

CENTRAL UNION CHURCH

A UNITED CHURCH OF CHRIST 'OHANA

"We Engage and Embrace ALL as we seek to Embody Christ!"



Living Our Best Life

AUGUST 9, 2026

7 AM SERVICE

ELEVENTH SUNDAY AFTER PENTECOST

BACK TO SCHOOL SUNDAY

ATHERTON MEMORIAL CHAPEL

Harp Prelude

Give Me Jesus

arr. Brook Boddie

His Eye Is On The Sparrow

arr. Brook Boddie

How Can I Keep From Singing

arr. Brook Boddie

THE COMMUNITY GATHERS...

From many places we gather here. This is a high point of our week. We see our friends. We make new friends. And we spend time with the loving Christ who meets us where we are, as we are. In this Sanctuary we worship, and through worship the courage within us is kindled to inspire courageous living beyond this place.

Welcome and Announcements

The Rev. Rushan Sinnaduray

*** Sharing Aloha**

Rev. Sinnaduray

Call to Worship (*responsively*)

Fanny Yeung

One: God is able to do more than we could ask or imagine.

Many: God goes beyond our doubt to give us faith.

One: God is able to give more than we can understand.

Many: God goes beyond our cruelty to give us kindness.

One: God soars to reach our minds and hearts.

Many: God goes beyond our anger to give us empowerment.

One: God expands our possibilities.

Many: God goes beyond our injustice to give us hope.

*** Opening Hymn**

For the Beauty of the Earth

No. 353, vs. 1-4

*** Prayer of Invocation** (*in unison*)

Fanny Yeung

Gracious God of our hearts, today we are seeking wisdom which goes beyond what our eyes can see or our hands can touch. We are seeking wisdom of the heart. Speak to our hearts about your commandments of love and justice. Make our wandering paths straight and our lives holy. Amen.

TO HEAR GOD'S WORD...

Scripture

Proverbs 3:1-12

Fanny Yeung

Music for the Day

Savior, Like a Shepherd Lead Us

arr. Brook Boddie

Sermon

THERE OUR HEARTS WILL BE:
LIVING OUR BEST LIFE

Rev. Sinnaduray

Hymn of Reflection

These Hills

(Sing verses 1, 2 & 3)

♩=108

Am Em F C

1. These hills where the hawk flies lone - ly, beach - es where the long surf rolls,
 2. For - ests where the tree ferns tow - er, riv - ers run - ning strong and clear,
 3. Git - ies where the young roam rest - less, lives brought to deep de - spair,
 4. All that the old world gave us, all that the new world brings,

5 Dm Am D7/F# G Gm C7

moun - tains where the snows meet heav - en, these are our care. Pas - tures where the
 o - ceans where the great whales wan - der, these are our care. Race meet - ing
 home - less and pow'r - less peo - ple, these are our care. Plac - es where the
 lan - guage, i - deas and cus - toms, these are our care. Life find - ing

10 F F/C Fm C Dm

sheep graze calm - ly, or - chards where the ap - ples grow, gar - dens where the
 race as e - quals, jus - tice for age - old wrong, worth for ev - 'ry
 Word is spo - ken, hands held in serv - ing love, faiths of our
 joy and val - ue, faith seek - ing truth and light, God heard and

14 Am Dm G C

ros - es clus - ter, these are our prayer.
 man and wom - an, these are our prayer.
 man - y cul - tures, these are our prayer.
 seen in all things, this be our prayer

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TO RESPOND IN FAITH...

Prayers for Ourselves and Others

Rev. Sinnaduray

The Lord's Prayer *(in unison)*

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 debts as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory forever. Amen.

AND GO FORTH IN LOVE.

*God's love cannot be contained within the walls of this Sanctuary.
Take the love of Christ from this place into your homes, neighborhoods,
and communities.*

*** Closing Hymn**

For the Fruit of All Creation

No. 379

*** Closing Prayer** *(in unison)*

Rev. Sinnaduray

Glory to God, whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.

(Adapted from Ephesians 3:20-21)

*** Benediction**

Rev. Sinnaduray

*** Congregational Response**

**Christ beside us, Christ before us, Christ behind us—king of our hearts;
Christ within us, Christ below us, Christ above us—never to part.**

Postlude

Allegretto Cantabile

Flor Peeters

Our WORSHIP is ended...our SERVICE now begins.

***Please rise in body and/or spirit.**

Constance Uejio, harp and organ

*Today's flowers have been arranged by **Gail Atwater**, with assistance from **Jodee Farm**. They have been provided by the **Frances Kay Brossy Memorial Flower Fund** in memory of **Frances Kay Brossy**, a faithful and active member of Central Union Church who loved life and loved flowers.*

LEARNING TREE: WAYFINDING AND MINDFULNESS TODAY, 10 AM, IN THE WOMEN'S BUILDING



At its core, mindfulness is a practice of non-judgmental awareness of the present moment. It is the simple, but not easy, practice of being fully present with our senses, our thoughts, and our



feelings. **Marion Lyman-Mersereau**, who taught mindfulness for decades and voyaged with the Polynesian Voyaging Society aboard the Hōkūle‘a, will be sharing how these islands were originally found because of ho‘okele, wayfinders, who were astute observers of their natural environment. We will learn how to be navigators or wayfinders of our inner environment, and also get a brief introduction to a mindful movement practice to incorporate in our lives.

