

Trinity United Methodist Church



*"The Loaves and Fishes," Matthaeus Merian
Hardwood Engraving, Swiss, 1626*

they do not **need** to go away

you give them something to eat

Matthew 14:16

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August 2, 2026

8:30 & 10:30 a.m.



Welcome to Trinity Church! We are grateful you are here. We'd appreciate it if you would complete the registration pad and pass it down. For those worshipping in the Chapel today, please complete an attendance card. Remember to name each family member present today.
Please join us in our Fellowship Lobby following each service for delicious food and a chance for us to get to know one another!

PRELUDE

Prelude on MICHAEL (Callahan)

Jerry Rich

WELCOME

* CALL TO WORSHIP

from Psalm 34

Taste and see that the Lord is good;
blessed is the one who takes refuge in God.

**Lions may grow weak and hungry,
but those who seek the Lord lack no good thing.**

Come, my children, and listen to me:
whoever of you loves life and desires to see many good days,
turn from evil and do good; seek peace and pursue it!

**The eyes of the Lord are on the righteous,
and the Lord's ears are attentive to their cry;
the righteous person may have many troubles,
but the Lord delivers us from them all.**

* GATHERING HYMN

Let Us Be Bread

FWS 2260

**Let us be bread, blessed by the Lord,
broken and shared, life for the world.
Let us be wine, love freely poured.
Let us be one in the Lord.**

PRAYER OF CONFESSION

We rise before you, dear Lord, our arms reaching for you.

We bow before you, with hearts seeking for you.

We sing before you, with glad voices lifted to please you.

**We trust in you, that you will reach out to us again,
by the personhood of Jesus Christ.**

As we approach the Table, keep the vision ever before us:

**that we may know fully our Lord, even as we are fully known,
and that by your mercy our sins would be forgiven,
our lives transformed, and our way redirected to you.**

[the people pray in silence]

In the name of the One who gave up all, that we might gain all,
and was broken and given for us,
that we might live in your love forever, **Amen.**

BAPTISM (8:30): George Maxwell Alexander and Adeline Bear Alexander

CHILDREN'S MESSAGE

Laurie Strollo, Taehwan Roh, Dave Rochford

ANTHEM

How Firm a Foundation (Rippon)
Dear God, Creator of Us All (Maker)

Catherine Wethington (8:30)
Chancel Choir (10:30)

SCRIPTURE READING

Matthew 14:13-21

Peggy Fox (8:30)
Jeff Pugh (10:30)

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came

to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

This is the Word of God, for us, the People of God. **Thanks be to God.**

MESSAGE

On the Menu

Dave Rochford

THE GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

[The minister continues this prayer of thanksgiving, concluding:]

And so, with your people on earth and all the company of heaven
we praise your name and join their unending hymn:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory. Hosanna in the highest.**

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

[The minister continues the prayer, recalling the institution of the Lord's Supper, concluding:]

And so, in remembrance of these your mighty acts in Jesus Christ,
we offer ourselves in praise and thanksgiving
as a holy and living sacrifice, in union with Christ's offering for us,
as we proclaim the mystery of faith:

Christ has died; Christ is risen; Christ will come again.

Pour out your Holy Spirit on us gathered here,
and on these gifts of bread and vine.
Make them be for us the body and blood of Christ,
that we may be for the world the body of Christ, redeemed by his blood.

**By your Spirit make us one with Christ,
one with each other, and one in ministry to all the world,
until Christ comes in final victory, and we feast at his heavenly banquet.**

Through your Son Jesus Christ, with the Holy Spirit in your holy Church,
all honor and glory is yours, almighty God, now and forever. Amen.

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.**

BREAKING OF THE BREAD

SHARING OF THE BREAD AND CUP

All are invited to come forward to receive bread and juice by means of intinction (the dipping of a piece of bread in the cup). You may then return to your seat by the side aisle. Those who require packeted gluten-free elements may obtain them up front. Those who prefer to remain in the pew and receive Communion may certainly do so, and are asked to signal an usher.

