



Trinity United Methodist Church

1205 Dolley Madison Blvd. | McLean, VA 22101

703-356-3312 | umtrinity.org | info@umtrinity.org

July 24, 2022

8:30 & 10:30 a.m.

We ask that everyone complete an attendance card found in the pew rack or scan the QR code with your phone's camera to register your attendance today. This attendance will be used should contact tracing become necessary.



Prelude	<i>Slane</i> (Willan)	Jerry Rich
Welcome and Announcements		Clergy
* Call to Worship		Neil Hough
How are you this morning? It would be easy for us to say "fine, thank you," but in reality, there are lots of time crunches and pressures. You have come to the right place. Rest for a minute. Take a deep breath and let it out slowly. Just relax and let your heart be open to God's word for you. That sounds good to us. Feel the healing, soothing power of God's love for you. Lord, we rest our minds, spirits, and hearts in your compassionate love. Amen.		
* Gathering Hymn	<i>Come and Find the Quiet Center</i>	p. 3 / FWS 2128
Children's Message		Laurie Strollo
Prayers of the People		Hough
Offering		Eileen Gilmer
This morning's offering will be received as we pass the offering plates. You may also give online at http://umtrinity.org/give and through our app. On the website, scroll down and click on SET UP ONLINE GIVING.		
Anthem (8:30)	<i>On Eagle's Wings</i> (Joncas)	Catherine Wethington
Anthem (10:30)	<i>Marching to Zion</i> (Hopson)	Ensemble
Scripture	Luke 10:38-42	Hough
Now as they went on their way, he entered a certain village where a woman named Martha welcomed him. She had a sister named Mary, who sat at Jesus's feet and listened to what he was saying. But Martha was distracted by her many tasks, so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her, then, to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things, but few things are needed—indeed only one. Mary has chosen the better part, which will not be taken away from her."		
Message	<i>Team Mary or Team Martha?</i>	Eileen Gilmer
The Sacrament of Holy Communion (8:30)		Gilmer
* Closing Hymn	<i>Come Away with Me</i>	p. 3 / FWS 2202
* Benediction		Gilmer
Closing Music (8:30)	<i>Psalm 100</i> (Knecht)	Rich

* Please stand as you are able.

Grow — Pray — Study

Things I'd like to remember from today's message:

Monday, July 25 — Psalm 118:21-29

God's enduring love is the primary theme of Psalm 118. Beginning with a statement of praise and thanksgiving, the Psalm reminds God's people that God is the ultimate source of salvation—and that God works in unexpected ways. Psalm 118:22 is often quoted in the New Testament. In the Psalm it likely refers to King David, but New Testament writers apply it to Jesus. The point is that God uses unlikely people to change the world—including people like us.

- How might God be using you this week to change the world? Are you willing to let God use you to bless others?
- Prayer: *God of Love, fill me once again with your love and grace. Use me to spread the Good News of salvation and be a blessing to the people I meet this week. Amen.*

Tuesday, July 26 — Acts 4:1-12

The early chapters of Acts describe the work of Jesus' disciples in ways that are very familiar to readers of the Gospels. Peter and John and the other disciples were continuing the ministry of Jesus (empowered by the Holy Spirit) and were experiencing similar consequences. Like Jesus, Peter and John were brought before Caiaphas and the religious authorities. In his response, Peter told them about Jesus and quoted Psalm 118:22.

- As Jesus' disciples, we also continue his ministry and often face the consequences. The Good News is that the risen Christ is with us always. Do you believe that?
- Prayer: *Eternal God, thank you for Jesus. Thank you for his life, his teaching and example, his death, and his resurrection. Empower me to continue his ministry. Amen.*

Wednesday, July 27 — 1 Corinthians 3:10-15

The apostle Paul, writing to the Corinthians Christians, used the image of construction to describe the way God works in the world. In God's Kingdom, we each have different abilities and have unique roles in the process of building up the Body of Christ (the Church). But ultimately, everything that we do in the Church is built upon the foundation of Jesus Christ. Individually, we need the same foundation, the one that will keep us strong and secure, even in the most difficult times.

- Is your life built upon the foundation of Jesus Christ? Is he your cornerstone?
- Prayer: *God of Grace, give me courage to use the gifts you have given me to do my part to build your Church on the strong foundation of your Son, Jesus Christ. Amen.*

Thursday, July 28 — 1 Peter 2:4-10

Today's reading describes the nature of the Church using a number of different images. The Church is a community chosen by God for a specific purpose: to "*proclaim the mighty acts of him who called you out of darkness into his marvelous light*" (1 Peter 2:9). This is the promise of Scripture. We are covenant people, blessed by God so that we can be a blessing to the world. This is why the Church exists, to glorify God by receiving and sharing God's love and grace.

