



"If any wish to come after me, let them deny themselves and take up their cross and follow me."

~ Matthew 16:24

Trinity United Methodist Church Alexandria, Virginia

This is not Your Cross to Bear

August 30, 2026
Eleven o'clock in the morning

THE ORDER OF WORSHIP

Welcome to worship at Trinity.

Whether you are worshiping in-person or online, we are so glad to worship with you this morning.

*Nursery is offered from 10:45 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 worshipers (birth through 2 years old). Children ages 3-3rd grade are invited to meet
in the Narthex after Children's Time to attend Children's Worship.*

*For those worshiping online, as we prepare for a time of worship,
we invite you to find an intentional space in your home for worship.*

**For those worshiping in person please stand in body and/or spirit.
Out of reverence for God and respect for fellow worshipers, please silence all electronic devices.*



PRELUDE

Gavotte

Matthew Camidge

WELCOME

Rev. Teer Hardy

* CALL TO WORSHIP

Sing a song of thanksgiving.

Declare God's wondrous deeds.

For the Lord dwells among the people;
the glory of God abides with us.

Rev. Teer Hardy

* HYMN

And Are We Yet Alive

1. And are we yet a - live, and see each
2. Pre - served by power di - vine to full sal -
3. What trou - bles have we seen, what might - y
4. Yet out of all the Lord hath brought us
5. Then let us make our boast of his re -
6. Let us take up the cross till we the

oth - er's face? Glo - ry and thanks to
va - tion here, a - gain in Je - sus'
con - flicts past, fight - ings with - out, and
by his love; and still he doth his
deem - ing power, which saves us to the
crown ob - tain, and glad - ly reck - on



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WORDS: Charles Wesley, 1749

MUSIC: Johann G. Nægeli; arr. by Lowell Mason, 1845

DENNIS
SM

*** 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.

*** PASSING OF THE PEACE**

CONGREGATIONAL PRAYER

Rev. Mi Sook Ahn

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.

ANTHEM*He's Just the Same Today*

Spiritual; arr. Paul Taylor

Gordon Johnson, tenor; Tom Tyler, tenor; Paul Taylor, baritone; Greg Saunders, bass

When Moses and his people from Egypt's land did flee, his enemies were behind him and in front of him the sea. God raised the waters like a wall and opened up the way; and the God that lived in Moses' time is still the same today. When David met Goliath, the wrong against the right, the giant fought with human power; but David with God's might. God's power with David's sling and stone the giant low did lay; and the God that lived in David's time is still the same today. Yes, he's just the same today.... And when Daniel, faithful to his God, would not bow down to men, and by God's enemies was hurled into the lions' den; God shut the lions' mouths, we read, and robbed them of their prey; and the God that lived in Daniel's time is still the same today. Yes, he's just the same today.... And when Pentecost was fully come and fire from heaven did fall; like a mighty wind the Holy Ghost baptized them one and all. Three thousand were converted and chose the heavenly way; and the God that lived at Pentecost is still the same today!

SCRIPTURE LESSON[Matthew 16:21-28](#)

Jacquie Numbi

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes and be killed and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a hindrance to me, for you are setting your mind not on divine things but on human things."

Then Jesus told his disciples, "If any wish to come after me, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?"

"For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom."

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

CHILDREN'S TIME

David Webber

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

SERMON*This is not Your Cross to Bear*

Rev. Teer Hardy

ANNOUNCEMENTS

Rev. Teer Hardy

FINANCE UPDATE

Judith Andrews, Chair of Finance Committee

INVITATION TO THE OFFERING*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 ANTHEM*The Peace of God*

Tinashe Jera

Gordon Johnson, tenor; Tom Tyler, tenor; Paul Taylor, baritone; Greg Saunders, bass

The peace of God which passeth all understanding keep your hearts and minds in the knowledge and love of God and of His Son Jesus Christ our Lord. The blessings of God almighty, the Father the Son and the Holy Spirit be amongst you and remain with you forever. Amen.