PRAYER AFTER COMMUNION

**Eternal God, we give you thanks for this holy mystery
in which you have given yourself to us.
Grant that we may go into the world
in the strength of your Spirit,
to give ourselves for others,
in the name of Jesus Christ our Lord. Amen.**

OFFERING *Our offering is received as we pass the plates, but you may also give online at
<http://umtrinity.org/give> or through our app.*

Doxology

UMH 94

**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 up lifts!
Praise the Spirit, Holy Spirit!
Alleluia! Alleluia! Alleluia!**

Prayer of Thanksgiving

* CLOSING HYMN

You Satisfy the Hungry Heart

UMH 629

Refrain:

**You satisfy the hungry heart
with gift of finest wheat.
Come, give to us, O saving Lord,
the bread of life to eat.**

**Is not the cup we bless and share
the blood of Christ out-poured?
Do not one cup, one loaf, declare
our oneness in the Lord? [Refrain]**

**As when the shepherd calls his sheep,
they know and heed his voice,
so when you call your family, Lord,
we follow and rejoice. [Refrain]**

**The mystery of your presence, Lord,
no mortal tongue can tell;
whom all the world cannot contain
comes in our hearts to dwell. [Refrain]**

**With joyful lips we sing to you
our praise and gratitude,
that you should count us worthy, Lord,
to share this heavenly food. [Refrain]**

**You give yourself to us, O Lord;
then selfless let us be,
to serve each other in your name
in truth and charity. [Refrain]**

* BENEDICTION

* POSTLUDE

Allegro from King Arthur (Purcell)

Jerry Rich

**congregation invited to stand*

Grow — Pray — Study



Our weekly devotional is available at <https://bit.ly/TrinityGPS>



Monday, August 3 — Matthew 14:13–21

When the crowds followed Jesus into a deserted place, the disciples saw only empty hands and overwhelming need. Jesus saw something more. Before feeding the multitude, he welcomed the people, healed the sick, and proclaimed the Kingdom of Heaven. Jesus knew that people hunger for more than bread—they long for hope, truth, and the presence of God. Our lives are often filled with different kinds of hunger. We seek security, success, approval, or comfort, believing they will satisfy us. Yet Christ reminds us that only God can truly fill the deepest hunger of the human heart. The more we draw near to God, the more we discover the life we have been searching for.

- What has been occupying the deepest desires of my heart recently?
- Where have I been looking for satisfaction apart from God?
- **Prayer:** Loving God, thank you for knowing every need of my heart. Draw me closer to you, and satisfy me with your lasting presence. Amen.

Tuesday, August 4 — Isaiah 55:1–3

Through Isaiah, God invites everyone who is thirsty to come freely and receive. God's grace cannot be purchased or earned. It is offered generously to all who are willing to come. While the world constantly tells us we need more, God offers what truly gives life. Receiving God's gifts begins with trusting God's invitation. Instead of striving to prove ourselves or earn God's favor, we are invited simply to come with open hands. God's abundance is always greater than our scarcity.

- What is one burden I need to stop carrying by myself?
- How might trusting God's invitation change the way I approach today?
- **Prayer:** Generous God, thank you for inviting me to receive your grace freely. Teach me to trust your provision more than my own efforts. Amen.

Wednesday, August 5 — Matthew 25:31–40

Jesus teaches that when we feed the hungry, welcome the stranger, or care for someone in need, we serve Christ himself. The feeding of the multitude was not simply a miracle to admire but a pattern for God's people to follow. God's compassion continues to reach the world through ordinary disciples.

Jesus' words, "You give them something to eat," remain a calling for the Church today. We may not feel that what we have is enough, but God delights in using willing hearts more than abundant resources.

- Who has God intentionally placed in my path today?
- What opportunity to serve might I overlook if I am too busy?
- **Prayer:** Compassionate God, make me attentive to the needs around me. Help me become an instrument of your mercy wherever I go. Amen.

