

Lara Glass: Good morning.

Congregation: Good morning.

Lara Glass: Welcome to morning prayers. Please stand as you are able for a responsive reading found in your black Appleton Psalter, Psalm 151, found on page 77. "Canst thou by searching find out God? Canst thou find out the Almighty unto perfection?"

Congregation: "It is as high as heaven, what canst thou do? Deeper than hell, what canst thou know?"

Lara Glass: "The measure thereof is longer than the earth and broader than the sea."

Congregation: "If he cut off, and shut up, or gather together, then who can hinder him?"

Lara Glass: "For he knoweth vain men. He seeth wickedness also. Will he not then consider it?"

Congregation: "For vain man would be wise, though man be born like a wild ass's colt."

Lara Glass: "If thou prepare thine heart and stretch out thine hands toward him."

Congregation: "If iniquity be in thine hand, put it far away, and let not wickedness dwell in thy tabernacles."

Lara Glass: "For then shout thou lift up thy face without spot. Yea, thou shalt be steadfast and shalt not fear."

Congregation: "Because thou shalt forget thy misery, and remember it as waters that pass away."

Lara Glass: And thine age shall be clearer than the noonday. Thou shalt shine forth. Thou shalt be as the morning."

Congregation: "And thou shalt be secure because there is hope. Yea, thou shalt dig about thee, and thou shalt take thy rest in safety."

Lara Glass: You may be seated.

Choir: (Singing)

Shelly Lowe: Good morning.

Congregation: Good morning.

Shelly Lowe: Beautiful day, today. I want to share a short story with you this morning. A few years ago, I went from my home in Arizona to visit a friend who had recently moved to the Northwest. She had gone for the first time to live there for a job. I came to visit her because she had been by herself, and I wanted to spend some time with her, see how

she was doing. She remarked and said, "Let's go on a ride today. Let's take a drive. Let's go to the mountain." Because I had never been up to the mountain to see it. So we got in the car, and we started our drive. It was a lovely day, very quiet, not a lot of traffic.

Shelly Lowe: We stopped and we got some food, we got some gas, and we continued on with the highway. We got off the highway onto the road up to the mountain, and it was just lovely and it was quiet and it was serene. The road started winding, and we stopped at an overlook and took some pictures and we continued on. I kept saying, "Do people not come up here? Why is there no traffic? How come nobody else is here?" She said, "I don't know, but we'll keep going." So we drove and after a few minutes, a big, fat porcupine rambled across the road in front of us and I remarked and said, "Well, that's odd. You don't often see porcupines running across the road." She said, "Yeah, that's a good thing we didn't hit it."

Shelly Lowe: We continued on, and we stopped at a small pond and got out to look at it and I said, "You know, it looks like glass." I mean, there was not a ripple, nothing. I said, "It's just calm. That seems so odd. I've never seen water really behave that way." There was one car packing up there at the pond, and they were leaving heading out down the mountain. We continued on and we got up to the top where the visitor center is and the lookout. We parked in a parking lot, got out of the car, and we started walking up the path to the visitor center. I happen to think, "I feel like the ground is moving. Why is the ground moving?" I looked down and all of these small frogs were coming out of the soil and kind of hopping themselves back down towards the parking lot. I said, "This is weird. I've never seen this before. What are these frogs doing? Why are they all coming out, and why are they all running away?"

Shelly Lowe: So we stepped carefully to try to not step on any and got up to where the visitor's center was. A couple was up there with some binoculars looking across from us at the ridge that was across the way. They said, "Well, the visitor center's closed." We said, "Oh, okay." Not thinking much about it. They said, "Oh, we can see the elk on other side of the ridge, and they're running over onto the other side." So we said, "Oh, okay. That's nice. It's fun to watch elk, I suppose." Then you could hear a coyote yipping over on that side and I thought, "Well, the coyote's calling all of its friends that the elk are going, let's go with them and follow them."

Shelly Lowe: So we walked on a little more to the overlook, and I was looking at a map in front of me and I remarked to her and I said, "Well, where's the waterfall?" She said, "I don't think there's a waterfall." I said, "Yeah, you can hear it. Can't you hear it? You can hear the water." She said, "I don't think so, but maybe." So I kept looking at the map, and I kept trying to find this waterfall and we couldn't find it on the map. I said, "Well, maybe it's on the other side of the ridge where the elk are going and where the coyote is going."

Shelly Lowe: We looked around for a little while and got back in the car and decided, "Okay, we'll go back." That was a nice day, nice drive. I got to see them out to. I got to kind of look down from the top and see everything. We got back into the city, and we went to get something to eat in a local place right by her apartment. A gentlemen who worked there knew her very well. We walked in and he said, "Well, what have you ladies been up to

today?" She said, "Oh, well we drove up to Mount St. Helens because it was a nice day." He about dropped the glasses he was holding and he said, very emphatically, "Why would you go there?" She said, "Well, because she's never been there." I said, "Yeah, I've never been there. I wanted to see it." He said, "Don't you watch the news?" We said, "No." He said, "It's a volcano. It's erupting. They're closing it right now." I said, "Oh, well we didn't know that."

Shelly Lowe: We didn't think about it. And later I thought, "What were we doing? Why weren't we paying attention?" I thought in my mind, "Maybe it was our own way of having a pilgrimage of getting out, going to see something. Not a pilgrimage can find anything in particular, but a pilgrimage to find independence and to be responsible on our own, by ourselves." Because a lot of people were very cautious about us being by ourselves, going on long drives. Later, I started to say, "You know, that rumbling that we heard at the waterfall, that was actually the lava underneath that I was hearing and I just didn't know it."

Shelly Lowe: So my message today is to always think about any pilgrimage and adventure. I try to remind myself this as well, to always gather the information first to make sure that you know what you are doing, where you're going, but also to pay attention to all the warning signs that come in front of you. If we had paid attention to all the warning signs, we may not have been in the situation or a place that we probably shouldn't have been. But my last message is always to really pay attention to all the rumblings that you might be hearing because I'm guessing that they have something really important to say if we just pay attention and listen. Thank you.

Lara Glass: Please join me in offering the Lord's prayer printed on the reverse of your order of worship.

Congregation: "Our father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory forever and ever. Amen."

Lara Glass: Please stand as you are able to sing hymn number 29 in your Crimson Memorial Church Hymnal.

Congregation: (Singing)

This is my song, Oh God, of all the nations, number 29. (singing) May we live this day compassionate of heart, clear in word, gracious in awareness, courageous in thought, and generous in love. Amen.

Congregation: Amen.