

Assembly Mennonite Church

Unburdened: A Journey Toward Forgiveness

October 25, 2026

Gathering

VT 605 My Life Flows On

Call to Worship

Welcome

Opening Ourselves

VT 172 God Calls You Good

Peace Lamp

L: Let justice roll down like a river

P: And goodness like an ever-flowing stream.

Offering - VT 420 God of the Bible

Telling God's Story

VT 713 Make Me an Instrument of Your Peace

Children's Time

Let us remember that the answers that children give are best received with appreciation and not with laughter.

Confession and Words of Assurance

VT 675 Abana alathi (Abana in Heaven)

Scripture - Genesis 33: 12-20

L: The stories of God for the people of God

P: Thanks be to God

Voices of Lament

Pastor: As church leaders we hear you and we believe you.

We grieve the pain and loss you have had to bear.

Congregation: As your church community, we hear you and we believe you.

We grieve with you. We scarcely know how to respond.

VT 795 Kyrie Eleison

Longing for Repair

Pastor: As church leaders we hear you and we believe you. We long for restoration, and we give thanks for the signs already present.

Congregation: As your church community we hear you and we believe you. We long for restoration, and we give thanks for the signs already present.

Responding

VT 644 Healer of Our Every Ill
Sharing from our lives
Pastoral Prayer

Sending

Introducing Visitors & Announcements
(*Sunday School teachers dismissed*)
VT 612 When Pain or Sorrow/ Hold On
Benediction

Worship Leader: Moriah Hurst; Song leader: Scott Hochstetler; Peace Lamp:
Tom Kauffman; Children's Time: Leon Bauman; Readers: Joyce Hostetler, Lisa
Kauffman, Anna Yoder Schlabach, Becky Smuts, Nate Osborne; Artwork:
Anna Yoder Schlabach and Brooke Rothshank; Musicians: Bev Lapp, Anna
Yoder Schlabach; Tech: Ben Good-Elliott, Jep Hostetler; Scripture reader:
Norah Kern; Pastoral Prayer: Anna Yoder Schlabach

*This morning's service will contain stories of abuse.
The stories are not explicit, but they are stories of harm.
If you need to leave the service at any time,
please feel free to do so.*

Patricia Ebersole Zwier is available to sit with you or speak with you.

Second Hour

*There are several different ways to respond during second hour. Further instructions
are on the reverse.*

Worship space: facilitated conversation (*led by Joel Kern and Anna Yoder
Schlabach*)

Multipurpose Space: Somatic Response + Integration (*led by Sara Klassen
and Rebecca Yoder Smucker*)

Walk the labyrinth in the Memorial Garden

Take a walk around the neighborhood or invite a friend

Sunday School locations for the children are on the reverse.

Sunday school locations: (*Sunday school runs for 50 minutes following worship*)

Wee Wonder/Toddlers: room 7-8
Kindergarten: room 5
Grades 2: room 1b
Grades 4&5: room 2b
MYF (grades 9-12): room 3b

PreK: room 9
Grade 1: room 4
Grades 3: room 1a
JYF (grades 6-8): room 3a

Multipurpose Space

Somatic Response + Integration

In second hour, you will be invited to land gently in your body. Your wildly
intelligent and adaptive protector, this body has likely been responding to
what you have heard today whether or not you are noticing that physical
response. In this time of reflection, we will move our bodies in ways to
reorient, ground, express, and integrate what we have heard and what
has come up for us.

This will not be:

- how to fix the way you/your body is responding
- how to move in a prescribed or right way
- free verbal sharing/processing in response to the service

This will involve:

- an optional check in—one word or phrase—how you arrive
- guided prompts for noticing your mind, heart and body
- suggestions for moving and breathing in ways that explore what's
present
- an optional check-out after the movement—how you are leaving

Worship Space

Facilitated Conversation Questions

Questions for Discussion:

- What are one or two words you would use to describe what you are
thinking or feeling?
- What are the stories you carry about repair or the limits of repair after
harm?
- Why do you think Jacob and Esau took separate paths after their reunion?