

Good News for *Anxious* Christians

10 Practical Things You
Don't Have To Do



Sermon Series: September 13 - October 31, 2026

October 11, 2026
Eleven o'clock in the morning

THE ORDER OF WORSHIP

PRELUDE

Aria

Flor Peeters

WELCOME & ANNOUNCEMENTS

Rev. Teer Hardy

* CALL TO WORSHIP

Robert Arnold

We come to worship with grateful and complicated hearts,
and God welcomes us all the same.

We come with faith and doubt, generosity
and hesitation, love and self-interest,
and still the grace of God is at work among us.

We do not gather because our hearts are perfect,
but because the love of God is.

So let us seek the love that is patient and kind,
the love that bears, believes, hopes, and endures.

Come, let us worship the God whose love never ends.

* HYMN

God, Whose Love Is Reigning o'er Us

Hymnal no. 100



CONNECTING
GROWING
SERVING
CELEBRATING

*PRAYER OF THE DAY

Rev. Teer Hardy

**God of unfailing love,
you know us better than we know ourselves.
You know the hopes we carry, the reasons we show up,
and all the tangled motives of our hearts.
Yet you call us here,
not because we have made ourselves worthy,
but because your grace is already at work among us.
As we worship, turn our attention toward Jesus Christ
and form us more deeply in his love.
Teach us to rejoice in what is true,
to seek the good of our neighbors,
and to trust that your love is greater than everything
in us that remains unfinished.
Through Christ our Lord. Amen.**

CALL TO CONFESSION

Rev. Teer Hardy

**Merciful God,
we confess that we have not loved you with our whole heart.
We have failed to be an obedient church.
We have not done your will,
we have broken your law,
we have rebelled against your love,
we have not loved our neighbors,
and we have not heard the cry of the needy.
Forgive us, we pray.
Free us for joyful obedience,
through Jesus Christ our Lord. Amen.**

(All pray in silence.)

Hear the good news:
Christ died for us while we were yet sinners;
that proves God's love toward us.
In the name of Jesus Christ, you are forgiven!
In the name of Jesus Christ, *you* are forgiven!
Glory be to God. Amen.

ANTHEM

Grant Us Thy Peace

Felix Mendelssohn

Grant us thy peace, Almighty Lord, Thou Source of every blessing. Feeble and frail, trust we Thy word, All things in Thee possessing. In Thee is our hope and safety.

SCRIPTURE LESSON

[1 Corinthians 13](#)

Robert Arnold

If I speak in the tongues of humans and of angels but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers and understand all mysteries and all knowledge and if I have all faith so as to remove mountains but do not have love, I am nothing. If I give away all my possessions and if I hand over my body so that I may boast but do not have love, I gain nothing.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable; it keeps no record of wrongs; it does not rejoice in wrongdoing but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part, but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became an adult, I put an end to childish ways. For now we see only a reflection, as in a mirror, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love remain, these three, and the greatest of these is love.

The word of God for the people of God. **Thanks be to God.**

CHILDREN'S TIME

Emily Turner

There are children's worship boxes available in the Narthex. If you can't find one, please ask an usher for one. Children K-3rd grade are invited to the Sunday School Room (on the 2nd floor) after Children's Time to attend Children's Worship.

SERMON

The Furniture Keeps Moving

Rev. Teer Hardy

* HYMN

The Gift of Love

Hymnal no. 408

CONGREGATIONAL PRAYER

Jill Robinson

THE LORD'S PRAYER

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. Amen.

INVITATION TO THE OFFERING

Rev. Teer Hardy

How to give at Trinity:

There are three ways to give at Trinity!

1. *Give through our online donation portal:*

<https://trinityalexandria.breezechms.com/give/online>

2. *Give by text at 703-783-3034. Just send a text that says "Give" and the Amount.*

3. *Put your offering in the offering plate or mail in your donation to Trinity Church, 2911 Cameron Mills Road, Alexandria, VA.*

For further questions about how to give, visit: www.trinityalexandria.org/giving-at-trinity!

OFFERTORY

Adagio from Sonata I

Feliz Mendelssohn

* THE DOXOLOGY

Praise God, from whom all blessings flow;

Praise God, all creatures here below: Alleluia! Alleluia!

Praise God, the source of all our gifts!

Praise Jesus Christ, whose power uplifts!