* 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
**Almighty God,
receive these gifts that we offer with grateful hearts
and use us for your ministry in the world,
through Jesus Christ, our Lord. Amen.**

* HYMN *Take Up Thy Cross* page 6

* DISMISSAL AND BLESSING Rev. Teer Hardy

* POSTLUDE *Rondeau* Jean-Joseph Mouret



Take Up Thy Cross

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1. "Take up thy cross," the Sav - ior said, "if thou wouldst
 2. Take up thy cross, let not its weight fill thy weak
 3. Take up thy cross, nor heed the shame, nor let thy
 4. Take up thy cross and fol - low Christ, nor think till

my dis - ci - ple be; de - ny thy - self, the
 spir - it with a - larm; his strength shall bear thy
 fool - ish pride re - bel; thy Lord for thee the
 death to lay it down; for on - ly those who

world for - sake, and hum - bly fol - low af - ter me."
 spir - it up, and brace thy heart and nerve thine arm.
 cross en - dured, to save thy soul from death and hell.
 bear the cross may hope to wear the glo - rious crown.

WORDS: Charles W. Everest, 1833 (Mt. 16:24-25; Mk. 8:34-35; Lk. 9:23-24)

MUSIC: William Gardiner's *Sacred Melodies*, 1815

GERMANY

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SUNDAY MORNING AT TRINITY

The flowers on the altar are given to the glory of God in loving memory of Linda Jane Benson, mother of Bryce Benson.

Summer Sermon Series: *Ready or Not: The Kingdom Shows Up Anyway.* Join us this summer (July 12th - September 6th) for a sermon series in the book of Matthew. Before we understand Jesus, before we follow well, before we believe correctly, the kingdom of heaven is already at work among us. This series invites the congregation into a life shaped not by getting it right, but by receiving what God is already doing.

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.

Nursery is offered from 10:30 AM - 12:30 PM in room 105 (down the stairs on the lower level, first door on the right) for our youngest worshipers (birth through early elementary). 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 movement and Sunday School rooms.

MUSIC NOTES

Prelude and postlude *in the public domain.*

While the composers use Baroque forms, they are not all Baroque composers.

Camidge is from the Classical-Romantic era. Matthew Camidge (1764-1844) was a well known organist from Northern England. A Gavotte is a traditional French folk dance that transformed into an elegant court dance and a staple of Baroque instrumental music. Today's prelude is an organ solo from Camidge's Six Concertos for Organ op. 13. *Some notes from* Hymnary.org *and* Interlude.hk.

Jean-Joseph Mouret (1682-1738) was a leading French Baroque composer best known for his famous Fanfare-Rondeau from his Suite de symphonies, aka the theme song from Masterpiece Theatre.

Today's anthem: In the Book of Daniel we learn, among other things, about how God delivered Daniel from the lions' den and Shadrach, Meshach, and Abednego from the fiery furnace. Today's anthem, the African-American spiritual "He's Just the Same Today," takes that idea a step further. It tells us that, throughout human history, God has *always* watched over, guided, and protected his followers: not only in Biblical times, with people such as Moses and the Israelites, David, Daniel, and the early Christians at Pentecost, but all the way up to us today. God's love never fails us! The arrangement performed today, by Trinity's Paul Taylor, is written in a rousing old-time barbershop quartet style. We hope it speaks to you.

(The words and music from the spiritual on which this arrangement is based are in the public domain. Arrangement © 2023 by Paul Taylor.)

Today's offertory anthem was written by Tinashe Jera based on scripture from Philippians 4:7. Tinashe is a Zimbabwean born composer, pianist, organist and music educator based in the United Kingdom. He earned his BA in Music with Open University UK and a Master of Music Composition (Cum laude) with Rhodes University. In a world overflowing with anxiety, conflict, and uncertainty, one question stands out for those seeking comfort and stability: "What is the Peace of God?" This phrase, found in Scripture, holds a depth of meaning that transcends human understanding. The Bible speaks wonderful words about peace: Philippians 4:7: *"The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* From the website Livingpraying.com. Copyright © 2019 Dolce Music Group All Rights Reserved SheetMusicDirect.com. Used with permission.

