

# FINDING HOPE



*Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.*

~ Matthew 11:28

Trinity United Methodist Church  
Alexandria, Virginia

Fifth Sunday of Easter  
May 10, 2020  
Eleven o'clock in the morning



CONNECTING  
GROWING  
SERVING  
CELEBRATING

## THE ORDER OF SERVICE

*Welcome to Trinity online.*

*As we prepare for a time of worship, we invite you to find an intentional space in your home for worship.  
We encourage you to light a candle or place something that reminds you of Trinity or your connection with God nearby.*



### PREPARATION FOR WORSHIP

*On Eagle's Wings*

Michael Joncas

Karen Beasley, soprano

*You who dwell in the shelter of the Lord, who abide in His shadow for life, say to the Lord: "My refuge, my rock in whom I trust!" The snare of the fowler will never capture you, and famine will bring you no fear. Under His wings your refuge, His faithfulness your shield. For to His angels He's given a command to guard you in all of your ways. Upon their hands they will bear you up lest you dash your foot against a stone. ...And He will raise you up on eagles' wings, bear you on the breath of dawn, make you to shine like the sun, and hold you in the palm of His hand.*

### WELCOME

Pastor Grace Han

*As we light our candles in the sanctuary, I invite you to join us in lighting your own candle at home. As we place the cross in the holder, we invite you to place something that reminds you of Trinity or your connection with God in front of you.*

### CALL TO WORSHIP

*(based on Isaiah 40:28-31)*

Pastor Grace Han

The Lord is an everlasting God, the Creator of the ends of the earth.

**Those who hope in the Lord will renew their strength.**

He does not grow faint or grow weary, his understanding is unsearchable.

**Those who hope in the Lord will renew their strength.**

He gives power to the faint, and strengthens the powerless.

**Those who hope in the Lord will renew their strength.**

Even youths will faint and be weary, and the young will fall exhausted.

**Those who hope in the Lord will renew their strength.**

They shall mount up with wings like eagles.

**Those who hope in the Lord will renew their strength.**

### HYMN

*He Lives*

(Page 5 & 6 of bulletin)

### PRAYER OF CONFESSION AND PARDON

Pastor Grace Han

**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.**

*(Time for Silence and Prayer)*

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 to God. Amen.**

## PASSING OF THE PEACE

*We'd love to know you worshiped with us! Please register your attendance [here](#). We also encourage you to comment during the service so we can be in community with you!*

## CHILDREN'S TIME

Jill Robinson

*We invite the children who are worshipping at home to pay extra special attention. Each week Hannah will send out [coloring pages](#) and [interactive activities](#) for the children to do at home during this time.*

## PASTORAL PRAYER

### 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.**

## SCRIPTURE LESSON

[1 Kings 19:4-8, 11-12](#)

Jill Robinson

<sup>4</sup> But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." <sup>5</sup> Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." <sup>6</sup> He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. <sup>7</sup> The angel of the Lord came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." <sup>8</sup> He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

<sup>11</sup> He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; <sup>12</sup> and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.

**The Word of God for the People of God. Thanks be to God.**

## SOLO

*If I Can Help Somebody*

Androzzo/Zalva

*If I can help somebody as I pass along, If I can cheer somebody with a word or song, If I can show somebody that he is traveling wrong, then my living shall not be in vain. If I can do my duty as a Christian ought, if I can bring back beauty to a world up wrought, If I can spread love's message that the Master taught, then my living...*

## GOSPEL LESSON

[Matthew 11:28-30](#)

Pastor Grace Han

<sup>28</sup> "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light."

**The Gospel of the Lord. Praise to you, O Christ.**

## SERMON

"Hope in Burnout and Exhaustion"

Pastor Grace Han

## INVITATION TO THE OFFERING

Pastor Grace Han

*We invite you to consider giving on-line or giving by text! To give on-line, go to [Trinity's website](#) and click on the ♥Giving button in the top right hand corner of the homepage. To give by text, text "GIVE" to 703-783-3034. Further instructions will follow. For further information about online giving, please see the announcement in the bulletin (page 9).*

OFFERTORY PRAYER

God of righteousness,

God of mercy:

We have been called through the apostles to live in reverent fear –  
not a fear that immobilizes,

but a fear that empowers us because we know how much is at stake.

