

*Blessed Jesus, blessed Jesus Hear Thy children when we pray
Blessed Jesus, oh blessed Jesus, Hear Thy children when we pray.*

*Early let us seek Thy favor Early let us do Thy will
Blessed Lord and only Savior with Thy love our bosoms fill
Blessed Jesus, blessed Jesus Thou hast loved us, love us still
Blessed Jesus, oh blessed Jesus Thou hast loved us, love us still.*

Agape Meal: (Naisagana koman nga immuna dagiti taraon iti lamisaan iti tengnga a nakaporma a krus. Seguradoen nga naidasar amin dagiti makan sakbay a mangrugi ti serbisio/devotion)

- Mangpili iti dua a tao a mangikararag kadagiti taraon no awan ti pastor.
- Maawis dagiti tao nga agboluntario nga agpasango tapno mangala iti taraon (one from the other para iti social distancing) ket ited iti tao iti kaabayna. Kalpasanna maawis dagiti dadduma nga agala iti taraon para met kadagiti dadduma agingga a tunggal maysa adda ti taraonna. Kalpasanna agigiddan a mangan
- Mabalín latta nga agsubli a mangala iti taraon no kasapulan pay wenno para kadagiti kaabay.

+Kararag iti Panagsisina

+Pamendision: Tunggal maysa ibagana iti kabatog: “Bendisionannaka koma ti Apo ket aywanannaka; Kaasiannaka koma ti Apo ket paraburannaka; Kitaennaka koma a siaayat ti Apo ket ikkannaka iti talna ita ken iti agnanayon nga awan inggana.” Amen (Numero 6:24-26).

Sungbat: Tallo nga Amen



United Church of Christ in the Philippines
NORTH LUZON JURISDICTION

Fourth Sunday of Easter Tide & Agape meal

May 3, 2020



Pagpanpanunotan: Ni Jesus ti Naimbag a Pastor
Kinuna manen ni Jesus kadakuada, “Ibagak ti pudno kadakayo: Siak ti ruangan a pagserkan dagiti karnero. 8Mannanakaw ken tulisan dagiti amin nga immay nga immun-una ngem siak, ngem saan a dinengngeg ida dagiti karnero.
“Siak ti ruangan. Maisalakanto ti siasinoman a sumrek kaniak; sumrek ken rummuarto ket makasarakto iti pagaraban. 10Umay ti tulisan tapno agtakaw,

agpapatay ken agdadael. Immayak tapno maaddaankay iti biag—biag nga awan pagkuranganna (Juan 10:7-10).

Preludio /Pannakasindi ti kandela

Kablaaw Pastor/Mangidalan

Kanta a Panagdayaw 10,000 Reasons (Bless the Lord)

Cho: Bless the Lord oh my soul Oh my soul Worship His Holy name

Sing like never before Oh my soul I'll worship Your Holy name

The sun comes up It's a new day dawning It's time to sing your song again

Whatever may pass And whatever lies before me

Let me be singing When the evening comes

You're rich in love And You're slow to anger Your name is great

And Your heart is kind For all Your goodness I will keep on singing

Ten thousand reasons For my heart to find (cho)

And on that day When my strength is failing the end draws near

And my time has come Still my soul will Sing Your praise unending

Ten thousand years And then forevermore (cho)

Repeat chorus

Sing like never before Oh my soul I'll worship Your Holy name

Jesus I will worship Your Holy name Worship Your Holy name

* Imbokasion

Mannakabalin a Dios, idalannakami kadi a makiranud iti nailangitan a rag-o, tapno dagiti nanumo a karnerom ket magun-odda ti kinatured ti nailangitan a Pastorda isu nga immay ditoy rabaw ti daga. Isu a nagbiag ken makipagari kenka iti pannakikaykaysa ti Espirito Santo ita ken iti agnanayon nga awan inggana. Amen.

Pagsisinnublatan a babasaen Salmo 23: 1-3A, 3B4, 5, 6

Mangidalan (M): Ti Apo ti pastorko, adda aminen a masapulko

Sungbat: Alleluia.

M: Iti nalangto a karuotan, paginanaennak; iti sibay dagiti dandanum a natalinaay, idalannak.

Sungbat: Alleluia.

M: Ipaaymo kaniak ti baro a pigs. Tarabayennak iti tumutop a dalan, kas inkarim.

Sungbat: Alleluia.