Trinity UMC

Fiscal Year 2027 Operating Budget Update

July 1, 2026 to June 30, 2027

\$648,092 Budgeted

The Fiscal Year 2027 Operating Budget for Trinity, as approved by the Church Council, has been updated to \$648,092. Your pledges, regular weekly giving and other funds support the operating budget. This is our third year with our new fiscal year calendar

Church Ministries, \$157,192: Includes costs for conducting all ministries of the church such as music, youth and children's activities, and community engagement (missions and outreach); it includes salaries and benefits for personnel directing these programs.

Facilities and Maintenance, \$133,170: Provides support for church facilities and grounds, including utilities, maintenance, repairs and maintenance of the parsonages.

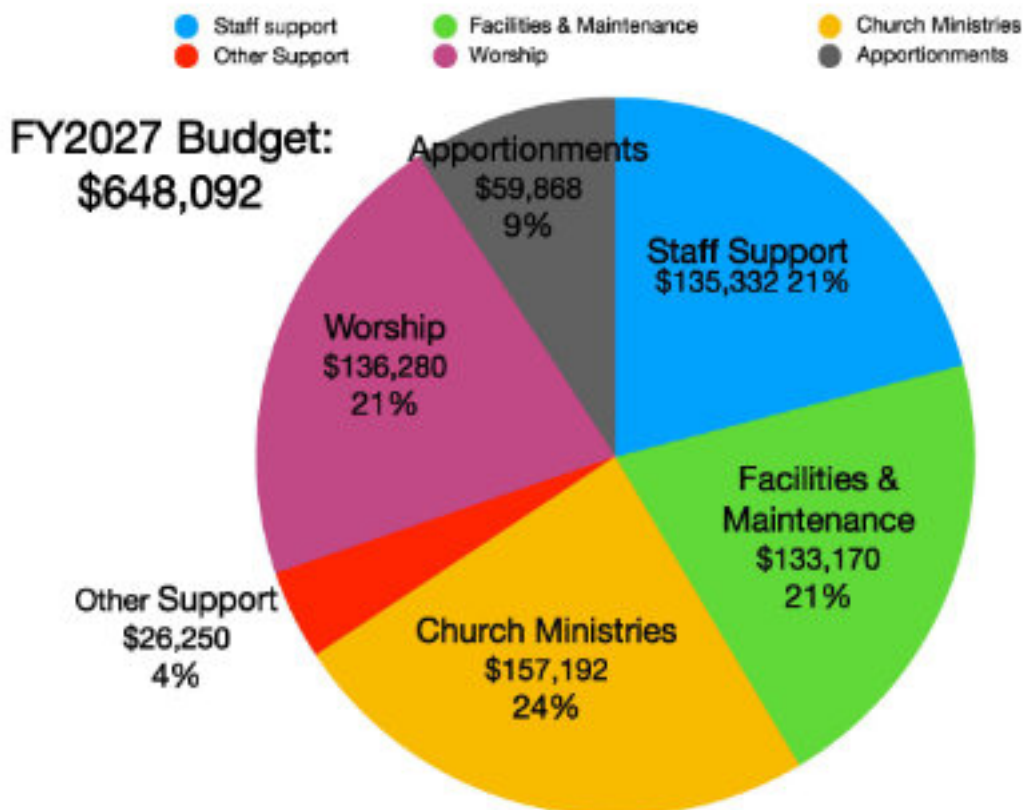
Worship, \$136,280: Supports worship services and related ministries. This includes worship costs such as music, nursery care, and salaries and benefits for pastors.

Apportionments, \$59,868: Contributions to the United Methodist Church connectional system such as the Virginia United Methodist Conference and the Northern Virginia District. This includes expenses such as local and world-wide missions, retired pastors' pensions, educational funds, Black college fund and other obligations of the church at large.