Thursday, August 6 — 2 Corinthians 9:6–11

Paul reminds us that God provides generously so that we may share generously. Every blessing we receive becomes an opportunity to bless someone else. God's economy is never built on fear or scarcity but on faithful trust and joyful generosity.

The miracle of the loaves began with what seemed insignificant. In Christ's hands, however, small offerings became abundant provision. God still works that way today, multiplying ordinary acts of faithfulness for extraordinary purposes.

- Which blessing from God have I begun to take for granted?
- How might one small act of generosity become a blessing for someone else?
- **Prayer:** Faithful God, thank you for providing more than I often recognize. Give me a joyful heart that gladly shares with others. Amen.

Friday, August 7 — John 6:35

Jesus declares, "I am the Bread of Life." Bread satisfies physical hunger for a time, but Christ nourishes our souls with life that never fades. The more we remain connected to Christ, the more our lives become rooted in God's peace rather than the world's endless demands. People who are nourished by Christ naturally become people who nourish others. God's grace is never meant to stop with us. As we receive God's love, we are called to reflect that same love wherever we live and serve.

- How has Christ been strengthening me in ways I may not have noticed?
- In what relationships can I reflect the Bread of Life today?
- **Prayer:** Lord Jesus, thank you for feeding my soul with your life and grace. Help me become a source of encouragement and hope for others. Amen.

Saturday, August 8 — Matthew 14:19–20

Matthew tells us that Jesus took the bread, looked up to Heaven, blessed it, broke it, and gave it to the people. Before the miracle reached the crowd, it first passed through the hands of Christ. Those simple actions reveal the pattern of Christian discipleship. We receive everything from God with gratitude, allow God to shape us, and then become a blessing to others.

As this week comes to a close, we remember that following Christ is more than receiving God's gifts. It is learning to place our whole lives into Christ's hands so that God may use us to nourish a hungry world.

- Which part of Jesus' example speaks most clearly to me today: taking, thanking, breaking, or giving?
- How is God inviting me to become a blessing instead of simply seeking one?
- **Prayer:** Gracious God, thank you for every gift you have placed in my life. Continue shaping me into a faithful disciple who reflects your generosity and love each day. Amen.

Today at Trinity

Martha's Table Snack Packaging

Following both worship services, we will gather in the Fellowship Lobby to make bags of trail mix for weekday distribution by Martha's Table in Washington, D.C. The snack bag assembly line is fun and also makes a difference in the lives of hundreds of people in our community. All supplies provided!

Chancel Choir, 10 a.m.

The Chancel Choir meets each Sunday at 10 a.m. to prepare to lead worship at 10:30 a.m. New singers are always welcome! If you'd like to know more about Trinity's music ministry, please contact Jerry Rich, jrich@potomacschool.org.

Children's Worship, 10:40 a.m. (ages 4 - 6th grade)

Children's Worship takes place following the Children's Message in our Fellowship Building (across the Breezeway).

Iglesia de Diós Worship, 6 p.m.

This Week

Monday - Friday: Stringtime Camp

Wednesday, 9 a.m.: Prayer Group

Join our weekly Zoom Prayer Group as we lift up the needs of our church, community, and world. For details, talk with a pastor or call 703-356-3312.

Friday, 5 p.m.: Stringtime Concert

You're invited to the StringTime student/faculty violin, viola, and cello camp end-of-week concert at Trinity United Methodist Church from 5-6 p.m. in the Sanctuary. Students will play original pieces by StringTime Resident Composer Daniel DiMarino (a composer for the Duolingo music app) and teachers will perform short snippets of famous pieces by your favorite classical composers. Children are encouraged to attend. Reception to follow.

Saturday, 6 p.m.: Iglesia de Diós

Coming Up

Aug. 15: Christ House Meal Mission

Christ House is a residential medical facility for homeless men located in the Adams Morgan area of Washington, DC. We prepare and serve lunch on the third Saturday of every month. Contact Connie Jeremiah for more information, dcjeremiah@verizon.net or 703-307-4635.

