

**Plymouth Congregational Church**  
*A Congregation of the United Church of Christ  
downtown Syracuse, NY*



Service of Word and Sacrament  
February 1, 2026  
10:00 am – Worship

## *We are each other's light*

I will not fill my cup up with fear  
I will not fill my plate with hate  
I will not dine on division, jokes and jeers  
That deride and denigrate,  
That slice and separate  
I will not sip a drip  
I will not take a bite

I will sit down at the table of delight  
I will gather friends around  
Weary bones and brokenhearted from the fight  
In the silence and the sound

We will reach across the table  
Light a candle, break some bread  
Open up the lid and ladle love  
in bowls 'til all are fed

We will gather with our grief and with our joys  
We will bring our thread and yarn  
With our hands and with our fingers  
with our voice  
We keep mending what is torn

We are stitching songs of freedom  
We are knitting in the dark  
We are painting up the power  
We are stirring up a spark

When I walk out in the dark and sacred night  
I will look up in the sky  
I will see a million stars all shining bright  
They are you, and you and I

In the face of fear and fright  
In the deep and dark of night  
**We are each other's light**

Sara Thomsen

## ☞ Order of Worship ☜

### RINGING OF THE CHURCH BELL

*Be still ... and aware of God's presence  
within you and all around you.*

### BRINGING IN THE LIGHT

Oliver Kurt

### PRELUDE

“Aria”

George Frideric Handel

### WORDS OF WELCOME

Craig French

### CALL TO WORSHIP *(by Katherine Hawker)*

Nancy Gwin and  
Kathleen Waters

One: Happy are we

**All: when our treasures cannot be quantified.**

One: Happy are we

**All: when our knowledge is tempered by mystery.**

One: Happy are we

**All: when our pain is held in the balm of love.**

One: Happy are we

**All: when our delight comes from beyond ourselves.**

### \*HYMN

“How Blest Are Those”

insert

### \*PASSING OF THE PEACE

One: Peace be with you.

**All: And, also with you.**

*Share a sign of peace with those around you.*

*\*Please stand as you are able.*

PRAYER FOR TROUBLED AND ANGERED PEOPLE *(by Tanner Olson)*

**ALL: God, we come to You tired,  
not from loving, but from watching love be trampled.**

**Tired of funerals that never needed planning.  
of headlines preaching despair,  
of neighbors treated like enemies when power forgets its purpose.**

**We have seen strength confused with domination  
and authority mistaken for violence.**

**Grief, fear, and frustration crowd our streets,  
shadowing love, goodness, and joy.**

**We try to keep up, but the world keeps groaning.**

**Meet us here.  
In the exhaustion. In the questions. In the silence between tragedies.**

**Plant something beautiful in our sorrow.  
Forge resolve from our anger.  
Teach our broken hearts to love with courage, not retreat.**

**Do not let us grow numb. Do not let us grow cruel.**

**Keep us faithful to goodness,  
committed to our neighbors,  
anchored in Your peace.**

**And when the hurt weighs us down, let hope lift us up.**

A TIME OF SILENT PRAYER

WORDS OF COMFORT AND HOPE

ANTHEM "Listen" Crystal LaPoint Kowalski

SCRIPTURE Matthew 5:1-12 *(Common English Bible)*

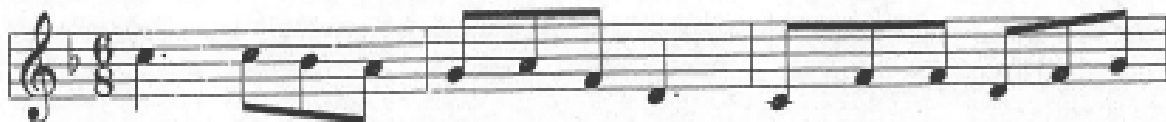
One: This is the word of God for the people of God.

**ALL: Thanks be to God.**

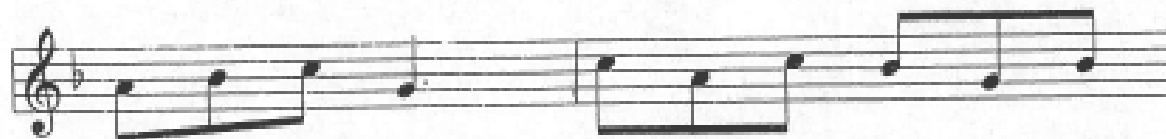
*Following the story, children preschool through grade 5 will depart for Learning Community.*

2233

# Where Children Belong



This, this is where chil-dren be-long, wel-comed as part of the



wor - ship - ing thron-g. Wa - ter, God's Word, bread and



cup, prayer, and song: This is where chil-dren be - long.

