  
17 you are going to feel loved and cared for because Bethany is  
18 too large to feel loved and cared for unless you are in a  
19 small group of ten to twelve what like Jesus had around him.

20           But that's a lot to ask of a person. That's a huge  
21 jump from fellowship and worship to, "What is God doing in  
22 your life?"

23           It's kind of like what Ed said, "It feels like we  
24 are good friends when we gather here in the driveway, but  
25 all we ever talk about is how dogs smell, who won the game

1 on Sunday, and if our tires have a leak or not."

2 He said, "It's not enough, but I don't know what to  
3 do to change it," and that's why we wanted to give to you a  
4 new vision.

5 If you want to change your harried and hectic  
6 lifestyle Randy Frazee gives a few very practical tips in  
7 this book and that's what we are going to present.

8 But as we went to Chicago we thought we were going  
9 to hear about small groups and what we kept hearing about  
10 was neighbors.

11 In fact, we saw this drama done at Willow Creek in  
12 Chicago.

13 I was just amazed by that, because I thought it was  
14 all about fun and games, except when Ed turned to ten  
15 thousand of us and said, "No, I really am depressed and here  
16 is why. I really think I am. There has to be more to life  
17 than this."

18 And the four of us after that keynote speaker went  
19 out and had lunch and said, "What do you guys think?"

20 He said, "Well, I'm like Ed. I don't know a lot of  
21 my neighbors, number one. Number two, there are some  
22 neighbors I don't want to get to know."

23 I can relate to that. It's a hard thing and yet  
24 Jesus tells us to love our neighbors as ourselves.

25 We already know how to love ourselves. Jesus says

1 now love others like that.

2 You already know how to take care of yourself.

3 Love others that way.

4 That's a hard call. That's a hard thing to do, is  
5 to love our neighbors as ourselves.

6 But we kept hearing, instead of small groups, we  
7 kept hearing about connective relationships.

8 We kept hearing things like people don't want to go  
9 to another meeting; they want to be connected in  
10 relationships.

11 We thought we were going to learn about how to keep  
12 a small group going.

13 All keynote speakers were talking about how they  
14 were doing life with the people they come in contact with  
15 the most each and every day.

16 And that makes so much sense to me, because as one  
17 of your leaders I really struggle, I've got to do what I  
18 expect you to do.

19 So I was a part of four small groups. Now, I loved  
20 that, because I was prayed for and cared for.

21 But what I didn't like about it is that every time  
22 it came up I thought to myself I have to get in the car and  
23 drive to Fremont on a Sunday night, or I have to get in the  
24 car and drive to Valley, or get in the car and drive to  
25 Omaha, and that's the last thing I want to do is add one

1 more thing to my schedule.

2 Of course, once I was there I was blessed, because  
3 that's what happens when people gather in the name of  
4 Christ.

5 There is always something really awesome that comes  
6 from that, when you gather in his name.

7 But that was a struggle for me and that's why this  
8 book made so much sense to me, because what he challenges us  
9 to do is to do life deeply together with the people that we  
10 are in contact with; our children, our neighbors, our  
11 coworkers, our friends.

12 He challenges us to do life deeply with the people  
13 that we are around.

14 Maybe you want to, maybe that works for you, to get  
15 in your car and drive across town to be a part of a small  
16 group and to be a part of prayer and study. That's okay.

17 What I'm hoping to do through this series is to  
18 just expand your horizons there a little bit, enlarge your  
19 borders, to think maybe you could simplify.

20 Maybe you won't just be coming to the church. This  
21 is where I'm going.

22 I don't know all there is to know about what we are  
23 going to do for adult discipleship, but for sure we are not  
24 going to have a curriculum of classes here.

25 Because I think we have been doing it wrong. I

1 think what we need to do is come to the church, strengthen  
2 our faith, get connected, and then take the church out there  
3 to our neighborhoods and our minivans and our soccer fields.

4 And I think what we need to do for you as disciples  
5 of Jesus Christ is to help you understand what you believe.

6 I know you are wondering what is a Lutheran  
7 Christian? What do you really believe?

8 If I'm going to be a Lutheran, what do I believe?  
9 What do I care about?

10 So that when you are going to a neighborhood party,  
11 you are having chili with your Seventh Day Adventist  
12 neighbor, you can have a conversation with that person.

13 I think what we need to do for you is to provide  
14 you with a place, I think I would like to offer over and  
15 over, this isn't solidified, which is why I need your  
16 prayers, but I am pretty sure I know you want to know what  
17 you believe so that you can feel confident to talk to your  
18 coworker down in the next office, because you know that she  
19 is going through a divorce.