Aug. 15: *The Spire* newsletter deadline

Aug. 23: Blessing of the Backpacks

Aug. 26: Wednesday Night Suppers

Children's Choir returns! Look for more details to come.

Aug. 30: Lay Readers Potluck Lunch, 12 p.m.

July Collection School Supplies for Grace Ministries

- Backpacks
- No. 2 pencils
- Erasers
- Wide-ruled notebooks
- Glue sticks
- Rulers
- Blunt-tipped scissors
- Washable markers
- Plastic folders
- Pencil sharpeners
- Assorted construction paper



GRACE Ministries of the United Methodist Church (graceministriesumc.org) is a faith-based community outreach program serving over 1,000 low-income families each month in Northern Virginia. GRACE provides emergency food, clothing, household items, diapers and healthcare information and screenings at seven local United Methodist Churches.

Donations may be placed in the collection bins in the Narthex stairwells and in the Fellowship Lobby. Today is the last day to bring in items; they will be delivered to Grace Ministries this week. If you'd like to know more about how you can help, please speak with Genee Boykin or Lisa Russell today.



Wednesday Night Suppers

Wednesdays | 6:00 p.m. | Langley Hall
Beginning August 26

About Our Ministries

Nursery

The **Nursery** is staffed during both our Sunday worship services for children 3 years old and under. Our nursery is located in the Fellowship Building; simply speak to an usher and they will provide assistance.

Children's Worship Folders

Folders are available during worship services and are categorized by age and reading ability. Please return your folder to the "used bin" so it can be replenished.

Fellowship: Getting Connected

You are invited to meet friends and neighbors after each of our worship services! Join us in the Fellowship Lobby across the breezeway. Each week ministry teams are assigned to host our refreshments.

Trinity Preschool of McLean

TPoM welcomes all students ages 2-6. Please visit umtrinity.org/preschool to learn more about this vibrant ministry or to schedule a tour for your child.

Ushers Needed

Ushers are needed each Sunday to greet people, answer questions and hand out bulletins. Use the QR code below to volunteer for this essential ministry of hospitality or speak to one of the pastors.

Did You Know?

When British forces invaded Washington during the War of 1812, they sacked and burned the US Capitol and the White House among other federal buildings. Whenever possible, the invading army destroyed or looted government documents - but the Declaration of Independence, the U.S. Constitution and the Bill of Rights were *not among them*. These vital documents were spirited out of the city to Virginia, and briefly hidden in a gristmill before being transferred to a Methodist minister named John Littlejohn. An itinerant preacher since 1776, Rev. Littlejohn was also Justice and Sheriff of Loudoun County, and hid America's greatest treasures of all in the basement vault of an abandoned house in Leesburg, where they remained until their return to Washington was deemed safe. Believe it...or not!



Quick Links

Scan QR code with your phone's camera & click the link. This page currently includes:

- Prayer Requests
- Children & Youth ministry registration
- Christ House wish list
- Ushers sign-up



Our Prayer Ministry

Trinity Church is grateful to receive any request for intercessory prayer. Each Wednesday, our Prayer Group meets at 9 a.m. to lift up these submissions as well as on-going needs. Those willing to pray with us are both welcomed and invited! Please speak to one of our pastors if you would like to know more.

Prayer requests can be submitted by scanning the QR code on the left with your phone's camera and clicking the link, or you may fill out a prayer card and place it in the offering plate.

Trinity Church Ministers and Staff

Dave Rochford
Taehwan Roh
Harriet Latta
Jose Nuñez
Jerry Rich
Angi Oxendine
Catherine Wethington
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Office Hours: Monday – Friday 9 a.m. - 3 p.m.

Worship is in-person and livestreamed on Sundays from our Chapel at 8:30 a.m. and from our Sanctuary at 10:30 a.m. on YouTube: youtube.com/UMTrinity. If you're not yet receiving our Friday weekly events e-mail, please send us your address at info@umtrinity.org.