WORDS: James Ritchie

MUSIC: James Ritchie

RITCHIE  
Irregular

MESSAGE

“Unruly Living”

REMEMBERING THE SAINTS

*Response: Thank you, God, for the life and faith of \_\_\_\_\_*

David Alber — Heather Fais

Mack Richardson — Craig French

Eleanor Russell — Gert Danzy

Leslie Smith — Stan Ayres

PERSONS KILLED BY ICE / CBP / DHS IN THE LAST MONTH

Alex Pretti

Renee Good

Keith Porter, Jr.

PERSONS WHO DIED IN ICE CUSTODY IN THE PAST YEAR

Geraldo Lunas Campos

Luis Gustavo Nunez Caceres

Parady La

Luis Beltran Yanez-Cruz

Delvin Francisco Rodriguez

Nenko Stanev Gantchev

Fouad Saeed Abdulkadir

Jean Wilson Brutus

Shiraz Fatehali Sachwani

Pete Sumalo Montejo

Francisco Gaspar-Andres

Kai Yin Wong

Gabriel Garcia Aviles

Josue Castro Rivera

Hasan Ali Moh'D Saleh

Leo Cruz-Silva

Huabing Xie

Miguel Angel Garcia Medina

Norlan Guzman-Fuentes

Ismael Ayala-Uribe

Santos Banegas Reyes

Oscar Rascon Duarte

Lorenzo Antonio Batrez Vargas

Chaofeng Ge

Tien Xuan Phan

Isidro Perez

Johnny Noviello

Jesus Molina-Veya

Abelardo Avellaneda Delgado

Marie Ange Blaise

Nhon Ngoc Nguyen

Brayan Garzon-Rayo

Juan Alexis Tineo-Martinez

Maksym Chernyak

Serawit Gezahegn Dejene

Genry Ruiz Guillen

SPECIAL MUSIC

“We Are Each Other’s Light”

Sara Thomsen

*Mara Delaney & Brandon Pugh*

COMMUNION LITURGY *(by Silvia Purdie, adapted)*

One: Come, people of God, to this holy table,  
for you are blessed, more than you know.

You are loved and gathered up in Holy Communion  
with each other and with Jesus Christ, our Friend and Savior.

**ALL: God is here. God's Spirit is with us.**

One: Lift up your hearts.

**ALL: We lift them up to God our Maker.**

One: Let us give thanks to God our Redeemer.

**ALL: It is right to offer thanks and praise.**

**Blessed are we, though we come with empty hands,  
knowing only our poverty.**

One: Blessed are we, though we grieve. Our hearts are heavy,  
all too aware of what life has taken from us.

**ALL: Blessed are we who choose a way of gentleness  
in a world of fierce competition,  
for such will inherit the earth.**

One: Blessed are we when we face our true need  
and honor our deep hunger  
that nothing but God can satisfy.

**ALL: Blessed are we by the infinite mercy of God,  
who accepts us despite ourselves,  
and who calls us to be people of compassion.**

One: Jesus, give us pure hearts. Show us who you are.

**ALL: Show us your face. Show us your truth. Show us your love.**

One: All blessing flow from you, almighty God,  
through your son Jesus Christ,  
who lived and died the path of grace.

**ALL: who knew hunger and persecution,  
who alone was pure in heart and fully open to your Spirit,  
who was fully God but who chose to humble and empty himself,  
making peace between us and God.**

**Blessed are we in your Spirit,  
as we eat this bread and drink this cup.**

One: Come, people of God,  
share in this sign of Christ's death and rising again,

**ALL: that we may be filled with all the fullness of God.**

RECEIVING THE BREAD AND CUP (*in the pews*)

*Communion at Plymouth is open to all without regard for religion,  
strength of belief, state of soul, or certainty of conviction.  
In order to feast with God, all you have to be is hungry.*

*(The bread is gluten-free; the cup is non-fermented grape juice.)*

*(If you need assistance, please signal an usher or communion steward.)*

As the bread and cup are passed through the pews...

