August 24, 2025

# Eleven:Eleven

## in the garden

**Register your presence**

SCAN ME

**Thanks for being here!**

**Give online**

SCAN ME

**Thanks for your gift!**

**Arrival Song** — **Don't Worry Be Happy**
Music & Lyrics: Bobby McFerrin

**Welcome Candle (Rumi)** — Jenny Anderson

**Gathering Song** — **"Love Will Find You"**
Music & Lyrics: Storyhill

**Sharing Signs of Peace and Welcome**

**Gift of Song** — **"Come, O Light"**
Written by: St Dimitrii of Rostov, 1709, Russian Orthodox
Arranged by: Imant Raminsh, Latvian immigrant to Canada

**Kairos** — Margaret Sutton

**Sacred Text** — Kelly Reeves
**II Corinthians 4:6-9 (NRSVU)**

For it is the God who said, "Light will shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way but not crushed, perplexed but not driven to despair, persecuted but not forsaken, struck down but not destroyed,

**Observations & Considerations** — Kagan Parker
**Gospel of the Sloth: Hang in There!**

**Closing Song** — **"Hey Jude"**
Music & Lyrics: The Beatles

**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

***"Hope is the thing with feathers that perches in the soul, and sings the tune without the words, and never stops at all."***
*— Emily Dickinson (Poem #254, c. 1861)*

***"It does not matter how slowly you go as long as you do not stop."*** *— Confucius*

***"When we are no longer able to change a situation, we are challenged to change ourselves."***
*— Viktor Frankl (Man's Search for Meaning, 1946)*

***"We must accept finite disappointment, but never lose infinite hope."***
*— Martin Luther King Jr., (Strength to Love, 1963)*

***"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, and how you can still come out of it."***
*— Maya Angelou (A Burst of Light, 1988)*

---

# 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 27 | 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.umcmission.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.umcmission.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*