

Trinity United Methodist Church



Fragment of the "Maestà," Duccio di Buoninsegna
Tempera on wood, Italian, 1310

Pray, then, in this way:

*Our Father
Who art in heaven...*

Matthew 6:9a

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September 13, 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 on the church lawn following our 10:30 service for delicious picnic and a chance for us to get to know one another!

PRELUDE

Canción de cuna (Sabre Marroquín)

Jerry Rich

WELCOME

* CALL TO WORSHIP

from Psalms 29, 50, 104; Philippians 2

Our God is known in mighty thunder, and in the silence that follows the storm.

Our God calls, though not all are listening.

Those who bring thanksgiving as their sacrifice honor the Lord,
to these is shown the salvation of God.

**Let us draw near in the bond of the Spirit,
anticipating nourishment from our Father's hand.**

We meet together as the children of God, knowing that the Kingdom of our Father
is close to those with obedient hearts.

**May we have the heart of Christ, who was obedient on the Cross,
and is exalted in the Kingdom of Heaven.**

* GATHERING HYMN

This Is My Father's World

UMH 144

This is my Father's world,
and to my listening ears
all nature sings, and round me rings
the music of the spheres.
This is my Father's world:
I rest me in the thought
of rocks and trees, of skies and seas;
his hand the wonders wrought.

This is my Father's world,
the birds their carols raise,
the morning light, the lily white,
declare their maker's praise.
This is my Father's world:
he shines in all that's fair;
in the rustling grass I hear him pass;
he speaks to me everywhere.

This is my Father's world.
O let me ne'er forget
that though the wrong seems oft so strong,
God is the ruler yet.
This is my Father's world:
why should my heart be sad?
The Lord is King; let the heavens ring!
God reigns; let the earth be glad!

A PRAYER FOR RECONCILIATION

Almighty and all-loving Father,
through Jesus Christ you have reconciled the world to yourself.
Help us now to be reconciled with one another,
that we may faithfully call on you as the Parent we all share.

As we worship, grant us grace to discover that you are with us.

**Awaken us, chase away our mindless repetitions,
so that we may discover that you listen as we pray.**

**Make our daily bread into the bread of life,
and the cups from which we drink into vessels of sustaining grace.
Amen.**

CHILDREN'S MESSAGE

A Prayer for Our Rising Disciples

Laurie Strollo, Catherine Wethington

Leader: Gracious God, we thank you for the gift of these children. We thank you for the years they spent in Children's Ministry, for the laughter shared, the Bible stories learned, and the foundations of faith planted in their hearts.

Congregation: **We give thanks for the ways your love has shaped them.**

Leader: Lord, today they stand on a new threshold. As they step forward into Youth Ministry, we ask for your hand of guidance and protection to rest upon them. Give them ears to hear your voice and courage to walk in your ways.

Rising Disciples: Lord, help us to be strong and courageous, and to remember what we have learned as we seek you in this new season.

Leader: We pray for new friendships, for godly mentors, and for youth leaders who will walk beside them, speak truth, and show your grace. We give thanks for our church family, as we welcome them into this next step of their faith-journey. May they find in your love, and ours, a deep and enduring sense of belonging.

Congregation: **Make us faithful to your call to support them, pray for them, and encourage them on as they grow into the disciples you created them to be.**

Leader: May the light of Christ go before them, today and always, as we as a church family walk with them every step of the way.

All: Amen.

READING OF THE EPISTLES

2 Peter 1:16-19

Dave Rochford

For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honor and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, "This is my Son, my Beloved, with whom I am well pleased." We ourselves heard this voice come from heaven, while we were with him on the holy mountain.

So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts.

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

ANTHEM

Come, Share the Lord (Leech)
Take My Life, and Let It Be (Courtney)

Brendon O'Donnell (8:30)
Chancel Choir (10:30)

READING OF THE GOSPEL

Matthew 6:7-13

Genee Boykin (8:30)
Anne Keating (10:30)

"When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

Pray then in this way:

Our Father in heaven,
hallowed be your name.
Your kingdom come. Your will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And do not bring us to the time of trial,
but rescue us from the evil one."