- In what ways does God's light shine through you into the world? Are you both receiving and sharing the Good News of God's mercy?
- Prayer: *Merciful God, I confess that I too often fail to reflect the light of your Son. Forgive me. Call me out of the darkness of sin into the marvelous light of your grace. Amen.*

Friday, July 29 — 1 John 3:11-15

The primary message of the Letters of John might be best summarized in 1 John 3:11, "*we should love one another.*" This was not original to John. Jesus said, "*You shall love your neighbor as yourself*" (Mark 12:31). The apostle Paul said, "*For the whole law is summed up in a single commandment, 'You shall love your neighbor as yourself'*" (Galatians 5:14). This is what God expects of every one of us. It is a sign of our salvation.

- How fully do you embody God's primary commandment to love your neighbors.
- Prayer: *Loving God, it is not always easy to love my neighbors. I need your help. Open my heart to receive your love so that I can share it with others. Amen.*

Saturday, July 30 — 1 John 3:16-24

If loving one another is what God expects of us, then we need to be reminded that we love, "*not in word or speech, but in truth and action*" (1 John 3:18). Sometimes we limit our love to the people who love us. Sometimes we limit our love to the people we like. Sometimes we limit our love to good feelings and kind words. But Biblical love—God's love—is a choice. We choose to love in word and deed, in "*truth and action.*"

- What loving actions have you done this week? What actions will you take in the next few days to fulfill God's commandment.
- Prayer: *God of High Expectations, forgive me for limiting my love to good thoughts and nice words. Help me to love everyone through my words and my actions. Amen.*

Nursery on Sundays

Masks are optional for everyone who is fully vaccinated. The Nursery is staffed during both Sunday worship services for children 3 years old and under. Nursery attendants and children's ministry volunteers wear masks.

This Week on Zoom

Password 1205

Engage Bible Study

Monday at 7 p.m. Meets twice a month, next meeting: July 25. Contact Jim Wilson for log in link. jaswilson@slofft.com.

Pastor's Bible Study: The 7 Deadly Sins

Next meeting: Aug. 9 & 10

Tuesday at 10:30 a.m. Meeting ID: 894 8087 9762

Wednesday at 7 p.m.: Meeting ID: 886 5257 6837

Prayer Group

Wednesday at 10 a.m. Meeting ID: 875 6105 5580

Our Prayer List

Al, Alan, Alex & Sarah, Amber & Briana, Ballard family, Barb & JR, Barbara & Barry, Betty & Tracy, Bev, Bill & Ann, Bill & Maddie, Boris, Carol & Rich, Carolina, Cathy, Claire, Connie, Danny, Darlene & Steve, Dave & Carol, David, Douglas & Dilian, Earl & Mary Lou, Eason-Williams family, Elaine, Elizabeth, Ellie, Fran & Tom, Gary & Lindie, Gerry & Kathy, Harriet, Hough family, Howard, Janet, Jeremy, Jill, Joe & Marie, June, Karen, Kathy, Kay & John, Krista, Kristin, Ladye, Lana, Lena, Lindstedt family, Liz & David, Luana, Marcia, Marcine, Marcy, Mickey, Monica, Nell, Pauline & Merlin, Peg & Dick, Rob, Robert, Roberto & Erica, Sandy & Vinnie, Sarah, Sasha, Shelley, Suzy, Tom, Vanna, Yancey, travelers, the grieving families and communities affected by mass shootings and other acts of violence, the people of Ukraine and those assisting them, Afghanis, Sudanese, survivors of Missouri Amtrak derailment, victims of human trafficking, Trinity's children, youth and volunteers, healthcare and emergency workers, hospital chaplains, those who mourn, the homeless, those distributing vaccines, COVID vaccine distribution for children, racial reconciliation in our country, those affected by natural disasters and political turmoil around the world.

Summer Sermon Series Resumes Next Week

This summer, Pastor Neil is preaching a series of sermons on ***The Seven Deadly Sins (and the Seven Holy Virtues)***. There is no list of Seven Deadly Sins in the Bible, but centuries ago, the church named these sins and called them "deadly." This series will explore what they are and why they are so dangerous. We'll learn how to name them and confess them in our own lives, and we'll discover the corresponding virtues that God's grace makes possible. The ***Deadly Sins*** are some of the ways we interfere with God's intentions for our lives. Join us in person or online each week as we discover that, when we reduce the interference of sin, we experience more fully the Kingdom life that God dreams for every one of us.

Today's hymn texts for those worshipping at home.

Come and Find the Quiet Center

1. Come and find the quiet center
in the crowded life we lead,
find the room for hope to enter,
find the frame where we are freed:
Clear the chaos and the clutter,
clear our eyes, that we can see
all the things that really matter,
be at peace, and simply be.
2. Silence is a friend who claims us,
cools the heat and slows the pace,
God it is who speaks and names us,
knows our being, touches base,
making space within our thinking,
lifting shades to show the sun,
raising courage when we're shrinking,
finding scope for faith begun.
3. In the Spirit let us travel,
open to each other's pain,
let our loves and fears unravel,
celebrate the space we gain:
there's a place for deepest dreaming,
there's a time for heart to care,
in the Spirit's lively scheming
there is always room to spare!