We know there are implications for what we do and what we don't do.

Dedicate the gifts we give this morning

to do the things your heart longs for your church to do;

help our eyes to be opened to where you would use us.

We pray in the name of our risen savior,

Christ our Lord. Amen.

HYMN

*Precious Lord, Take My Hand*

(Page 7 of bulletin)

DISMISSAL WITH BLESSING

Pastor Grace Han

*Following online worship, we invite you to join us on Zoom for a time of intentional fellowship and conversation.*

POSTLUDE

*Fugue in D*

G.F. Handel

\* \* \*

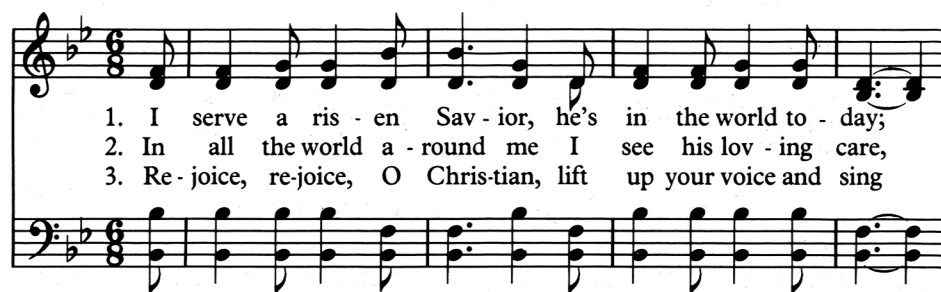
Music Notes

**This morning's Preparation for Worship:** Father Jan Michael Joncas (b. 1951) has composed more than 300 liturgical songs, but his name is widely known for the one that tops a list of favorites: "On Eagle's Wings." Written in 1979, Father Joncas says the song came about when he was visiting a friend at the major seminary in Washington. One evening, Father Joncas' friend got word that his father had suffered a fatal heart attack. Father Joncas wrote "On Eagle's Wings" in the days that followed and it was sung for the first time publicly at the friend's father's wake service. The song is based on Psalm 91, its lyrics drawing from the Scripture's descriptions of God's protection and providence. Although there are no mentions of eagles in Psalm 91, the song's chorus uses the metaphor to depict God's high, secure places the verse describes. From an article in the Hawaii Catholic Herald

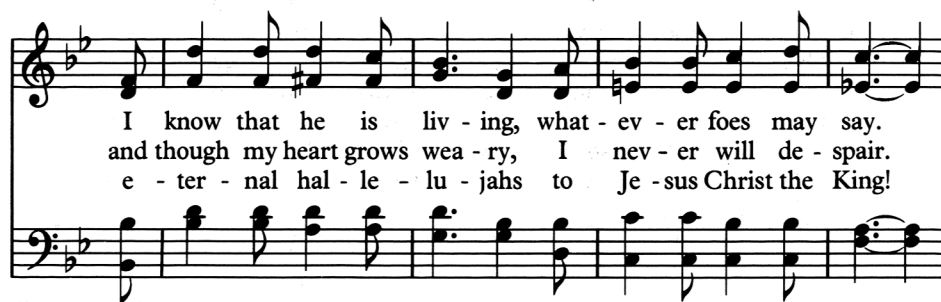
**This morning's Solo:** Alma Bazel Androzzo (1912-2001) was a black pianist, songwriter and lyricist born in Tennessee. She had no formal musical training and was taught to play the piano by her father at age 5. She composed the famous hymn/gospel song "If I Can Help Somebody" in 1945 for the National Tuberculosis Society. It was later made famous by Mahalia Jackson, Tennessee Ernie Ford, Billie Eckstein and others. The lyrics were quoted by Dr. Martin Luther King, Jr. in a sermon preached at Ebenezer Baptist Church and was replayed at his funeral.