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

MESSAGE

Our Father, with Us

Dave Rochford

PRAYERS OF THE PEOPLE

Our prayer will conclude with:

**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.**

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.*

Testimony

Nadine Wethington

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

Children of the Heavenly Father

UMH 141

**Children of the heavenly Father
safely in his bosom gather;
nestling bird nor star in heaven
such a refuge e'er was given.**

**Neither life nor death shall ever
from the Lord his children sever;
unto them his grace he showeth,
and their sorrows all he knoweth.**

**God his own doth tend and nourish;
in his holy courts they flourish;
from all evil things he spares them;
in his mighty arms he bears them.**

**Though he giveth or he taketh,
God his children ne'er forsaketh;
his the loving purpose solely
to preserve them pure and holy.**

* BENEDICTION

* POSTLUDE

Concerto I (Avison)

Jerry Rich

**congregation invited to stand*



Grow — Pray — Study

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

Monday, September 14 - Matthew 6:7-13

Jesus begins his teaching on prayer by warning against piling up empty phrases, as though we will be heard because of how much we say. Instead, Jesus tells his disciples, "Your Father knows what you need before you ask him." Christian prayer begins with the assurance that God already knows us and listens to us.

The Lord's Prayer invites us into this relationship with God. We come not as strangers trying to make ourselves heard, but as children approaching a Parent who is already near. We bring our needs, hopes, fears, and questions before God, trusting that prayer is more than the words we speak. It is a way of turning our attention toward the God who is already present with us.

- When you pray, are you more concerned with what to say or with being present to God?
- How might your prayers change if you began with the assurance that God already knows you and what you need?
- **Prayer:** Loving God, thank you for listening before I find the words to pray. Help me become more attentive to your presence and trust that you are near and listening. Amen.

Tuesday, September 15 - Psalm 139:1-18

The psalmist describes a God who knows every part of our lives. God knows when we sit down and rise, understands our thoughts, and is present wherever we go. There is no place we can travel and no part of ourselves we can hide where God's presence cannot reach us.

To be known by God is not simply to be observed from a distance. It is to be surrounded by a Presence that does not abandon us. Prayer, then, does not require us to present a carefully edited version of ourselves. We can bring gratitude and joy, but also uncertainty, and questions, trusting that God already knows us completely.

- Are there parts of your life that are easier to bring before God than others?
- What difference does it make to know that God is already present when you feel uncertain, alone, or overwhelmed?
- **Prayer:** God who knows me completely, help me rest in your presence and come before you without pretending or hiding. Remind me that I am never beyond your loving care. Amen.

Wednesday, September 16 - Romans 8:14-27

Paul describes prayer as part of our life as God's children. Through the Spirit, we cry, "Abba! Father!" These words express more than a way of addressing God; they speak of a relationship into which we have been welcomed. We approach God because the Spirit assures us that we belong to God's family.

Paul also recognizes that sometimes we do not know how to pray. In those moments, the Spirit intercedes for us "with sighs too deep for words." Prayer does not depend entirely upon our ability to express ourselves clearly. Even when words fail us, the Spirit meets us in our weakness and carries before God what we cannot put into words.

- When have you experienced a time when you did not know what or how to pray?
- How might trusting the Spirit's presence change the way you approach those moments?
- **Prayer:** Holy Spirit, remind me that I belong to God and help me pray with trust. When I do not know what to say, meet me in my weakness and carry what is in my heart before God. Amen.

Thursday, September 17 - 1 Kings 19:9-18

Elijah is exhausted, afraid, and discouraged when God tells him to stand on the mountain. A powerful wind comes, then an earthquake and a fire. Yet the Lord is not in any of them. Afterward comes "a sound of sheer silence," and Elijah recognizes that God is near.

We sometimes expect God's presence to be unmistakable or dramatic. Yet much of our life with God takes place in quieter ways—in stillness, through Scripture, in prayer, or during an ordinary day. Learning to pray includes learning to pay attention. Sometimes we need fewer words and enough quiet to notice the God who has been with us all along.

- Where in your daily life are you most likely to notice God's presence?

- What might help you create a little more room for silence and attention in your prayer this week?
- **Prayer:** God of stillness and presence, quiet the noise that keeps me from noticing you. Teach me to listen and recognize your presence in both the extraordinary and ordinary moments of my life. Amen.