20 "I just thought I would stop by and say I'm praying  
21 for you."

22 That would be all it would take. You don't have to  
23 go into any greater detail than that, but I think that's  
24 what Christ wants us to do when he says love your neighbors  
25 as yourself.

1           I think he wants us to not just do church here.  
2           That's what I love about that book.

3           You don't just do church and then you go to work  
4           and then you have the soccer game. That's what makes us  
5           fragmented and harried.

6           But what he's challenging us to do is to simplify  
7           our lives so that we begin to be a disciple right where we  
8           are, one of our core values here at Bethany.

9           We were created to connect with one another and we  
10          learn that in the very first book of the Bible. Let's go to  
11          that right now.

12          Genesis 1, the first page of the Bible. Let's look  
13          at this a second.

14          This is where we learn about the precious gift of  
15          life that we have been given.

16          Not only that, but there is an interesting twist  
17          that Genesis takes.

18          And I would like to point out in Genesis 1 is one  
19          creation count.

20          Genesis 2 is the second creation account. They are  
21          different.

22          Genesis 2:4 is the second one. "In the day that  
23          the Lord God made the earth and the heavens when no plant of  
24          the field was yet in the earth," etc., kind of dry.

25          A little bit different than the first creation

1 account, "In the beginning when God created the heavens and  
2 the earth, the earth was a formless void," a little more  
3 poetic.

4 I'm glad we have both accounts, though, because it  
5 fills in the parts that were left off from the first  
6 account, the second account fills that in.

7 The thing I want to point out to you that I never  
8 really noticed before, and I learned this from Randy Frazee,  
9 God gets to going in creation, gets to creating life and  
10 seas and sky.

11 Verse 4, "God saw that the light was good."

12 And look with me at Verse 10, "God called the dry  
13 land earth and he gathered together the waters and called  
14 them seas and God saw that it was good."

15 And jump down, he makes vegetations and that great  
16 orange that I had yesterday, the fruit from the trees.

17 And he says in Verse 12, "And God saw that it was  
18 good," and he keeps going.

19 He decides to create the moon and sun and stars and  
20 wouldn't it have been fun to be there and see what he was  
21 going to do next?

22 But every once in a, while all of us have been  
23 gifted with life, we need to stop and look at Genesis 1 and  
24 see the precious gift that life is, that God has given to  
25 each and every one of us.

1           Sometimes we take those oranges and apples for  
2 granted.

3           Sometimes we take those beautiful sunrises, I know  
4 it's cold out, the sky is great against that snow, sometimes  
5 we take that for granted.

6           We need to stop and see, because there is so much  
7 that can drag us down in life.

8           We need to see that God intended life to be good.  
9 It's precious. It's all good.

10           Verse 26, it's the end of the fifth day, and on the  
11 sixth day God says let us make human kind in our image.  
12 Then they went to work.

13           Here is where I want to jump over to Chapter 2, if  
14 you would do that with me, Verse 18.

15           Everything has been good, right, up to this point?  
16 Suddenly there is something that isn't good.

17           And Genesis 2:18 says, "The Lord God said it is not  
18 good that the man is alone, so I will make him a helper as  
19 his partner."

20           He has created A-dam. That's Hebrew for from the  
21 earth.

22           So A-dam goes to sleep in the second account of  
23 creation and when he wakes up there is A-dam-a.

24           That's Hebrew for female, and A-dam says, wow, now  
25 somebody I can relate to, someone with vocal cords, someone

1 with eyes like mine, bone of my bone and flesh of my flesh.

2 I just never noticed that it took God, five, six  
3 days to say something is not right. You see?

4 The first change order in creation was community.  
5 Now, I think that in the beginning, right out in Verse 1, if  
6 we had known that we were created for companionship and  
7 conversation, maybe we would take advantage of that.

8 Maybe it's down in the sixth day, behind a not  
9 good, something is not good, something is not right with  
10 this creation, maybe it's down there so that we realize how  
11 precious the gift of companionship and conversation is.

12 I'm reminded here of Martin Luther's definition of  
13 marriage; mutual affection, respect, and conversation.

14 We were created for companionship. We were created  
15 with an in-built, if you will, connection for requirement  
16 and without that it's not good.

17 Without one another, without other human beings,  
18 God says it's not good, I created you to have a connection  
19 requirement.