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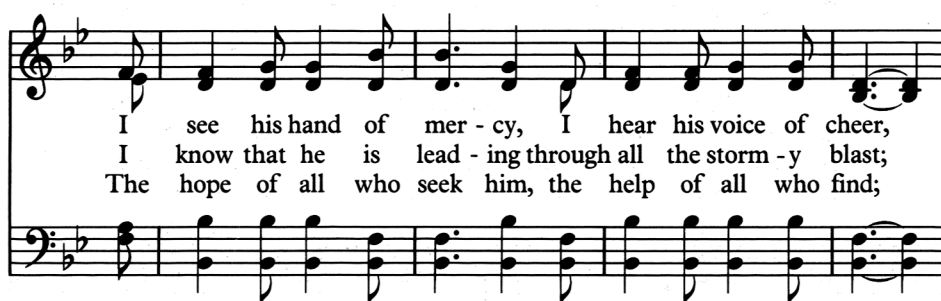
## He Lives



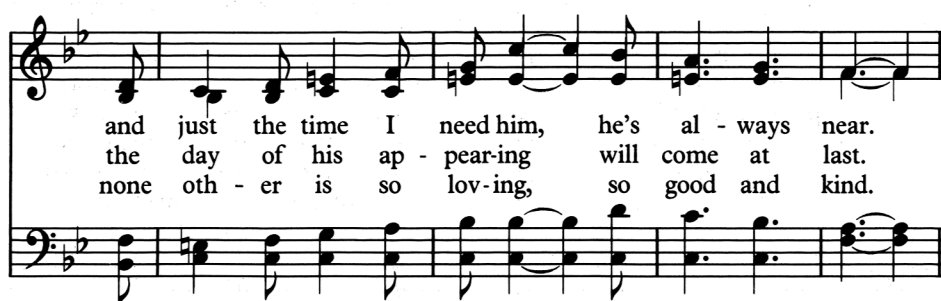
1. I serve a ris - en Sav - ior, he's in the world to - day;  
 2. In all the world a - round me I see his lov - ing care,  
 3. Re - joice, re-joice, O Chris-tian, lift up your voice and sing



I know that he is liv - ing, what - ev - er foes may say.  
 and though my heart grows wea - ry, I nev - er will de - spair.  
 e - ter - nal hal - le - lu - jahs to Je - sus Christ the King!



I see his hand of mer - cy, I hear his voice of cheer,  
 I know that he is lead - ing through all the storm - y blast;  
 The hope of all who seek him, the help of all who find;



and just the time I need him, he's al - ways near.  
 the day of his ap - pear-ing will come at last.  
 none oth - er is so lov-ing, so good and kind.

WORDS: Alfred H. Ackley, 1933

MUSIC: Alfred H. Ackley, 1933

© 1933, renewed 1961 The Rodeheaver Co.

ACKLEY

76.76.76.74 with Refrain

*Refrain*

He lives, (he lives) he lives, (he lives) Christ Je - sus lives to - day!

He walks with me and talks with me a - long life's nar-row way.

He lives, (he lives) he lives, (he lives) sal - va - tion to im - part!

You ask me how I know he lives? He lives with-in my heart.

# Precious Lord, Take My Hand



1. Pre-cious Lord, take my hand, lead me on, let me stand,  
 2. When my way grows drear, pre-cious Lord, lin-ger near,  
 3. When the dark-ness ap-pears and the night draws near,

