



DUNDEE
PRESBYTERIAN
CHURCH

July 10, 2022

We're grateful for Your presence today!

We believe our purpose is to love God and share Jesus Christ. We strive to be a congregation in which all feel welcomed and find opportunities to engage and grow. Wherever You are in Your journey with God, we want You to know You are welcome here.

We are pleased to offer nursery care for children 0-3 years old at every service.

Dundee New Member Class

Saturday, August 20 at 4:30 p.m.
Email Pastor J.D., if you are interested
jgeorlett@dpcomaha.org

Come join us with our mission partner ABIDE in giving help and hope to North O!

Our second July ABIDE workday will be this Saturday July 16th at 9AM. Please plan to join us as we continue on getting the interior and exterior fixed up. Contact Keith Holmes with questions at kholmes@dpcomaha.org or see him in the annex after service.



Composting at Dundee

Dundee Church, as good stewards of God's creation are pleased to announce that we are now composting! We are committed to reducing our waste and we are so excited for the church family to join in the effort. What does this mean for your church experience?

- Read the labels on the trash cans – there are instructions on them
- The coffee cups, water cups, plates, and napkins from the church can be discarded in the compost bins
- All food waste goes into the compost bins
- Next year we'll be using compost from Hillside Solutions for our church gardens!



In Person Sunday Worship @ 9AM & 11AM
5312 Underwood Ave. Omaha, NE 68132
402-558-2330 // www.dpcomaha.org

Join in Worship, Sundays at 9 & 11AM also on [Facebook.com/dpcomaha](https://www.facebook.com/dpcomaha)
Church of the Air is broadcast on 1110 KFAB, Sundays at 8:30AM
Megan's Old Office Podcast - link on Facebook and dpcomaha.org

Blood Pressure Screenings: Second Sundays, in Rev. J.D. Georlett's office, 10:00 a.m.-12:30PM

Summer Care Ministry- In Person Events

Tai Chi: Summer sessions – June 4-Aug. 27, Saturdays only at 10-11AM, meets in the Underground.

Free will offering.

GriefShare: Summer 13-week session begins, Thursdays, May 26-Aug. 18, 1:00-3:00PM., in the Parlor.

Register at GriefShare.org

A Note from your DPC Nurses:

Blood Pressure Sunday is held here the second Sunday of the month here at DPC. *Today is the day!*

We wanted to share why it is important for you to know what your blood pressure is. Your blood pressure is the pressure that exists within our arteries and drives blood throughout our body. At normal levels, your heart creates enough blood pressure to pump blood to vital organs like your eyes and your kidneys. Over time elevated blood pressure can hinder blood flow and can cause organ damage which can eventually increase the risk of blood clots, heart disease, stroke, heart attack and kidney disease. Blood pressure is written in two numbers. The top number is the systolic pressure (when your heart beats) and the bottom number is the diastolic pressure (when your heart is at rest between heart beats). Normal blood pressure is below 120/80 and high blood pressure or "hypertension" is when your blood pressure is consistently over 140/90. No one knows exactly what causes most cases of high blood pressure. It cannot be cured, but it can be managed. High blood pressure usually has no signs of symptoms that is why it has been dubbed the "silent killer."

People who are at high risk to have high blood pressure are people with close blood relatives who have high blood pressure, people over the age of 35, overweight people, people who are not physically active, people who consume too much salt, people who drink too much alcohol, people with diabetes, gout or kidney disease. Pregnant women, women who take birth control pills or women that have a history of high blood pressure during pregnancy. Race can factor in, African American people are more prone to having high blood pressure.

It is also important to note that sometimes people can have too low of a blood pressure and that too can cause harm.

The only way to know your blood pressure is to have your blood pressure taken by a medical professional. We are glad to do that today for you and assist in guiding you toward better health. If you have any questions you will find us in the office right next J.D.'s office. We will be there from 10-11AM and after Noon.

Resource: American Heart Association. Answers by Heart Fact Sheet. Centers for Disease Control and Prevention (CDC).

Church offices hours are currently 8:00AM-1:00PM

If You would like to have a church announcement in the bulletin or online please e-mail Your information to Shelly at bulletins@dpcomaha.org.

Please observe all parking and non-parking zones around the church.

**Please stand as able*

Meditation – Imitation is the sincerest form of flattery. That means that, when someone decides to exhaust the time and energy and resources to imitate someone, it is because that which is being imitated is of undeniable value. The imitator knows, better than anyone, that the one being imitated is unique or notable or even great at what they do. Imitation is a central theme of Christianity, because we know someone who is worth that effort.

PREPARATION FOR THE WORSHIP OF GOD

Prelude	Worship Band
*Song of Praise <i>Same God</i>	Worship Band
Announcements	Keith Holmes
*Song of Worship <i>Yes I Will</i>	Worship Band
Song of Confession <i>Hymn Of Heaven</i>	Worship Band

Quiet and Personal Confession

Consider this Prayer of Confession:

O God, You have called us to love our enemies and to pray for them, but we confess that we have failed in this task, in the name of aligning ourselves with those who agree with us. You have called us to go out into the world, and to build relationships with those who are broken and diseased and hurting, but we confess that we have failed in this task, because we have chosen to spend our time on activities that are less demanding. You have called us to be patient, and to trust, and to give generously to the building of Your Kingdom in our world, but we confess that we have failed at these things, while we tell ourselves that they are too much for us to do. Please forgive us. In Jesus' name we pray, Amen.

Assurance of Pardon Rev. J.D. Georlett

Passing of the Peace of Our Lord

Leader: The Peace of our Lord Jesus Christ be with You all.

Congregation: And also with You.

Moment with Children Rev. J.D. Georlett

PRAYER OF THE PEOPLE OF GOD

Anthem
Morning By Morning

Worship Band

The Morning Prayer & The Lord's Prayer

OFFERING OF OUR TITHES & GIFTS TO GOD

The Calling to Christian Offering

Worship Band

***Doxology** (Hymn 808)

***Prayer and Dedication of the Offering**

PROCLAIMING THE WORD

Old Testament Scripture Deuteronomy 30:9-14

New Testament Scripture Colossians 1:1-14

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

Congregation: Thanks be to God.

Today's Sermon
"Imitation Game"

Rev. J.D. Georlett

CELEBRATING THE LIVING WORD

***Closing Song**

***Benediction**