In recognition of God's love for all and the importance of community, you are invited to take a piece of bread, then wait to eat until all have been served. In recognition of God's love for and the value of each individual, please drink of the cup as soon as you are served.

CALL TO ACTION

CALL TO GIVING

OFFERING

*Today we receive a special offering for Plymouth's Food Pantry to support our weekly ministry to some of the most vulnerable in our community. To contribute, please write a check payable to Plymouth Church with the words "Food Pantry" in the memo line or note "Food Pantry" on the offering envelope in the pews or click on the "Donate" link on Plymouth's website and choose "Food Pantry" from the drop-down menu.*

OFFERTORY

"The Beatitudes!"

Lawrence Keating

\*DOXOLOGY

**Praise God, whose image we all bear;  
Praise Christ, whose mercy we all share;  
Praise Spirit, making justice grow—  
One God from whom all blessings flow!**

\*PRAYER OF DEDICATION

\*HYMN

"O Healing River"

insert

\*BENEDICTION

CARRYING OUT THE LIGHT

✧ **Plymouth Runs on YOU** ✧

**ACOLYTE:** Oliver Kurt

**USHERS:** Barbara Genton and Cindy Perrine

**FLOWERS:** Bernie Peterson in memory of  
Geraldine Sophia Pasternacki and Franklin Delano Peterson.

**DEACONS ON DUTY:** Kailyn Wright and Esther Zorn

**LITURGISTS:** Nancy Gwin and Kathleen Waters

**COMMUNION COORDINATOR:** Esther Zorn

**COMMUNION SERVERS:** Cindy Perrine, Arne Hook, and Frank Leonard

**COMMUNION HELPERS:** Eli and Jacob Wright

**ONLINE WORSHIP COORDINATOR:** Tom Zorn

**COUNTERS:** Susan Hawks and Keith Jakway

**THIS WEEK AT PLYMOUTH**

- Today                      Worship – “Unruly Living,” 10am, Sanctuary  
Plymouth’s Annual Meeting (following worship)
- Tue    Feb 3              Narcotics Anonymous (NA), 6:30pm, Memorial Hall
- Wed    Feb 4              Food Pantry, 2pm, Basement
- Thu    Feb 5              **NO** Bell or Vocal Choir Practice
- Fri    Feb 6              NA, 6:30pm, Memorial Hall
- Sat    Feb 7              NA, 12noon, Memorial Hall
- Sun    Feb 8              Worship, 10am, Sanctuary  
Community Time, 11:30am, Memorial Hall

**Sunday February 15<sup>th</sup>** will be our Mardi Gras Celebration with concert after the service in Memorial Hall. Bring your favorite crockpot of jambalaya and cornbread. See insert.

**Our food pantry** is gathering hats, gloves, socks, coats, snow pants, and insulated underwear to help our clients during the cold weather.

For December 2025 we served 29 kids, 50 adults, and 21 seniors. (The numbers seem low because the food pantry was closed the Wednesdays before Christmas and New Year’s due to the lack of volunteers.)If you want to volunteer, you can email me at [plymouthchurchfoodpantry@gmail.com](mailto:plymouthchurchfoodpantry@gmail.com) or call/text me at 315-664-2206.

Heather Evans, Plymouth Food Pantry Coordinator

## ☞ Joys and Concerns ☞

### **In the week ahead, you are invited to pray for:**

- Keith J's mother-in-law who is dealing with heart issues.
- The family of John "Jack" Klock, Peggy K's ex-husband who died December 30.
- Continued prayers for Linda and Scott K. and their family, following the unexpected death of Scott's brother Dwight, on January 16<sup>th</sup>.
- Leslie A. recovering at home after surgery.
- Sandra B. dealing with multiple myeloma and Alzheimer's.
- Susan G. who will be having hip replacement in February.
- Doris D. rehabbing at Menorah Park, following surgery after a fall.
- Stephen C. dealing with lung cancer.
- Folks dealing with mental illness, incarceration, and homelessness.