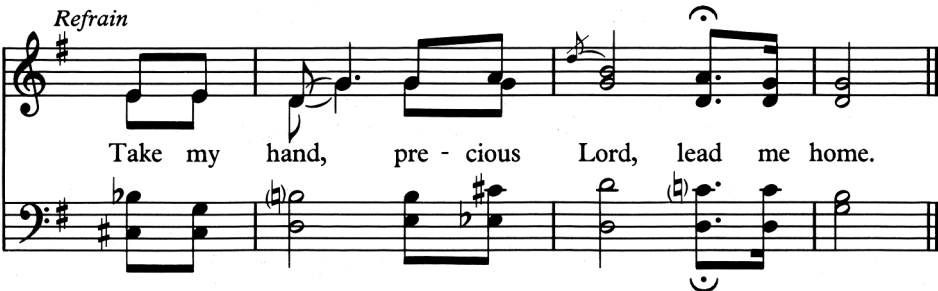


I am tired, I am weak, I am worn;  
 when my life is al-most gone,  
 and the day is past and gone,



through the storm, through the night, lead me on to the light:  
 hear my cry, hear my call, hold my hand lest I fall:  
 at the riv-er I stand, guide my feet, hold my hand:

*Refrain*



Take my hand, pre-cious Lord, lead me home.

WORDS: Thomas A. Dorsey, 1932  
 MUSIC: Thomas A. Dorsey, 1932

PRECIOUS LORD  
 Irr.

© 1938 Hill & Range Songs, renewed Unichappell Music, Inc.

# SUNDAY MORNING AT TRINITY CHURCH

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

**Fellowship Time via ZOOM on Sunday after Church:** After worship this morning, we invite you to a time of fellowship via Zoom led by our Program Director Hannah Day Donoghue! This will be a time for us to connect after worship, check-in, and to have a time of conversation about worship. For questions, contact our Program Director, Hannah at [programdirector@trinityalexandria.org](mailto:programdirector@trinityalexandria.org).

**Finding Hope Sermon Series** - April 26<sup>th</sup>-May 31<sup>st</sup>: These days when we talk about hope, it can feel like we are just burying our head in the sand. After all, we are facing a global pandemic and in a stay at home order. What does it mean to have hope when hope seems far away? But in our scriptures, hope wasn't just about "positive thinking" but the foundation of our faith in Jesus Christ. Through this 6 week sermon series, we will talk about what it means to choose hope in the face of uncertainty and unknowing, when we are burnt out, as we are facing illness and death, and how we have hope for a future we can't see. As always, join us for worship Sunday mornings at 11 AM via Facebook Live and through our website.

**Worship Online this Sunday:** We are worshipping online via our Trinity's [Facebook page](#) and our website: [www.trinityalexandria.org](http://www.trinityalexandria.org). On Saturday evenings, we are sending out an email with links to the worship sites and the bulletin for worship that Sunday. This Sunday, we invite you to be intentional about finding a space in your home to worship and to be truly present in a time of worship. For additional questions about how to worship online, please contact the Church Office: [office@trinityalexandria.org](mailto:office@trinityalexandria.org).

**Youth Group:** No Youth Group this evening. If you are not on the Youth Group email list and would like to be added, email our Program Director, Hannah at [programdirector@trinityalexandria.org](mailto:programdirector@trinityalexandria.org).



# TRINITY CHURCH'S WEEKLY NEWS

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**Children and Youth Sunday Planning:** Youth 4-12 grade, join Hannah to create and plan our Children and Youth Worship Service! We meet every Tuesday from 7-8 PM. Email [programdirector@trinityalexandria.org](mailto:programdirector@trinityalexandria.org) to get on the email list for the zoom link each week.

**The United Methodist Women** are meeting this Tuesday, May 12<sup>th</sup> at 7:00 PM via [Zoom](#). Come join us for fellowship and a short devotional. For questions or to RSVP, contact [trinityumw@trinityalexandria.org](mailto:trinityumw@trinityalexandria.org).

**Wednesday Bible Study via ZOOM:** Join us on Wednesday evenings from 7:00-8:00 PM via [Zoom](#) for the next few weeks to discuss Paul's letter to the Romans. Many essential Christian doctrines are grounded in this letter and there are recurring themes of the divine-human relationship. I hope you will join us in discussion about this short book that is packed with so much importance for Christian tradition and a wonderful sense of hope. For questions please contact Jill Robinson ([jillrobinson55@gmail.com](mailto:jillrobinson55@gmail.com)).

