

August 17, 2025

Eleven:Eleven

in the garden

Register your presence



Thanks for being here!



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Thanks for your gift!

Arrival Song **"(Sittin' On) The Dock Of The Bay"**
Music & Lyrics: Otis Redding

Welcome Candle (Rumi) Debby Kratky

Gathering Song **"Healing River"**
Music & Lyrics: Fred Hellerman, Fran Minkoff

Sharing Signs of Peace and Welcome

Gift of Song **"Ripple"**
Music & Lyrics: The Grateful Dead

Kairos Sarah Comwell

Sacred Text Charme Roberts
Exodus 33: 12-14 (The Voice)

Moses (to the Lord): Look, You tell me, "Lead these people!" but You haven't yet told me whom You will send to accompany me. Yet You tell me, "I know you by name, and you have gained My trust and blessing." If I have gained Your trust and blessing, reveal Your way to me so that I can truly know You, and so that I may gain Your favor. Remember that this nation is Your covenant people.

Eternal One: My presence will travel with you, and I will give you rest.

Observations & Considerations Kagan Parker
Gospel of the Sloth: Slow is Sacred

Closing Song **"Drift Away"**
Music & Lyrics: Dobie Gray

Benediction Kagan Parker

The Eleven:Eleven Revolution Band Is
Brad Thompson - Music/Band Leader, Vocalist, Guitarist
Justin Pate - Keyboard, Vocalist | Jon Mosig - Drums
Kevin Grove - Lead Guitar | Lee Allen - Bass, Vocals
Alaina Gunter - Vocalist | Lydia Smith-Osborne - Vocalist

For more info about Eleven:Eleven visit
fumcfw.org/1111fw.

Browse programs and events or search by ministry or keyword at fumcfw.org/events.

Worship with us online on Sundays at fumcfw.org/live.

Download the MYFUMC App at fumcfw.org/myfumc.

Thoughts for Future Reflection

"In an age of speed... nothing can feel more luxurious than paying attention. And in an age of constant movement, nothing is more urgent than sitting still." — Pico Iyer

"Stillness, is not the absence of movement or sound... it's about creating a physical and emotional clearing to allow ourselves to feel, think, dream and question." — Brené Brown

"When we rush, we skim the surface, and fail to make real connections..." — Carl Honoré

"Seek out a tree and let it teach you stillness." — Eckhart Tolle

"Slow living isn't about determining how little we can live with — it's about working out what we simply can't live without." — Nathan Williams

Opportunities and Small Groups

Conspiracy Opportunities

Core Practice: Tell the Bigger Sacred Story

Wine and Wishful Thinking

2nd and 4th Tuesdays | 6:30 – 8:30 pm | Next: Aug 26

Wine, Beer, Light Bites, and Great Conversation

Winehaus | 1628 Park Pl Ave | Fort Worth 76110

Contact Kagan for more info at kparker@myfumc.org.

Book Club: Folded Pages

WEDNESDAYS – Aug 20 | 6:30 - 8:00 pm

Debbie Manning, host | email kparker@myfumc.org for loc.

Join us as we read "Braiding Sweet Grass" by Robin Wall

Kimmerer | email kparker@myfumc.org for location, info

🎸 Ukulele Group...Coming in September!!! 🎸

Core Practice: Show Up for Others

First Street Methodist Mission needs Tube Socks this

month. Leave donations in the bin on Refreshment Table or @801 West 1st St. Tues-Thurs, 8 am - 1 pm, ringing bell at the Henderson St double doors.

To assist with United States Disaster Recovery (**Hill Country Floods**) give online @

<https://advance.umcmmission.org/p-620-umcor-us-disaster-response-and-recovery.aspx>



To assist with International Disaster Recovery (**Ukraine, Gaza, etc**) include **982450 IDR** in the memo line of your check. You can give online @

<https://advance.umcmmission.org/p-641-umcor-international-disaster-response-and-recovery.aspx>



For all opportunities: <https://fumcfw.org/events/>

Core Practice: Mindfulness Meditation

Fierce Self Compassion Meditation, Adapted

Think of a situation where you feel mild to moderately threatened, but not in real danger. Allow yourself to feel whatever emotions are arising (fear, anger, frustration?)

Say to yourself slowly and with conviction: "I clearly see the truth of what's happening. I do not stand alone, I stand with others."

Now put a fist over your heart, as a gesture of strength and power. Say to yourself "I will protect myself"

If you're having difficulty finding the right words, imagine that someone you really care about was being mistreated or taken advantage of in the exact same way you are. What would you say to this person to help them be strong, to stand tall. Can you offer the same message to yourself?

Place your other hand over your fist, hold it tenderly, and say to yourself, "I give myself full permission to feel my truth, my pain, my anger while still keeping the thread of love alive."

Namaste