Praise the Spirit, Holy Spirit! Alleluia! Alleluia! Alleluia!

* OFFERTORY PRAYER

Rev. Teer Hardy

Generous God,

everything we have comes first from you.

Receive these gifts and receive us with them.

Take what we offer, imperfectly and sincerely,

and use it for purposes greater than we can see.

Let these gifts become signs of your love, mercy,

and provision for our neighbors and for the world.

Through Jesus Christ, whose love never ends. Amen.

* HYMN

Christ for the World We Sing

Hymnal no. 568

* DISMISSAL AND BLESSING

Rev. Teer Hardy

* BENEDICTION RESPONSE

* POSTLUDE

Festive Schezo

Malcolm Archer



SUNDAY MORNING AT TRINITY

The flowers on the altar are given to the glory of God.

Worship In-person and Online! We worship each Sunday at 11 AM in-person and online (through our website and Trinity's Facebook page). For online worship, visit our website: www.trinityalexandria.org. Each Saturday evening, we will send out an email with links to the worship sites and the bulletin for worship that Sunday. For additional information contact the Church Office at office@trinityalexandria.org.

Fall Sermon Series - Good News for Anxious Christians: Inspired by Phillip Cary's *Good News for Anxious Christians*, this sermon series explores some of the spiritual burdens we carry that Jesus never asked us to carry. Together, we will rediscover a faith rooted not in our ability to hear, feel, discern, or perform correctly, but in the good news of what God has already done for us in Jesus Christ. For more information visit: www.trinityalexandria.org/sermon-series/good-news.

Nursery is offered from 9:30 AM - 12:30 PM in room 108 (on the lower level to the left, first hallway on your left at the end of the hall) for our youngest worshippers (birth through 2 years old). Led by Ariana Lara.

Children's Worship runs concurrently with "big" worship. Our Children's Worship is tailored to meet the needs of our young Christians K through 3rd grade; those who have outgrown nursery, but aren't quite ready to stay in the Sanctuary for the full service. We will meet in the Narthex following Children's Time in worship and then make our way upstairs to the Sunday School room.

MUSIC NOTES

The prelude *Aria* op.51 by Flor Peeters (1903-1986) Belgian organist, composer and teacher. The *Aria* dates from the War years; it originated in 1943 as the slow movement of a Sonata for trumpet and piano, and it is still a permanent fixture on exam syllabuses for aspiring young trumpeters. Peeters also arranged it for violin, for cello, and for solo organ, and it is in this form that it is most often heard. The expressive melody unfolds above an accompaniment of soft repeated chords—a technique that Peeters used to equally telling effect in the slow movement of the Organ Concerto. As in so much of his finest work, there is a simplicity and sincerity in this music that speaks directly to the heart. *Notes from David Gammie* © 2011. Copyright 1946 by Edition Heuwekemijer, Amsterdam. Reprinted with permission under ONE LICENSE #A-713613. All rights reserved.

The anthem *Grant us Thy Peace (Da Nobis Pacem)* is a choral prayer. Felix Mendelssohn (1809-1847) was given a copy of the Lutheran hymnal while he was in Vienna and was struck by the power and beauty of Luther's own hymns. He conceived a project to compose a series of cantatas based on the hymns. "Verleih uns Frieden" (Grant us peace) was written in 1831, with Mendelssohn setting Luther's paraphrase of the famous "Dona nobis pacem" prayer to his own soaring melody. Mendelssohn set only the first verse of the hymn, which is heard first with the men's voices, then in a duet with the women's voices featuring a beautiful countermelody, and then in four-part harmony, with the last line repeated softly in a double canon. *Music in the public domain*

The offertory is the second movement from Mendelssohn's Sonata I, Opus 65. This beautiful Adagio (very slow) is in the key of A-flat Major. Two manuals are used, alternating in a dialogue, with strings on one manual and flutes on the other. This movement is in ABA' form: opening section, contrasting section, return to the material of the first section--sometimes called "song form". *Music in the public domain.*

The postlude, by British composer Malcolm Archer (b. 1952) is a dance in 7/8 and 6/8. Scherzo, in addition to being a dance also translates from the Italian to a "joke" or "jest" -- a humorous short composition. You be the judge! © Copyright 1995 Kevin Mayhew Ltd..