“TIME & TALENT FAIR” COMING UP!

As part of our stewardship campaign, we will celebrate with a **"Time & Talent Fair"** on **August 23rd, in the Women's Building, at 10 AM** (between the 9 and 11 AM services). Explore how our church is building upon our four **"Strategic Pillars & Goals"** and how your time and talents can be shared to support the ministries of our church. Come check out the various booths... perhaps you will find yourself in one of the photos!



COME SHARE IN THE MINISTRY OF THE WORD WITH US.



If you are interested in reading in a worship service, please join our pool of readers! We are always in need. To learn more and/or to sign up, use this QR code or type this link into your browser: bit.ly/readcuc.

ANNUAL MEMBER AND BUDGET MEETING - SAVE THE DATE

The Annual Member and Budget Meeting of the congregation of Central Union Church will be held on **Sunday, September 13, 2026**, immediately following the **combined 10 AM service in the Sanctuary**. There will be no 7, 9 or 11 AM service that day. The meeting will begin at 11 AM (or as soon thereafter as registration is complete), both online via Zoom and in the Parish Hall of the Honolulu Campus. The information needed to attend the Annual Meeting via Zoom will be provided in a future notice.



HELP WITH SERVING ALOHA FOOD DISTRIBUTION



The **Serving Aloha** weekly food distribution can always use volunteers! There is a wide range of tasks that cover a range of physical abilities (bagging food, distributing to guests, registering guests for walk-in and drive-through distribution, and clean-up). Volunteers should **check in between 9-10 AM** at the registration desk in the Women's Building. Wear close-toed shoes. Sunscreen and bottled water are also recommended. The distribution finishes at 1 PM, although "work shift" times are flexible.

Questions? Contact Martha Balkin at mecbalkin@gmail.com. Groups are encouraged to schedule their visit.

GET READY FOR GIVE ALOHA AT FOODLAND DURING SEPTEMBER!



give aloha

Foodland's Annual Community Matching Gifts Program

Throughout the month of September, you can donate to Central Union Church and Preschool at any Foodland checkout through the [Give Aloha](#) program! Foodland and the Western Union Foundation will match a portion of each gift with a donation to our organizations, too!

HOW TO GIVE: Go to any Foodland cash register with your Maika'i card (free at any Foodland service counter) and make a donation with cash, check, or credit card, naming **Central Union Church #78511** or **Central Union Preschool #78270** as a recipient. You can donate any amount, up to a total of \$249 (per person, per organization). You can submit your receipt (which will list your Maika'i number, our organization's name, and the donation amount) to the church office by mail, or in the collection plate, to get credit on your giving statement. This is a great way to pay your September pledge and make your giving go further!

PLEASE pay your September pledge, or give an extra donation, through *Give Aloha* this September!

COME AND SHOP AT THE HONOLULU THRIFT SHOP!



Operating hours are Wednesdays and Saturdays from 9 AM to 1 PM. These hours of operation also reflect the current hours at our Windward Thrift Shop (at the Central Union Windward campus) too.

Hours may be further modified on certain dates in the summer depending on volunteer capacity. If you're interested in volunteering at the Thrift Shop, please contact: cuc@centralunionchurch.org. Sadly, we are still unable to receive donations, at this time.

WELCOME TO WORSHIP AT CENTRAL UNION CHURCH



Thank you for joining us in worship today. Your presence and participation are an important part of shaping this experience of worship for all of us. **Know that whoever you are and wherever you are in your journey of life and of faith, you are welcome here!**

If you are a guest here today, we would love for you to become a regular part of what God is doing in and through this church community. Let us know you visited today by completing this brief form here: bit.ly/cucguest, or by using this QR code,



so that we can reach out to you and welcome you to our community.

Large Print Bulletins: Large print editions of the worship bulletin are available; please let an usher know if you need one.

Nursery: A staffed Nursery is available during the **9:00 AM and 11:00 AM services**. Children, ages birth through three years, may be left in the Nursery where they will be cared for during the service.

Sunday School: We offer a Sunday School program for children, age 3 through 5th Grade, during the **9:00 AM and 11:00 AM services**. Children participate in the first part of the service and will leave for Sunday School following the Time for Keiki.

Youth Group: We offer a Youth Group for young people in grades 6 through 12. This week, the Youth will meet **between Noon and 1:30 PM** up in the new Youth Room.

Young(ish) Adults: We have a Young(ish) Adult ministry here at CUC for Generations X, Y, Z. We gather monthly and would love to connect with you! For more information, please email youngish@centralunionchurch.org.

Our Ministers are Every One of Our Members!

Senior Minister, The Rev. A. Rushan Sinnaduray

Please note: By attending events on campus, you may be included in photos and videos recorded by church representatives. Your presence grants your permission to be in these photos or videos, which may be used for communications or archival purposes. If you do not wish to be photographed or included in communications, you may let a church representative know. Mahalo!

Central Union Church — A United Church of Christ 'Ohana

Celebrating transforming lives since 1887!

"We Engage and Embrace ALL as we seek to Embody Christ!"

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announcements sent
each Thursday*

bit.ly/getcuweekly