M: Uray pay no ginget ni patay ti paglasatak saanakto nga agbuteng ta addaka kaniak! Ti sarukod ken bastonmo salaknibandak.

Sungbat: Alleluia.

M: Mangisaganaka iti padaya nga agpaay kaniak, iti imatang dagiti kabusorko. Pinaaruyotam daytoy ulok iti lana, ket agliplippias ti kopak.

Sungbat: Alleluia

M: Awan duadua a kumuyogto kaniak ti kinaimbag ken ti kinamanagayatmo bayat ti panagbiagko, ket agtaengakto nga agnanayon iti balaymo.

AMIN: Alleluia

Kablaaw/Pakaammo/Kararag para iti Sapasap:

Sungbat a kanta: Ammok ti Dios denggenat' kararagko (I know the Lord will make a way

Ammok ti Dios denggenat' kararagko 2X

No agbiagak a nasantoan, idiakon pagbasolan

Ammok ti Dios denggenat' kararagko.

+Pannakaibasa ti Teksto Juan 10:1-10

Mensahe ti Kanta

Mensahe iti Sao Rev. Amado W. Itas, NELC Conf. Minister

Panangipaay iti Bagí ken Sagut iti Dios

Ayab iti Pannangted

Song of Offering "Shepherd of My Soul"

Shepherd of my soul I give You full control

Wherever You may lead I will follow

I have made the choice to listen for Your voice

Wherever You may lead I will go (2X).

Be it in a quiet pasture or by a gentle breeze

The shepherd of my soul is by my side

Should I face a mighty mountain or a valley dark and deep

The shepherd of my soul will be my guide

** Doksolohia/Kararag Pagyaman

Himno iti Pammabileg "Savior, Like a Shepherd Lead Us"(Ilokano HE #144)

Savior, like a shepherd lead us Much we need Thy tender care

In Thy pleasant pastures feed us For our use Thy folds prepare

*Blessed Jesus, blessed Jesus Thou hast bought us, Thine we are
Blessed Jesus, blessed Jesus Thou hast bought us, Thine we are*

*We are Thine, who Thou befriend us Be the guardian of our way
Keep Thy flock from sin defend us Seek us when we go astray*

14 ways to protect your mental health in the pandemic, according to Public Health England

- Consider how to connect with others: Video calls with friends and family can help beat isolation.
- Help and support others: Think about how you could help those around you – it could make a big difference to them and can make you feel better too.
- Talk about your worries: Remember that this is a difficult time for everyone and sharing how you are feeling and the things you are doing to cope with family and friends can help them too.
- Look after your physical wellbeing: Try to eat healthy, well-balanced meals, drink enough water, exercise inside where possible and outside once a day
- Look after your sleep: Try to maintain regular sleeping patterns and keep good sleep hygiene practices
- Try to manage difficult feelings: Try to focus on the things you can control, including where you get information from and actions to make yourself feel better prepared.
- Manage your media and information intake: 24-hour news and constant social media updates can make you more worried. It may help to only check the news at set times or limit yourself to a couple of checks a day.
- Get the facts: Gather high-quality information that will help you to accurately determine your own or other people's risk of contracting coronavirus (COVID-19) so that you can take reasonable precautions.
- Think about your new daily routine: Think about how you can adapt and create positive new routines – try to engage in useful activities (such as cleaning, cooking or exercise) or meaningful activities (such as reading or calling a friend).
- Try to manage difficult feelings: Try to focus on the things you can control, including where you get information from and actions to make yourself feel better prepared.

- Do things you enjoy: If you can't do the things you normally enjoy because you are staying at home, try to think about how you could adapt them, or try something new. There are lots of free tutorials and courses online.

-Set goals: Setting goals and achieving them gives a sense of control and purpose – think about things you want or need to do that you can still do at home.

-Keep your mind active: Read, write, play games, do crossword puzzles, sudokus, jigsaws or drawing and painting. Find something that works for you.

-Take time to relax and focus on the present: Relaxation techniques can help some people to deal with feelings of anxiety. For useful resources see [Every Mind Matters](#) and [NHS' mindfulness page](#).

If you can, once a day get outside, or bring nature in: Spending time in green spaces can benefit both your mental and physical wellbeing. If you can't get outside you can try to get these positive effects by spending time with the windows open, or arranging space to sit and see a view (if possible) and get some natural sunlight.

Above all... pray to God..