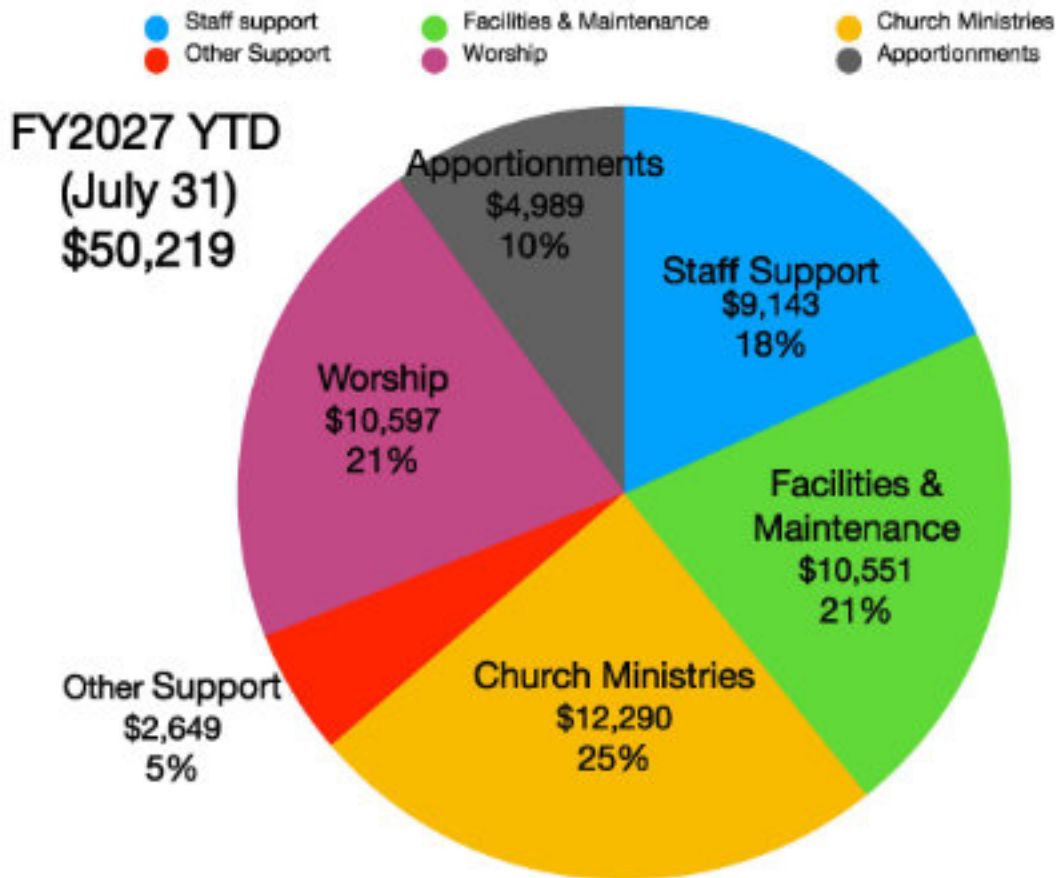
Staff Support, \$135,332: Compensations for paid staff who support the day-to-day activities of the church such as publications and other communications, accounting and financial services.

Other Support, \$26,250: Administrative and ministerial materials and supplies.