20 Frazee thinks this is God's way of highlighting the  
21 absolute importance of companionship and conversation in our  
22 lives.

23 We are built with a connection requirement and  
24 apart from that we die.

25 I was at Village Pointe a few weeks after Christmas

1 and there were a lot of families obviously spending some  
2 Christmas money and some coupons or gift certificates.

3           There was one family of four. The two parents were  
4 walking together not saying anything and the two children  
5 both had those Walkmans on.

6           I kind of just watched them walk past. I thought  
7 no one is relating to anybody .

8           No one has to talk, but we were created, our world  
9 would say it's okay to do.

10           Our world would say it's okay, you watch that  
11 program, I'll watch this one in the next room. It is  
12 different.

13           Thirty years ago the Peeks were saying look at all  
14 the lonely people, but it's still the same way.

15           Look at that lonely family. Each of them alone in  
16 their own way.

17           So I think what we need to do is take the Gospel,  
18 Jesus's way in us, and work it into our families and our  
19 relationships.

20           Instead of doing church, then doing soccer, then  
21 doing home, then doing a meal, then doing work, it's all  
22 compartmentalized, and what Randy Frazee is challenging us  
23 to do is to do life together, more deeply.

24           So, again I say to you, please pray for the adult  
25 discipleship team, because I know that it's not right that

1 we are just circling as Christians together.

2 I know that's not quite right. We do that in a  
3 worship celebration like this, and fellowship.

4 But church is to be done out in our minivans and in  
5 the soccer fields.

6 And I think what we need to do is provide you with  
7 enough knowledge so you feel confident to say, "I would like  
8 to pray for you."

9 You feel confident to say to your neighbor maybe  
10 after six cups of coffee, "Have you ever thought about what  
11 God is doing in your life?"

12 When Jesus called his disciples, the first thing  
13 they did was move.

14 When he called his disciples, there was movement.  
15 Remember?

16 When he called James and John they got up and they  
17 just left their fishing nets. They left what was familiar.

18 Spiritual growth is going to take us to places that  
19 we've never been before.

20 And it is something that is really concerning to  
21 me, that in this place, that's why we are going to grow  
22 forward adult discipleship and worship, because as Pastor  
23 Mark said last week in the state of the church message, we  
24 need to grow deeper, not just wider, but deeper.

25 I think one of the ways we grow deeper is we

1 receive the call that Jesus gives to each and every one of  
2 us and that's move.

3 In an article in Christian Century last week  
4 scholar Mark Rahl says, "When Christ calls he offers  
5 abundant life. If we are to accept his offer we must also  
6 accept some measure of risk."

7 Like Ed said in the drama, I don't really know my  
8 neighbors.

9 I don't blame them for not taking a risk and  
10 telling them what is really happening in their life, because  
11 they would probably just make a joke out of it.

12 "Any real change implies the breakup of the world  
13 as one has always known it."

14 I know where we live. I know what you do. I know  
15 what I can do.

16 I can have a chaotic lifestyle, just like the world  
17 wants me to have. I know that.

18 "But any real change implies the breakup of the  
19 world as one has always known it."

20 It's what Jesus said. Things are going to be  
21 different.

22 When he came he said no, it's not like that; it's  
23 exactly the opposite of that. It calls for radical change.

24 "Spiritual growth implies change and change  
25 suggests risk."

1           We are going to challenge you to take risks with  
2 your neighbors, and with your coworkers, and with your  
3 friends, and we will help you to do that.

4           In December I had a funeral for the Moats family.  
5 We had it in the chapel.

6           Diane learned she was pregnant with triplets last  
7 summer and everyone was kind saying that's amazing, because  
8 we all did the math.

9           They already had three kids and three more would  
10 make six, and we just couldn't hardly understand that, but  
11 if anybody could do it Rex and Diane could do it.

12           And then about midway in unfortunately that disease  
13 twin-to-twin transfusion attacked the twins and they no  
14 longer were living in that little sack.

15           But the other baby, the third triplet, was living  
16 in the other sack and it was a dangerous situation.

17           Absolutely miraculous that she gave birth to those  
18 three and Jasmine was perfectly healthy and came right out  
19 of the womb and right into her arms.

20           It was a sad day when we commended those twins into  
21 God's care and keeping.

22           Naturally I expected family members to be there;  
23 they were.

24           Diane and Rex have a large extended family here in  
25 Elkhorn and Bethany.

1           So they were there, of course, but what was awesome  
2           is that people were there, coworkers were there, members of  
3           their neighborhood were there, small group people, people  
4           that had telephoned them and brought food to them and did  
5           life deeply with them.

