

Good News for Anxious Christians

10 Practical Things You
Don't Have To Do



Sermon Series: September 13 - October 31, 2026

*"For by grace you have been saved through faith,
and this is not your own doing; it is the gift of God." - Ephesians 2:8*

October 25, 2026
Eleven o'clock in the morning

THE ORDER OF WORSHIP

PRELUDE

Give Me Jesus
Trinity Ringers

arr. Susan T. Nelson

WELCOME & ANNOUNCEMENTS

Rev. Teer Hardy

* CALL TO WORSHIP

Erin Meredith

We come to worship,
not because we have earned God's favor,
but because God is rich in mercy.
By grace we have been saved through faith.
When we were dead in our sins,
God made us alive together with Christ.
This is not our doing; it is God's gift.
We are God's workmanship,
created in Christ Jesus for good works.
Let us worship the God who has made us alive in Christ!

* HYMN

O For a Thousand Tongues to Sing

Hymnal no. 57



CONNECTING
GROWING
SERVING
CELEBRATING

Gracious God,
you are rich in mercy,
and your love for us is greater than we can measure.
Before we knew to seek you,
you came to us in Jesus Christ.
Before we could make ourselves worthy,
you offered us the gift of your grace.
As we gather in worship,
open our eyes to the wonder of what you have done.
Free us from the anxious need to prove ourselves,
and give us the joy of knowing that we belong to you.
Through your Word, your Spirit, and this congregation,
draw us more deeply into the life of your risen Son,
Jesus 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

God Is Here
Trinity Trebles

Christopher Hogan

God is in my voice when I am singing, God is in my voice, right here in my song. Alleluia! God is here with me. Alleluia! God is in my mind when I am praying, God is in my mind, right here in my prayer. God is in my heart when I am sleeping, God is in my heart, right here in my dreams.

SCRIPTURE LESSON

[Ephesians 2:1-10](#)

Erin Meredith

You were dead through the trespasses and sins in which you once walked, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, doing the will of flesh and senses, and we were by nature children of wrath, like everyone else, but God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand so that we may walk in them.

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

CHILDREN'S TIME

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.

Jill Robinson

SERMON

Paul's Big Ephesian But

Rev. Teer Hardy

*HYMN OF RESPONSE

Grace Greater Than Our Sin

Hymnal no. 365

CONGREGATIONAL PRAYER

Rev. Teer Hardy

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 ANTHEM

Here's One

arr. William Grant Still

Carol Bowers, soprano

My Lord! Talk about a child that do love Jesus, Here's one. In old Satan's snares I once was falling, but I heard the voice of my Lord calling. Talk about a child that's been converted, Here's one. Ever since I learned the gospel story, I've been walking up the path to glory.

*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 is a gift of your grace.

You have made us alive in Christ and created us for good works,

not to earn your love, but because you have already given it freely.

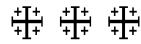
Receive these gifts as an expression of our gratitude.

Use them to feed the hungry, welcome the stranger,

care for our neighbors, and bear witness to the good news of Jesus Christ.

In his holy name we pray. Amen.

* HYMN	<i>Go Forth for God</i>	Hymnal no. 670
*DISMISSAL AND BLESSING		Rev. Teer Hardy
*BENEDICTION RESPONSE		
*POSTLUDE	<i>Trumpet Tune</i>	Henry Purcell



SUNDAY MORNING AT TRINITY

The flowers on the altar are given to the glory of God in celebration of the marriage of Marguerite Clemens and Chirs Bailey on Saturday, October 24th at Trinity UMC.

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 worshipers (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

Organist Assistant: Andrea Park

The prelude is an arrangement of the spiritual *Give Me Jesus* by Susan T. Nelson. The melody of the old spiritual is treated in a simple, straight-forward style accompanied by half-note chords in the beginning passages. The melody appears in upper and middle registers. After a key change, the LV (let vibrate) eighth note accompaniment enhances the song. An adagio phrase quietly ends the work. *Notes from Handbell World. Tune: Setting © 1999 Augsburg Fortress Permission to stream and reprint under ONE LICENSE #A-713613.*