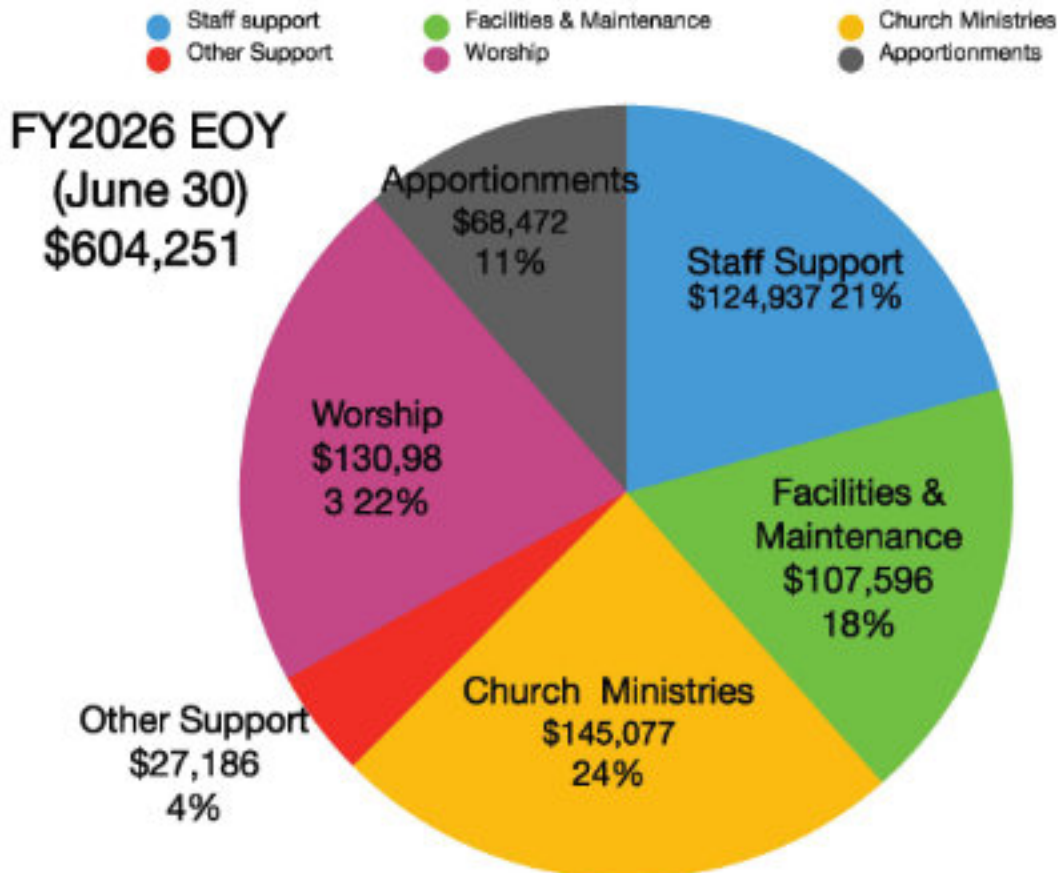
FY2027 Trinity UMC Budget



FY2027 Trinity Year-to-Date



FY2026 Trinity End of Year



TRINITY CHURCH'S WEEKLY NEWS

Join a Small Group this Fall:

"They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers." ~ Acts 2:42

This fall, we invite you to deepen your faith and your relationships with others by joining a Trinity small group. Small groups are intentional communities where we learn together, pray together, and grow in our life with Jesus Christ.

Groups will meet weekly for six weeks, September 14–October 31, and each will be led by a facilitator. Our conversations will follow Trinity's fall sermon series, *Good News for Anxious Christians*, based on Phillip Cary's book of the same name.

Choose a group that works for you:

- Sunday Morning, 9:30-10:45 AM — Connecting Room; Nursery available
- Sunday Evening, 5:30-7:15 PM — Connecting Room; Youth Group offered concurrently
- Tuesday Evening, 7:00-8:30 PM — off-site; dinner at 6:00 PM
- Wednesday Evening, 7:30-8:30 PM — Zoom only
- Thursday Morning, 10:00-11:30 AM — Connecting Room
- Saturday Morning, 8:30-10:00 AM — off-site; children welcome!

Books will be available to purchase at the Fall Kick Off & Ministry Fair on September 13th, or you can order a copy from your favorite bookstore. For more information or to sign up, visit trinityalexandria.org/smallgroups. Questions? Contact the Church Office at office@trinityalexandria.org.

Children's Ministry Needs! Trinity is seeking dedicated volunteers to serve in our growing Children's Ministry! We encourage you to share your gifts of time and presence in the lives of our children. There are lots of ways to support children's ministries ranging from weekly commitments to one time special events. Opportunities include leading children's time, helping to teach in children's worship, or through volunteering with special events. To volunteer or learn more, contact Kari Webber at programdirector@trinityalexandria.org.

Calling All Children & Youth! Living into our mission to build a strong Christian community, we are identifying interested children and youth who would like to participate and lead in worship services. Please complete this form with a parent to indicate your interest in these worship opportunities. <https://trinityalexandria.breezechms.com/form/7fe21e> For more information contact Program Director, Kari Webber at programdirector@trinityalexandria.org.