### **Covenant Community Groups 2026**

Plymouth Congregational Church currently has four active Covenant Community groups with a total of 34 members. Some of the groups are able to accept new members. We would also love to have additional groups added if you have a group of people interested. All groups meet once a month at someone's home, usually rotating. One group meets on Monday evening, two groups meet on Wednesday evening, and one group meets on Friday evening. Currently, we are also exploring congregational interest in an *afternoon* group.

### **Plymouth Covenant Communities**

**What?** Small groups of 10-12 who meet monthly for fellowship, conversation, support and sometimes food!

**Why?** To develop strong relationships in safe spaces, to share our personal joys and concerns, to support and care for each other, and to deepen our faith.

**How?** You can express your interest in joining a group for **2026**, or just ask questions by calling or texting **Leela George** at (315) 254-7807 or by email at [ljgeorge62@gmail.com](mailto:ljgeorge62@gmail.com)

## Music Notes for Sunday, February 1, 2026

Georg Frideric Handel (1685-1759) was first and foremost a composer of opera. His operas are full of beautiful arias for solo voice featuring gorgeous tunes, of which our **prelude** is one.

Our reading today is the Beatitudes from the Sermon on the Mount. Our **anthems** are based on that text.

Crystal LaPoint Kowalski is a Syracuse native most recently retired to Skaneateles with her composer husband, Daniel Godfrey.

*Listen, oh listen, for his blessing makes all things new.  
Many years ago in Galilee a young man walked among the hills by the sea.  
At his gentle call, fishers dropped their nets.  
They followed in his way and listened at his feet to what he had to say,  
For when he spoke a light shone in his eyes.  
Blessed are the poor in spirit; theirs is the kingdom of heaven.  
Blessed are those who mourn; they shall be comforted.  
Blessed are the gentle; they shall inherit the earth.  
Blessed are the merciful; mercy they shall receive.  
Blessed are the poor in heart; they shall see God.  
Blessed are the peacemakers; they shall be called the sons of God.  
Jesus is that man with outstretched arms.  
He longs to fold you to his heart once again.  
In his sweet eyes shines the light of the world.  
Listen. He's calling you.*

Lawrence Keating was the editor and composer of several collections of anthems for younger choirs. I can find no other information about him.

Johann Ludwig Krebs (1713-1780) was perhaps the best-known student of Johann Sebastian Bach. There are even some pieces that are attributed to Bach that Krebs may have actually written. Krebs hand-written copies of Bach's music also were a major source in assembling the entire works of Bach. The Short Prelude in C is only nine measures long, with three of those measures played by the pedals alone – a nice short piece to allow us to get on with our Annual Meeting!

## ☞ About Plymouth ☞

Plymouth was founded in 1853 by a group of Syracuseans who wanted to create a Christian abolitionist bulwark in the city. Since then, we have fought against slavery, poverty, and war; for immigrant, native, worker, LGBTQ+ and women's rights; and sought to be agents of mercy in a hurting world. We believe in beauty, laughter, the struggle for peace with justice, taking risks for God, and the Way of Jesus Christ.

Our faith is over 2,000 years old; our thinking is not!

**We are Open and Affirming** We believe God calls us to welcome all and their gifts regardless of gender, gender expression, sexual orientation, race and ethnicity, physical ability, socioeconomic status, or religious background.

**We are Just Peace** We covenant to live actively within the holy longing that weds justice with the quest for peace – within us, between us, in community, and across the globe. We covenant to affirm the sacredness of all life and to honor and preserve creation.

**We are Sanctuary** We provide a space of physical, emotional, and spiritual safety for immigrants without documents, and specifically pledge to the principles of the national New Sanctuary Movement.

**We are Immigrant Welcoming** We seek to learn, support, and develop practices and programs that facilitate the respectful welcome and inclusion of all immigrants into our congregation and community.

**We are Progressive Christians** We try to walk in the way of Jesus Christ, our brother and savior. We believe God speaks new meanings for new days, and that She does so not only in the church and the ancient words of the Bible, but through the insights of science, the arts, the revelations of other religions, and the best strivings of the human spirit. We believe God has granted us a purpose, and that life is too short for long-faced religion. Join us!

Rev. Craig French, Bridge Pastor  
Dr. Joseph Downing, Director of Music  
Lori A Forrester, Church Administrator  
Emily Evans, Youth and Children's Ministries Coordinator

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