Friday, September 18 - Luke 11:1-13

After watching Jesus pray, one of his disciples asks, "Lord, teach us to pray!" Jesus responds with the Lord's Prayer, then speaks about asking, seeking, and knocking, encouraging his disciples to continue turning toward God with confidence.

Jesus does not promise that prayer will give us everything exactly as we request it. Instead, he points to the character of the One to whom we pray. Just as a loving parent desires what is good for a child, God gives the Holy Spirit to those who ask. We bring our needs honestly before God while learning to trust God's wisdom and goodness.

- What are you continuing to ask, seek, or knock for in prayer right now?
- How can you hold that request honestly before God while also trusting God's wisdom and goodness?
- **Prayer:** Faithful God, teach me to pray with honesty, persistence, and trust. Help me bring my needs before you while remaining open to your wisdom and the work of your Spirit. Amen.

Saturday, September 19 - Philippians 4:4-9

Paul encourages the Philippians to bring everything before God "by prayer and supplication with thanksgiving." He does not suggest that faithful people will never experience anxiety or difficulty. Instead, he invites them to bring the whole of their lives into God's presence and allow the peace of God to guard their hearts and minds in Christ Jesus.

Prayer does not end when we say "Amen." Paul turns to what fills our minds and shapes our actions: whatever is true, honorable, just, pure, pleasing, and worthy of praise. Prayer gradually shapes the way we see and live. We bring our lives before God and learn to carry an awareness of God's presence into our daily lives.

- What concern or anxiety do you need to bring honestly before God today?
- How might your prayers shape what you pay attention to and how you live in the coming week?
- **Prayer:** God of Peace, receive the concerns I bring before you and guard my heart and mind in Christ. Let my prayers shape my thoughts, my choices, and the way I live each day in your presence. Amen.

Today at Trinity



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)

Meets following the Children's Message in our Fellowship Building (across the Breezeway).

Picnic after the 10:30 a.m. service! **Hot dogs, hamburgers, drinks** provided—bring a **side dish** to share. Enjoy a **moon bounce, lawn games**, and ministry displays. All are welcome!

Youth Group, 4:30 p.m.

For grades 7 – 12, each week we meet in the Fellowship Building to nurture lasting friendships while discussing Scripture, faith, life and more. Come join us! Contact Catherine, umtrinityyouth@gmail.com for more.

Iglesia de Diós Worship, 6 p.m.

This Week

Tuesday, 10:30 a.m.: Fall Pastors' Bible Study: Set Free to Live Free!

Join Pastor Dave on Tuesdays from **10:30 to 11:45 a.m.**, in the **Church Library** or via **Zoom**, for a six-week study of Paul's Letter to the Galatians. Together, we'll explore what it means to be truly free, how to live faithfully, and why this early New Testament letter remains relevant today. No book is required, just bring your Bible! Expect thoughtful discussion, encouragement, and fresh insight into the Christian faith. **Questions?** Contact Pastor Dave at drochford@umtrinity.org.

Tuesday, 6:30 p.m. Trustees Meeting

7 p.m.: Langley Residential Support Services

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.



Wed., 6 p.m.: Dinner Program & Children's Choir

Why would you want to attend this week's inaugural *Wednesday Night Supper*?

1. One less meal to worry about.
2. Catered Mexican taco bar from District Taco of McLean, with delicious ("potluck") side-dishes
3. A fun way to get to know the remarkable folks in your church family
4. A thought-provoking discussion based on a talk given by a TUMC expert presenter each week (see *Number 3 above!*)

Your **RSVP** would certainly help us plan! Scan the QR code on page 7 to respond. If you are able, bring a dish to share or to attend to a special dietary need you and yours may have.

We begin with dinner at 6 p.m., and launch with a genuinely enjoyable game at 6:30 followed by a unique-each-week, engaging program to conclude at 7:30 p.m.

So what program *this* week, you ask?

Created for Connection:

How the Human Brain is Built for Holy Community

While few might consider it, Christian fellowship comes mighty close to the ideal of what brain scientists tell us we all need.

"Wellness" has become a catch phrase in our culture, but Christians know that God designed us for more than just attending to our own well-being. So come and explore a new definition of *Wellness* from clinical psychologist (and Pastor's spouse) Dr. Lisa Rochford. We'll learn a bit about how the brain is wired for connection with others, and how we can live out both our full humanity and robust faith in the relationships we build with one another - both at Trinity and in our local community. We'll make time for lively discussion, so come and be with us!