**Centering Prayer** meets weekly on Wednesdays from 6:00 PM to 7:00 PM, via [Zoom](#). 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, Alva Smircina ([asmircina@gmail.com](mailto:asmircina@gmail.com)).

**Join us for "Family Fun Food Trucks" weekly on Wednesdays from 4-7 PM.** In partnership with the [North Ridge Civic Association](#), join us this Wednesday for Family Fun Food Trucks in our blacktop parking lot! This is a way for us to support local restaurants as well as raise donations for "Meals for Alexandria Heroes" (to provide meals for first responders, medical professionals and others). We will practice safe social distancing as regulated by the county! Come, eat, support local businesses and be in fellowship (from afar) with one another!

**Drive-through Food Drive for Rising Hope Mission Church:** As more and more people are out of work, the demand on food pantries has increased exponentially. Rising Hope Mission Church, one of our ministry partners, is looking for non-perishable food items (canned meats, pasta, canned tomato products, cereal, coffee, peanut butter, jelly) as well as personal hygiene items (toothpaste, deodorant). Wednesdays from 4-7 PM, we are hosting a drive through drop off food drive. Just come by the church parking lot (off Cameron Mills). For the sake of safety for all involved, we ask you to stay in your car, so we can have people drop off food one at a time. For additional questions contact Mary Gillman: [marycgillman@gmail.com](mailto:marycgillman@gmail.com). For future food drive dates, please see [here](#).

**Join the Trinity Prayer Chain:** During times of trial and uncertainty, we pray to grow in our faith and encourage one another. To respond to our growing prayer needs, we will be starting an email prayer chain to share our prayer concerns with one another. We will share joys as well as concerns and needs. If you are interested in being part of this prayer chain, please email [prayer@trinityalexandria.org](mailto:prayer@trinityalexandria.org).

**Youth Summer Mission Week-** Unfortunately due to COVID-19, Appalachia Service Project has canceled their summer programming, including our Youth's trip, this summer. Our leaders at Trinity and Beverley Hills have begun planning a local mission week from July 19<sup>th</sup>-25<sup>th</sup>. Since the week and all our summers plans are changing and shifting we are reopening the week. Anyone who has completed 6<sup>th</sup>-12<sup>th</sup> grade is welcome to express interest here. There will be a virtual meeting in May. Contact our Program Director, Hannah at [programdirector@trinityalexandria.org](mailto:programdirector@trinityalexandria.org) with any questions.

**Trinity's New Card Writing Ministry!** Social distancing has made outreach to our church family members more important than ever, so if you find yourself with some extra time on your hands, perhaps you would be willing to spend a bit of each month by writing a note or sending a card to someone at Trinity who is going through a rough time with illness, grief, feelings of isolation, or the inability to attend worship services physically or even online. Trinity's current Card Writing Ministry volunteers hope to get cards out for upcoming events like Mother's Day, Father's Day or even Just Thinking of You cards in the coming weeks, so please contact [carollbobby@gmail.com](mailto:carollbobby@gmail.com) if you are willing to participate.

**Calling all High School and College Graduates!** We are recognizing graduates that are a part of our Trinity family on Sunday, June 14<sup>th</sup> during worship. If you are a graduate or have a graduate in your family, please provide the following information to the Church Office: Graduate's name, where they are graduating from, plans for after graduation, and contact information. Please also indicate if the grad is able to worship online with us on June 14<sup>th</sup>. For more information contact our Office Manager, Jenessa in the Church Office: [office@trinityalexandria.org](mailto:office@trinityalexandria.org).

# TRINITY CHURCH'S WEEKLY NEWS

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**Tithes and offerings** may be sent to Trinity via normal mail (checks only) or via the online donation portal on [Trinity's website](#). (click on "[♥ Giving](#)" in the top right corner). You may make online donations directly from your checking account with no check required to be mailed. This will help us immensely as our office will have limited hours to receive and process the checks. However, you may still give by mailing a check - whatever donation you want to provide will be very welcome.