A Special Invitation to Join Trinity's Music Program: We offer many opportunities to share your talents here at Trinity! As we look toward the new year, this is the perfect time to add music to your calendar!

- Trebles - Grades K-3: Wednesday 5:30 PM - 6:15 PM, Music Suite
- Choristers - Grades 4-7: TBD
- Teen Ringers - Grades 7-12: TBD
- Trinity Ringers: Wednesday 6:30 PM-7:30 PM, Sanctuary
- Trinity Ringers II: Wednesday 7:30 PM-8:30 PM, Sanctuary
- Trinity Women's Ensemble: Thursday 7:15 PM, Music Suite
- Chancel Choir (Adults vocal choir): Thursday 7:45 PM, Music Suite

Organist's Assistant Program! If you are in grades 3-8, you can become an organist's assistant. You will sit in the choir loft near the organ bench during the worship service and help me arrange and turn pages, push stops, stamp toe studs and assist me as I play the Sunday service on our wonderful Holtkamp pipe organ. We meet right before the service to make sure you know what to do that morning. If you wish, after four Sundays of service, you can receive a free organ lesson or music lesson of your choice. Contact Linda Cancellieri, Director of Music, with any questions at music@trinityalexandria.org.

TRINITY CHURCH'S WEEKLY NEWS

Trinity's Charge Conference will be Sunday, October 18th, in the Fellowship Hall. Charge Conference is the basic governing body of each local United Methodist Church and is composed of all members of the Church Council. Charge Conference directs the work of the church and gives general oversight to the Church Council, reviews and evaluates the mission of the church, sets the salary for the Pastor, elects members of Church Council and recommends candidates for ordained ministry. All members of the Church Council are voting members of Charge Conference. All are welcome to attend this meeting. Contact the Church Office with any questions or concerns at office@trinityalexandria.org.

Trinity's Fall Festival & Trunk-or-Treat on Saturday, October 17th from 10:00 AM – 12:00 PM. Join us for fall fun and community! We'll be collecting shelf-stable food for ALIVE! and new/gently used books for ACPS libraries. Volunteers are needed to decorate trunks, help with crafts, or assist with setup/cleanup. Email Kari Webber at programdirector@trinityalexandria.org to help or donate.

New Member Sunday: Trinity will receive new members Sunday, November 22nd! Through membership, we make a commitment to be part of the body of Christ through a local congregation. If you aren't already a member, we encourage you to consider making this commitment. For additional questions or concerns contact Pastor Teer at pastor@trinityalexandria.org.

All Saints Sunday: On Sunday, November 1st at 10:45 AM, we celebrate All Saints Day, a day of remembrance for the saints of the church. We invite you to bring your friends and family for special music. The service will begin at 10:45 AM with a string prelude. The choir will sing four movements from Morton Lauridsen's *Lux Aeterna* accompanied by string quintet and organ. As we celebrate the Communion of Saints, we will be remembering and naming loved ones who have died in the last year. If you have family members who have died in the last year (since November 2, 2025), please send their full names, date of birth, date of passing and an electronic picture to the Church Office by Wednesday, October 28th. For questions contact the Church Office at office@trinityalexandria.org.

Cemetery Cleanup: Autumn is in the air!!! And that means leaves are falling! Or will be soon! Every year at this time, Christ Church, Old Town Village Community, and Trinity come together to clean up around the cemetery. This includes trash pick up, pulling a few weeds around headstones, picking up branches, raking some leaves and just tidying the area. We will gather at the cemetery on Saturday, October 24th, from 9:30 AM to 11:30 AM. Please let Susan Collins (collinssv@aol.com) or Jill Robinson (jillrobinson55@gmail.com) know if you are able to assist for an hour or more!

Reserve Altar Flowers Today! We encourage our church family to reserve altar flowers in honor or in memory of a loved one by sending an email to the Church Office at office@trinityalexandria.org. After worship, the flowers are yours to take home or share with a loved one. We are now reserving for the rest of the year. The suggested donation is \$75 to the Trinity Flower Fund to cover the cost of flowers and supplies. We are taking reservations for Poinsettias. Orders are due by Sunday, November 15th. Poinsettias will be in worship on Sunday, December 6th and can be taken home after the Christmas Luncheon. To reserve a Poinsettia, visit the registration form here: <https://trinityalexandria.breezechms.com/form/poinsettiaflowers2026> or pickup one in the Narthex after worship. For questions about ordering contact the Church Office at office@trinityalexandria.org. If you have any questions about the Flower Committee, contact Mary Beth Buchholz at marybeth@freespiritfloral.com.