After enjoying the yummy tacos, children in **grades 1–6** are invited to join the new **Trinity Children's Choir**, rehearsing from **6:30–7:10** in the choir room, followed by supervised playground time. Led by **Adelaide Loving**, the choir nurtures musical growth and faith in a fun,

supportive environment. Families interested in participating may contact Adelaide at adeloving11@gmail.com. Children outside the age range may be considered. All are welcome!

Thursday, 6:30 p.m. Finance Committee

Saturday, 3 p.m.: Aarav Eagle Scout Court of Honor

Saturday: Christ House Meal Ministry in DC

Saturday, 6 p.m.: Iglesia de Diós

Coming Up

September 26: Anacostia Waterway Clean-Up

At Anacostia Park from 9 a.m. to 12 p.m., help care for God's earth with Ocean Conservancy and the Trinity Youth Group. Registration is free (use QR code on page 7); waivers may be signed in advance or upon arrival. Gloves, trash bags, and trash pickers are available onsite. Driving/carpooling is recommended. Shuttle buses from Potomac Ave Station are available (blue, orange, & silver lines). For more details contact Catherine, umtrinityyouth@gmail.com.



October 4: 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!

October 12: Office Closed for Federal Holiday

October 13: Book Chat

This month's selection is *The Book Binder* (original title *The Bookbinder of Jericho*) by Pip Williams. Visit the Education webpage for Zoom details for 6:30 p.m. meeting.

October 15: The Spire newsletter deadline

October 17: Christ House Meal Ministry in DC

October 17: Share New Beginnings

Trinity has agreed to work together with SHARE of McLean to furnish a new home for an unhoused local family. More details will be available as we receive them, but your help is needed for this extraordinarily worthy, church-wide undertaking!



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 individuals, families or ministry teams host our refreshments. Please consider signing up for the 8:30 service's Fellowship time. Scan the QR code under Quick Links below to sign-up.

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.

Quick Links

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

- Prayer Requests
- Wednesday Dinner RSVP
- Book Chat
- Children & Youth ministry registration
- Christ House wish list
- Ushers sign-up



Did You Know?

...how our congregation's generosity helped provide a home for *the McLean Police Station* and untold *thousands of little soccer players* on Balls Hill Road? No? Well, *here's* how.



The original congregation that is now Trinity UMC once worshipped as Nelson's Chapel Methodist Church, making its home in a hewn-log chapel built in 1822 on a small lot (which today is part of the campus of the Potomac School). When in the 1850s the church moved to a new, more spacious home on Georgetown Pike, it deeded its parcel to the Good Hope Lodge of Good Templars, a local Temperance-advocacy organization that met for decades in the old log structure. The church had included in the deed an unusual "reversionary clause," stipulating that if the Lodge should ever cease to exist, the land would be deeded to whatever organization would most benefit the people of the McLean community. The old deed was forgotten until interest was expressed in the disused lot, and in October 1954 a judge ruled that the McLean Citizens Association most closely "fit the bill." The sale of the lot enabled the Citizens Association ultimately to purchase a 5-acre parcel off Balls Hill Rd., adjacent to the old American Legion Hall.

That acreage would become the McLean Park at Balls Hill Road, which under the management of the McLean Recreation Council once featured baseball, tennis and basketball spaces, as well as a football field. Under pressure from residential and local government development in the 1960s and 70s, that privately-held parkland ultimately became the McLean Governmental Center; the original green space lives on as "the Police Field" (for soccer/multiuse athletics), and the tiny McLean Knolls Park, located just two miles from Trinity - echoes of the robust rec space of old McLean.

Trinity Church Ministers and Staff

Dave Rochford
Taehwan Roh
Harriet Latta
Jose Nuñez
Jerry Rich
Angi Oxendine
Catherine Wethington
Laurie Strollo

Lead Pastor
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Office Manager
Facilities Manager
Director of Music
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Director of Youth Ministry
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Office Hours: Monday – Friday 9 a.m. - 3 p.m.

Sunday Worship: Chapel at 8:30 a.m.; Sanctuary at 10:30 a.m. streamed on YouTube: youtube.com/UMTrinity.
If you're not yet receiving our weekly Friday e-mail, please send us your address to info@umtrinity.org.