We also have the capability to give by text. Just send a text that says "Give" to: 703-783-3034.

If you want more information on giving by texting works read on:

Step 1. Text the word "Give" - to 703-783-3034. Don't worry - nothing will be charged to you until you enter your credit card or bank information.

Step 2. You will receive a text back to you saying, "It looks like you are a new giver ; to begin (a link to the text giving site will appear), click on it.

Step 3: A form will appear that will clearly say "Trinity United Methodist Church" at the top left. It will ask you to fill in the following information:

- 1.Amount you want to give and the fund you want to give to. If you want to give a general offering, you don't need to write anything! If you want to give to a specific fund, you can use one of the following funds: Lent; Flowers; Music; Pastor (For Pastor's Helping Fund)
- 2.How you want to give - credit card or direct deposit from your bank (called ACH bank transfer)
- 3.If you select credit card, it will ask for your name, address, email address and credit card information.
- 4.If you select ACH - it will ask for you name, address, email address and bank routing and bank account information
- 5.At the bottom you can select one time gift or a recurring period. Suggest you select one time gift for the first time.
- 6.That is it. Then click on Donate Now!

If you made a mistake or change your mind - no worries just send the word "refund" to the same number the last amount you sent them will be refunded to you! Also you can send the word "commands" that will give you a list of options on how to change your account or update your giving amounts. If all else fails - please contact Rich McKinney at [cbrm@mac.com](mailto:cbrm@mac.com). Thank you again for your giving - no matter how you give!

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## **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.*

## **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.*

# TRINITY CHURCH'S UPCOMING EVENTS

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## **Sunday, May 10<sup>th</sup>: Fifth Sunday of Easter/Mother's Day**

Worship at 11 AM via Facebook Live and Trinity Website

## **Tuesday, May 12<sup>th</sup>**

United Methodist Women meeting at 7 PM via Zoom

## **Wednesday, May 13<sup>th</sup>**

Family Food Truck Night at 4-7 PM in Allison Street Parking Lot

Food Donations Drop-Off 4-7 PM in Sanctuary Parking Lot

Centering Prayer at 6 PM via Zoom

Wednesday Night Bible Study at 7 PM via Zoom

Trebles & Choristers Rehearsal at 6:30 PM via Zoom

## **Thursday, May 14<sup>th</sup>**

Trinity Ringers Rehearsal at 6:30 PM via Zoom

Chancel Choir Rehearsal at 8:30 PM via Zoom

## **Saturday, May 16<sup>th</sup>**

Trebles and Choristers Zoom Talent Show at 11:00 AM via Zoom

## **Sunday, May 17<sup>th</sup>: Sixth Sunday of Easter**

Worship at 11 AM via Facebook Live and Trinity Website

Youth Group 5:30 PM Via Zoom



### **Trinity United Methodist Church**

2911 Cameron Mills Road

Alexandria, VA 22302

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

Monday - Thursday 9 AM - 5 PM | Friday 9 AM - 2 PM

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

### **Trinity United Methodist Church Staff**

Bishop  
Alexandria District Superintendent  
Pastor  
Director of Music  
Program Director  
Office Manager  
Head of Operations, Trinity Preschool  
Nursery Supervisor  
Nursery Assistant  
Facility Manager  
Accountant

Bishop Sharma Lewis  
Rev. Jeff Mickle  
Rev. Grace Han  
Linda Cancellieri  
Hannah Day Donoghue  
Jenessa Stokes  
Claire Maucieri  
Luz Reyes  
Helen Simms  
Ronnie Willett  
Beatriz Cook

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[nursery@trinityalexandria.org](mailto:nursery@trinityalexandria.org)  
  
[ronnie@trinityalexandria.org](mailto:ronnie@trinityalexandria.org)  
[accountant@trinityalexandria.org](mailto:accountant@trinityalexandria.org)