Join the Trinity Prayer Chain: During times of trial and uncertainty, we pray to grow in our faith and encourage one another. We will share joys as well as concerns and needs. If you are interested in being part of this prayer chain or have a prayer request, email the Prayer Chain at prayer@trinityalexandria.org.

Centering Prayer meets weekly on Wednesdays from 6 to 7 PM, in the Chapel. Centering Prayer is a 20 minute practice to sit in quiet prayer to make ourselves open to God. A reading is shared by the leader with a short discussion prior to the prayer time. For more information contact, Carol Bobby at carollbobby@gmail.com.



Sign up for Trinity's eCommunications: Are you wondering what is goes on in the life of our church? Are you looking for ways to get more connected? Or maybe you just want to keep up to date on all the news. Scan the QR code above with your camera on your phone to get connected today!



To join Trinity Church Guest Wifi, scan the QR code above with your camera on your phone. For more information on how to connect via Wifi contact the Church Office at office@trinityalexandria.org.



The Mission of Trinity United Methodist Church is:
Building a strong Christian community to find, share, and celebrate the love of Christ in our hearts, neighbors and our world.

The Welcome Statement of Trinity United Methodist Church is:
"Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me." ~ Matthew 10:40

Trinity United Methodist Church is committed to be a congregation of Open Hearts, Open Minds and Open Doors. We believe all people are of sacred worth and dignity as part of God's creation and as demonstrated by the life and ministry of Jesus Christ. As God's love extends to all, we welcome everyone without exception, regardless of age, race, ethnicity, gender, family structure, socio-economic or marital status, sexual orientation, gender identity, physical or mental ability, faith history or life experience. We recognize that we are all different and those differences make us a stronger community of faith as we worship together to grow in our relationship with God and one another.

THIS WEEK AT TRINITY

Sunday, October 11th

- 9:30 AM Acts of Grace Small Group in the Chapel
- 9:30 AM Sunday Morning Small Group in the Connecting Room
- 9:30 AM Nursery in room 108
- 11:00 AM Worship in-person and online via Facebook Live and Trinity Website
- 12:00 PM Lemonade Reception in the Fellowship Hall
- 5:30 PM Youth Group in the Fellowship Hall
- 5:45 PM Sunday Evening Small Group in the Connecting Room

Monday, October 12th ~ Indigenous Peoples'/Columbus Day

Church Office Closed

Tuesday, October 13th

- 6:00 PM Tuesday Evening Small Group off site

Wednesday, October 14th

- 6:00 PM Centering Prayer in the Connecting Room
- 6:30 PM Trinity Ringers Rehearsal in the Sanctuary
- 7:00 PM Wednesday Evening Small Group via Zoom

Thursday, October 15th

- 10:00 AM Thursday Morning Small Group in the Connecting Room
- 7:15 PM Women's Ensemble Rehearsal in the Music Suite
- 7:45 PM Chancel Choir Rehearsal in the Music Suite

Saturday, October 17th

- 9:00 AM Trunk or Treat in the Trinity Parking Lots

Sunday, October 18th

- 9:30 AM Acts of Grace Small Group in the Fellowship Classroom
- 9:30 AM Sunday Morning Small Group in the Connecting Room
- 9:30 AM Nursery in room 108
- 11:00 AM Worship in-person and online via Facebook Live and Trinity Website
- 12:00 PM Lemonade Reception in the Fellowship Hall
- 5:30 PM Youth Group in the Fellowship Hall
- 5:45 PM Sunday Evening Small Group in the Connecting Room



Trinity United Methodist Church

2911 Cameron Mills Road
Alexandria, VA 22302

Phone: (703) 549-5500 | Fax: (703) 549-7410

Church Office hours: Monday - Thursday 9 AM - 5 PM Friday 9 AM - 2:30 PM

Find us on the Web: www.trinityalexandria.org | Facebook: [Trinity UMC-Alexandria](https://www.facebook.com/TrinityUMC-Alexandria)

Trinity United Methodist Church Staff

Pastor
Director of Music
Program Director
Office Manager
Head of Operations, Trinity Preschool
Facility Manager

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