6           I did not orchestrate that; I did not administrate  
7           that; that came from their love for each other.

8           And I think that's what we want to do more of here,  
9           friends in Christ, at Bethany.

10          I think because of the love we have known through  
11          Christ, that makes it easy.

12          We don't have to administrate that here and give  
13          the small group leaders yet one more thing to do.

14          So I'm thinking that if you know what you believe  
15          and why you believe it that you can become confident in  
16          saying to your neighbor, who you know is pregnant with  
17          triplets, "I would like to bring over a meal tonight."

18          The first answer is always going to be food, that  
19          always works for each and every one of us.

20          So then after time maybe you say, "You want to  
21          study prayer," or something like that?

22          I'm saying it's time to do church in the  
23          neighborhood.

24          It's time to stop thinking that we come here to do  
25          church.

1           We are disciples of Christ in the world when we do  
2 that in the soccer field and in the basketball courts and  
3 when we are waiting in the dance rehearsal hall.

4           We are talking with other people about what God is  
5 doing in their life.

6           What I love about Randy Frazee's challenge is that  
7 it's not about Christians drawing in.

8           I think that's the problem with small groups; that  
9 it's just a circle of Christians, and they get tight, and  
10 then they don't want to have anybody else.

11           What Randy Frazee says about this new community, he  
12 thinks this is what Christ wants us to do.

13           It cannot be the typical isolated small group of  
14 Christians.

15           When Jesus called his disciples they left the  
16 familiar and they were exposed to other people.

17           Luke says that others joined. People that didn't  
18 even believe, yet they joined his following.

19           "It must intersect a local group of citizens living  
20 in close proximity to them as well, including those who do  
21 not believe in or live for Jesus."

22           What a concept. When Randy Frazee got up he showed  
23 us a picture in Chicago when we went to that seminar, he  
24 showed us a picture of his community group.

25           And it was like forty people, there were teenagers,

1 children, neighbors, and he explained to us, he's a pastor  
2 of a large church in Texas, he explained to us, he said some  
3 of these people go to my church; some of them have told me  
4 they don't believe in God; some of them go to other  
5 churches, but this is my community group, and every Sunday  
6 we meet and we eat and we talk about what God is doing in  
7 our life. Even with the people who say they don't believe  
8 in God.

9 I think this is where we need to go. I think this  
10 is where Christ wants us to go.

11 We must see our private spaces, our homes, as  
12 centers for simple hospitality.

13 We must stay home more, we must hang out in the  
14 front yard, Pastor Mark talks to us about that, our front  
15 porches versus our back deck, we must stay home more, hang  
16 out in the front yard, not in the backyard.

17 We must spend less time in our cars and more time  
18 with people.

19 None of you sitting here today want another  
20 meeting.

21 I know that about you, but I know you wouldn't mind  
22 getting more deeply connected, because those of you who have  
23 experienced the power of prayer like Rex and Diane Moats,  
24 Rex told me, "Wenda, I was as a doubting Thomas as anyone  
25 ever would be and it was the love of those neighbors and

1 friends and my prayer group that has changed my life."

2 Those of us who have experienced that deep  
3 connection, we want more of it.

4 The power of the Gospel is found in the  
5 relationships we have with each other as Jesus has his way  
6 in each of us.

7 People today are looking for relationships; not  
8 another meeting.

9 Like Ed said, it feels like we are good friends,  
10 but I know that's not right. There must be more and I don't  
11 know how to change it.

12 Randy Frazee gives us practical steps and we are  
13 going to be presenting more of those as the weeks go on.

14 Thank you for listening today. Let's pray about  
15 your living life together more deeply.

16 Our Lord Jesus Christ, you called your disciples  
17 and they left their familiarity and they took great risks.  
18 They went to talk to people that didn't know you.

19 Lord, would you give us that courage? Would you  
20 pour out your Holy Spirit upon Bethany and upon our adult  
21 discipleship?

22 We want to have a deeper relationship with you and  
23 with one another.

24 We want to walk from this place each week out to  
25 our cubbyholes and our minivans and neighbors and we want to

1 do what you want us to do, so help us.

2 Thank you for challenging us in our time, for  
3 challenging us that there are lonely people, including  
4 ourselves, that need your love and need your grace.

5 Use us as you will and strengthen us this week as  
6 we are out and about until we meet again. Through Christ  
7 we pray. Amen.

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