The Trebles anthem is by Christopher Hogan (words and music). A regularly commissioned composer, especially of sacred music, Hogan's works have been performed throughout the United States and in Europe. This anthem is one we sing often as a prayer at the close of our rehearsals. The Trebles invite others from K-3 to join them at their Wednesday night rehearsal at 5:30-6:15 in the music suite. *Copyright 2016 Choristers Guild. All rights reserved. Permission to stream and reprint under ONE LICENSE #A-713613.*

The offertory anthem: I am always looking for new music for the choir. I heard this spiritual arrangement at an anniversary service at Alfred Street Baptist Church; we partnered with their choir several years ago at one of our Benefit Concerts here at Trinity. The anthem by William Grant Still (1895-1978) is an arrangement of a traditional spiritual, for soloist and choir. In addition to his work as a classical oboist, he was an orchestral conductor, arranger and composer. He was much more successful than his African American contemporaries, earning him the title of Dean of African American composers. "His musical training was twofold, embracing the European tradition at Oberlin College, and the African-American tradition in his work with W. C. Handy in New York." *Notes from AfriClassical.com Permission to stream and reprint under ONE LICENSE #A-713613.*

Postlude: *music in the public domain.*



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

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.

The Inova Blood Drive will be held Saturday, November 7th from 8:30-11:30AM. Trinity will once again partner with Inova Blood Donor Services for a community blood drive. Mark your calendar and plan to give the gift of life! To make an appointment and find out eligibility information, visit: https://www.inovabloodsaves.org/donor/schedules/drive_schedule/35890 or contact Carol Bowers at cw_bowers@outlook.com. Volunteers are needed for signing up donors by phone, reminder calls, providing homemade baked goods and registration the day of the drive. To volunteer contact Carol Bowers.

November Youngish Adult Potluck: our November gathering will be on Saturday, November 14, 2026 between 4pm-8pm. Our potluck theme will be camping and weather permitting we will have a bonfire. For more information, please contact Rev. Nicole Crouch at deacon.ncrouch@gmail.com.

Reserve your Poinsettia Today! 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.

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.

Share the Joy of Christmas-Angel Tree

Program: This holiday season, Trinity partners with Rising Hope and the Alexandria Domestic Violence Program (DVP) to bring hope to local families. Beginning Tuesday, November 3rd, Angel Tree tags will be available in the Narthex.

Rising Hope: Each tag represents two gifts: a winter coat and item(s) from the provided gift guide. The total cost should not exceed \$100 per tag. Return all gifts new and unwrapped, with the tag attached, to the Narthex by Sunday, December 6.

DVP: Each tag represents a \$25 gift card to a retailer such as Walmart, Target, Giant, or Amazon, or a Visa or Mastercard gift card (activation fees may apply). Return gift cards with the tag attached to the DVP gift card box in the Narthex by Sunday, December 6.

Give Online or Donate: Contribute to Missions Fund #746 to participate virtually, support an angel if shopping isn't feasible, or co-sponsor a tag with others. Thank you for your generosity in sharing the joy and hope of Christmas with families in our community! For questions or more information contact Missions Team Chair, Julie McKinney at juliemck3@gmail.com.

Advent Wreath-Making Event: Prepare Your Hearts and Homes for Advent with Our Family Wreath-Making Event. Join us on Sunday, November 29th, right after worship to welcome the first day of the Advent season. Gather with your family in the Fellowship Hall to craft and assemble your very own traditional evergreen Advent wreath. We'll supply the branches, frames, candles, and a simple family devotional to use at home (one wreath per family, please). RSVP to ensure we have enough supplies for participating families.

Coffee with Pastor Teer: Pastor Teer wants to get to know you and the Trinity community. Schedule a time for coffee with Pastor Teer. Visit here: <https://calendar.app.google/erURpxHR7YVYihX36> to schedule a time to meet.

THIS WEEK AT TRINITY

Sunday, October 25th

- 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
- 12:00 PM Sandwich making 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 26th

- 7:00 PM Social Justice Meeting via Zoom

Tuesday, October 27th

- 6:00 PM Tuesday Evening Small Group off site

Wednesday, October 28th

- 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 29th

- 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

Sunday, November 1st

- 10:30 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

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.



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.



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
Claire Maucieri
Ronnie Willett

pastor@trinityalexandria.org
music@trinityalexandria.org
programdirector@trinityalexandria.org
office@trinityalexandria.org
headofpreschool@trinityalexandria.org
ronnie@trinityalexandria.org