Fall Kick-Off & Ministry Fair: We invite you to Trinity's Fall Kick-Off & Ministry Fair on Sunday, September 13th! Worship with us at 11 AM and stay for lunch to follow in the Fellowship Hall. Trinity will provide a main dish and we invite you to bring a side, salad or dessert to share. For additional information, contact office@trinityalexandria.org.

You're Invited to Roberts Memorial UMC's 194th Homecoming Celebration: Roberts Memorial United Methodist Church joyfully invites Trinity UMC members to join them for their 194th Homecoming Celebration on Sunday, September 13 at 11:00 AM. The special worship service will feature Bishop Sue Hauptert-Johnson as the guest preacher, followed by a reception. As fellow United Methodist congregations with a shared history in Alexandria, this celebration is an opportunity to honor our connection, celebrate God's faithfulness across generations, and strengthen the bonds of fellowship that unite us. For more information, contact Liz Williams at wizzerfly@gmail.com.

Community Food Project: Opportunity to serve on Monday, September 21, Trinity UMC will partner with the Church of Jesus Christ of Latter-day Saints on King Street to unload, sort, and distribute a semi-trailer of food delivered to our Allison Street parking lot to local food banks and organizations serving food-insecure neighbors throughout Alexandria. Volunteers are needed to make this outreach a success! Please sign up using the Sign Up Genius: https://www.signupgenius.com/go/70A0449AFAD28AA8-64848606-community# and help us share God's love through service. For questions or more information contact Missions Chair, Julie McKinney at juliemck3@gmail.com.

TRINITY CHURCH'S WEEKLY NEWS

Trinity is hiring a Nursery Worker! Do you love working with children? Trinity is seeking a nursery worker for Sunday mornings (10:30-12:30 PM). Monthly schedules can be flexible, depending on availability. Nursery worker will work in conjunction with the nursery supervisor and parents to provide a safe, happy, and loving environment for the children at Trinity UMC! Contact pastor@trinityalexandria.org with additional questions or concerns!

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. If you have any questions about the Flower Committee, contact Mary Beth Buchholz at marybeth@freespiritfloral.com.

Are you looking for a way to serve during Sunday morning in-person worship? Sunday morning worship volunteers are vital to providing a smooth-running and enjoyable worship service. We are looking for volunteers to usher, acolyte or be on the Tech Team. Serving in one of these ministries can enrich your faith and connect you with other members. If you are interested in more information or shadowing someone to see if you would like to volunteer, please contact the Church Office at office@trinityalexandria.org.

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.



ACPS Elementary Reading Tutors! Alexandria City Public Schools' ATC (Alexandria Tutoring Consortium) program is registering reading tutors for the upcoming 2026-27 school year! They offer a wonderfully successful program called Book Buddies. ATC recruits and trains community volunteers to be reading tutors for K-2 graders in ACPS. YOU can make a difference in just two 30-minute sessions per week. Scan the QR code to learn more or sign up! If you have questions, contact Julie McKinney at juliemck3@gmail.com.

Coffee with Pastor Teer

Pastor Teer wants to get to know you and the Trinity community. Schedule a time for coffee with Pastor Teer. Use this link (<https://calendar.app.google/erURpxHR7YVYihX36>) to schedule a time or contact Pastor Teer by email or in the church office.



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.

THIS WEEK AT TRINITY

Sunday, August 30th

10:30 AM Nursery in room 105

11:00 AM Worship in-person and online via Facebook Live and Trinity Website

Monday, August 31st

7:00 PM Social Justice Meeting via Zoom

Tuesday, September 1st ~ First Day of Trinity Preschool

Wednesday, September 2nd

6:00 PM Centering Prayer in the Connecting Room

6:30 PM Trinity Ringers Rehearsal in the Sanctuary

Sunday, September 6th

10:30 AM Nursery in room 105

11:00 AM Worship in-person and online via Facebook Live and Trinity Website

Monday, September 7th ~ Labor Day

Church Office Closed



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.



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

Rev. Teer Hardy
Linda Cancellieri
Kari Webber
Jenessa Stokes
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