

FREE Sunday

This order of service can be contextualized to fit your congregation's needs. This is a template that we hope can be a starting point as you plan to host a FREE Sunday.



OPENING

- **4:00 mins: Free Video**
https://www.youtube.com/watch?v=lvOaAf_sCfE
- **6:00 mins: Introduction, frame time, tease out call to action, trigger warning** (should be announced for at least two Sunday prior to FREE Sunday so attendees can prepare accordingly), **prayer**
 - **Content for this section is found at the bottom of the order of worship**
- **2:00 mins: FREE Sunday Litany**
(https://covchurch.org/wp-content/uploads/2021/07/Free_Sunday_Litany.pdf)
- **10:00 mins: Worship music**

FREE MOVEMENT I

- **3:30 mins: Nisha's story**
https://drive.google.com/file/d/1maMW_hvfQw4kacZynihUXiBluedxBoECB/view?usp=sharing
- **10:00 mins: Survivor story/prayer in small groups from the Week of Prayer**
<https://covchurch.org/2022-prayer/>
 - A representative reads prayer by a global partner.
 - Picture of the writer in the background (found in reflection in the link above).
 - People reflect in small groups on what they've heard, then pray together in groups.
 - Representative closes in prayer for the congregation.

CENTRAL MESSAGE

- **Gwen Adams video or invite a FREE speaker**

<https://vimeo.com/ecc/download/682036137/38044ebe54>

FREE MOVEMENT II

- **10:00 mins: Survivor story/prayer in small groups from the week of prayer** (<https://covchurch.org/2022-prayer/>)
 - A representative reads prayer by a domestic partner.
 - Picture of the writer in the background (found in the reflection in the link above).
 - People reflect in small groups on what they've heard, then pray together in groups.
 - Representative closes in prayer for the congregation.

- **5:00 mins: Spoken Word by Sharon Irving**

<https://vimeo.com/682036902/d788ea289b>

FREE MOVEMENT III

- **5:00 mins: Offertory / Call to Action**

Thank you for entering this space of listening, reflection and prayer with us. One of the ways we can partner with this work is by making a gift to the initiative. Currently, FREE partners with 6 domestic and 4 international partners. Each an expert in their own context, they each come at the issue of trafficking from a different angle. These partners are on the ground, doing the work of transforming the lives of sex trafficking survivors. They are engaged in

...(Offertory continued): holistic and life changing work in the areas of intervention, rehabilitation, and prevention.

When you give to FREE, you join us in extending compassion and hope to the marginalized and vulnerable. With your gift, you are joining the transformative work of The Covenant and our partners in loving and serving alongside the vulnerable. Thank you for partnering with us!

To make a gift you can scan the QR Code or visit us online at:

<https://giving.covchurch.org/priorities-detail/free>

To learn more about the initiative, visit the FREE website at Covchurch.org/free



- **15:00 - 20:00 mins: Communion**
 - **To order wafers and access communion liturgy, visit:**
<https://covchurch.org/serve-globally/covenant-world-relief/communion-wafers/>

BENEDICTION

((5 mins))

(See last page for text)

FREE Introduction

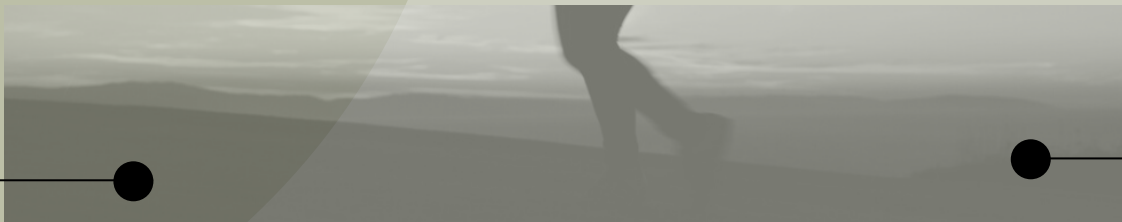
FREE is the anti sex trafficking initiative of the Evangelical Covenant Church. As mission friends, we desire to respond to God's call to do good, seek justice and encourage the oppressed in our world. We join God and the global church in making things right in our broken world. In our commitment to oppose this evil injustice, we partner with you, our local churches and with experts internationally and domestically, who are on the ground doing the work of transforming the lives of sex trafficking survivors. As the Covenant, we have always believed in the power of partnership. Joining God and others, to do more than we can do alone. We seek to create a movement through our collective power. We are committed to opposing evil in our world that leads to the transformation and liberation of us all.

Frame time / Call to action:

We have gathered today to engage together in the conversation of anti-sex trafficking. We are here because we are

passionate about this topic and want to find creative ways to engage our local churches in combating this evil. In our time together today, you will hear stories and reflections of transformation and faith from survivor leaders and advocates. We invite you into a posture of silence and listening. Allow the Spirit to move and break our hearts for what breaks God's so that we may be moved into action. We will have purposeful pauses throughout this experience. During these purposeful pauses we invite you to reflect on words, phrases or images that stick out to you. After a time of reflection, we invite you to offer them to people in your small group. Once everyone has shared, we invite you into a few minutes of silent prayer for what you heard in your group. After that we will wrap each section up with a collective prayer.





Trigger warning:

We want to make you aware that a word, phrase or story you hear today may trigger difficult emotions. Knowing that 1 in 4 women and 1 in 10 men have experienced some form of abuse, tells us that there are people in this room who have been affected by some form of violence or abuse. That personal experience may bring up repressed emotions or feelings that have not been dealt with. Please be graceful with yourselves and each other... If you need to stand up and leave the room, please feel free to do so. If you need to reach over to a neighbor who is triggered, we invite you to do so. This is sacred space and we invite your whole body and its experiences to join you here...

Benediction:

It helps, now and then, to step back and take a long view. The kingdom is not only beyond our efforts, it is even beyond our vision. We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is a way of saying that the Kingdom always lies beyond us. No statement says all that could be said. No prayer fully expresses our faith. No confession brings perfection. No pastoral visit brings wholeness. No program accomplishes the Church's mission. No set of goals and objectives includes everything. This is what we are about. We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise. We lay foundations that will need further development. We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that. This enables us to do something, and to do it very well. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest. We may never see the end results, but that is the difference between the master builder and the worker. We are workers, not master builders; ministers, not messiahs. We are prophets of a future not our own.

Author: Cardinal Dearden in 1979 and quoted by Pope Francis in 2015

Other helpful resources:

Images attached: FREE logo, giving QR code

Giving link: giving.covchurch.org/free