Come Away with Me

1. Come away with me to a quiet place,
apart from the world with its frantic pace,
to pray, reflect, and seek God's grace.
Come away with me. Come away.
2. Come and pray with me on a gentle sea,
on top of a hill in the Galilee,
in gardens like Gethsemane.
Come away with me. Come away.
3. Come today with thoughts of the countless ways
that God's steadfast love blesses all our days,
and join with me in silent praise.
Come away with me. Come away.
4. Come and say, in words whispered from your soul,
the feelings and actions you can't control.
Your spirit needs to be made whole.
Come away with me. Come away.
5. Come away with me to a quiet place,
to God's loving arms waiting to embrace
all those who come in hope of grace.
Come away with me. Come away.

Highlights from E-News

If you're not receiving our Friday e-mail, please send the address where you want to receive it to info@umtrinity.org

Children's Ministries

Children's Worship Folders are available during Sunday morning worship services and are categorized by age and reading ability. Please remember to return your folder to the used bin so it can be replenished for next week.

Children's Worship for ages 4 - 4th grade meets during the 10:30 service following the Children's Message.

Club 56 for grades 5 & 6 meets during the 10:30 service following the Children's Message.

Christ House Closet

Christ House is a medical facility for homeless men in Washington, D.C. All newly admitted patients are provided with comfortable, clean clothing. The current needs list is in the E-News. Collection bins are in the Fellowship Lobby.

Crafts for a Cause

Crafts for a Cause meets every other Monday from 7 to 8:30 p.m., in Room 124: July 25, Aug. 8 & 22. No crafting experience is needed and all are welcome. If you'd like to sign up, please email **Alesha Luxon** at alesha.luxon@gmail.com.

Grace Ministries School Supply Collection

We are partnering with Christ Crossman UMC to collect school supplies through August 7: backpacks, crayons, colored pencils, washable markers, no. 2 pencils, plastic folders, pencil sharpeners, erasers, wide-ruled note-books, glue sticks, rulers, blunt-tipped scissors, assorted construction paper. Donations can be left in the bin in the Fellowship Lobby.

Pastor's Bible Study

Not meeting this week.

Pastor Anne Hough is teaching a Bible study on ***The Seven Deadly Sins*** to complement Pastor Neil's summer sermon series. The Zoom study will be offered on four Tuesday mornings at 10:30 and Wednesday evenings at 7. Each week's class is connected by the theme but can stand alone if you are unable to attend each one. The next sessions are Aug. 9 & 10 and Aug. 16 & 17.

Trinity Preschool of McLean

For 2022-23, we have class options for children two and a half years old - Kindergarten. <http://umtrinity.org/preschool>.

Vacation Bible Game Days

August 3 - 4, from 9:30 a.m. - 12:30 p.m., for ages 3 through 4th grade.

Games, crafts, pizza and lemonade! Sign-up at umtrinity.org/vbgd. Contact Laurie Strollo for details.

Youth Group (Grades 7-12)

Today, 3 - 5 p.m..

Youth join in fellowship, Bible study, and fun! Youth Group meets in-person in the Fellowship Building, Masks are recommended indoors.

Interested in volunteering or want more information? contact Catherine Wethington (umtrinityyouth@gmail.com) or visit umtrinity.org/education/youth.

Coming Up

July

- 24 Youth Group
- 25 Crafts for a Cause
- 31 Celtic Service

August

- 3, 4 Vacation Bible Game Days
- 8 Crafts for a Cause
- 22 Crafts for a Cause
- 28 Celtic Service

Trinity Church Staff

Neil Hough
Eileen Gilmer
Harriet Latta
Jose Nuñez
Jerry Rich
Emily Yosmanovich
Catherine Wethington
Laurie Strollo

Senior Pastor
Associate Pastor
Office Manager
Sexton
Director of Music
Preschool Director
Interim Youth Director
Director of Children's Ministry

nhough@umtrinity.org
egilmer@umtrinity.org
hlatta@umtrinity.org
703-356-3312
jrich@potomacschool.org
director.trinitypreschool@gmail.com
umtrinityyouth@gmail.com
lstrollo@umtrinity.org

Summer Office Hours:

Monday – Thursday 9 a.m. - 3 p.m.; Friday: 9 a.m.—12 p.m.

Worship is live streamed on Sundays from the Chapel at 8:30 a.m. and from the Sanctuary at 10:30 a.m. on YouTube: youtube.com/UMTrinity. The Celtic Service can be seen on the last Sunday of the month at 5 p.m. on YouTube and Facebook. Sermons air on Fairfax Public Access Channel 36 (on Cox and Verizon). Tune in Wednesdays at 5 p.m., Fridays at 7:30 p.m., and Sundays at 7 a.m.