



Trinity United Methodist Church

1205 Dolley Madison Blvd. | McLean, VA 22101
703-356-3312 | umtrinity.org | info@umtrinity.org

May 7, 2023

8:30 & 10:30 a.m.

We ask that everyone complete an attendance card found in the pew rack or scan the QR code on page 3 with your phone's camera to register your attendance today.

Prelude	<i>Aria (Gaß)</i>	Jerry Rich
Welcome and Announcements		
* Call to Worship		Emily Summers
The Lord is our refuge. We can find peace in God's abiding love. When troubles assail us, we call upon the Lord. When joys abound, we call upon the Lord. Welcome this day to God's house, one of many dwellings of the Almighty One. We thank you and praise God for his refuge and sanctuary. Amen.		
* Gathering Hymn	<i>To God Be the Glory</i>	UMH 98
Children's Message		Laurie Strollo
Prayers of the People		Neil Hough
Offering		Neil Hough
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>Be Still, for the Presence of the Lord</i> (Evans)	Philip Keirstead
Anthem (10:30)	<i>Simple Gifts</i> (arr. Beck)	Chancel Choir
Scripture	Colossians 3:12-17	Emily Summers
As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.		
Message	<i>A Three-Fold Cord</i>	Neil Hough
Sacrament of Holy Communion		Neil Hough
* Closing Hymn	<i>The Gift of Love</i>	UMH 408
Click on / Agree to view the music.		
* Benediction		Neil Hough
* Choral Benediction (10:30)	<i>The Lord Bless You and Keep You</i> (Rutter)	Chancel Choir
* Closing Music	<i>Fanfare in D</i> (Lemmens)	Jerry Rich

* Please stand as you are able.

Grow — Pray — Study

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

Monday, May 8 — Colossians 3:12-17

The apostle Paul's instructions to the Colossians were not written specifically for marriages and family relationships. His words were intended for relationships within the Christian community, but they have much to say to spouses, best friends, and the most intimate human relationships. Verse 12 offers a list of human characteristics that all Christians are expected to "put on." Essentially, he says we are expected to choose "*compassion, kindness, humility, meekness, and patience.*"

- Think about your closest relationship — spouse, family member, or friend. Would your relationship be stronger if you "wore" compassion, kindness, humility, meekness, and patience? Choose one characteristic and make it your focus today.
- Prayer: *Heavenly Father, today I choose to clothe myself with the characteristics of Jesus. Give me the strength and courage I need to make you the sole focus of my life. Amen.*

Tuesday, May 9 — Colossians 3:13, Matthew 18:21-22

According to Jesus, we are to include words like these in our prayers: "*And forgive us our sins, for we ourselves forgive everyone indebted to us*" (Luke 11:4). When Peter asked Jesus how many times he should forgive someone, Jesus told him to keep forgiving until he couldn't count any higher. It is clear that forgiveness is a necessary ingredient in any strong and healthy relationship.

- Do you need to forgive someone today? Do you need to ask someone for forgiveness today? Ask God for courage and grace to both seek and offer forgiveness.
- Prayer: *Merciful God, I know that I need to be forgiven, by you and by others. Forgive me for my sin and for my unfaithfulness. Forgive my reluctance to forgive others. Amen.*

Wednesday, May 10 — Colossians 3:14, 1 John 4:7-11

The best and healthiest relationships are based on love. The strongest bonds, the bonds that do not break in the storms of life, are not made of romantic love, but of Christ-like love: sacrificial love; steadfast love.

- What is the source of your love for the people closest to you? Is it based on an emotional or romantic feeling? Or is it based on a decision to love with the intensity and commitment of Jesus? How can you embody a Christ-like love today?
- Prayer: *God of Love, thank you for the teaching and example of Jesus. Teach me how to embody Christ-like love. Teach me how to embody sacrificial, steadfast love. Amen.*

Thursday, May 11 — Colossians 3:15, Romans 12:16-21

When Jesus said, "*Blessed are the peacemakers, for they will be called children of God*" (Matthew 5:9), he was summarizing one of the Bible's significant themes. Children of God, who desire to live in peace, are expected to be *peace-makers* — in all relationships. Peace requires that both parties (or persons) seek and find agreement. The apostle Paul's counsel to individuals is, "*so far as it depends on you, live peaceably with all*" (Romans 12:18).

- How well do you deal with conflict in your most significant relationships? How do you practice peace-making? How can you live peaceably without giving up or giving in?
- Prayer: *God of peace, teach me to be a peacemaker and to do my part to "live peaceably with all." Grant me the confidence and faith I need to be peace-full today. Amen.*

Friday, May 12 — Colossians 3:16, Psalm 100

The healthiest relationships are built upon the solid ground of a relationship with God. When the habits and practices of Christian discipleship are shared, friendships, families, and marriages are stronger. When spouses and friends worship together, read the Bible together, pray together, and serve Christ together, God's forgiveness, love, and peace flow more fully and more freely.

- What practices of Christian discipleship do you share with the most important people in your life? Find time to pray with your spouse or someone close to you today.
- Prayer: *Almighty God, thank you for surrounding me with special people who bless my life with the life-changing gift of your love and grace. Help me bless them in return. Amen.*

Saturday, May 13 — Colossians 3:17, Ecclesiastes 4:9-12

The writer of Ecclesiastes says that two is better than one, but three is better than two. When applied to marriage and significant friendships, this is a powerful image — when the third strand in a threefold cord is God. When God is intertwined in any relationship, the relationship is stronger and able to withstand the stresses and strains of life.

- How is your marriage, or your most important human relationship, intertwined with God? What can you do today to include God in your human relationships?
- Prayer: *Ever-present God, come into my life and into my important relationships today. Grant me the strength that comes from completely entwining my life with you. 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.

This Week on Zoom

Password 1205

Prayer Group

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

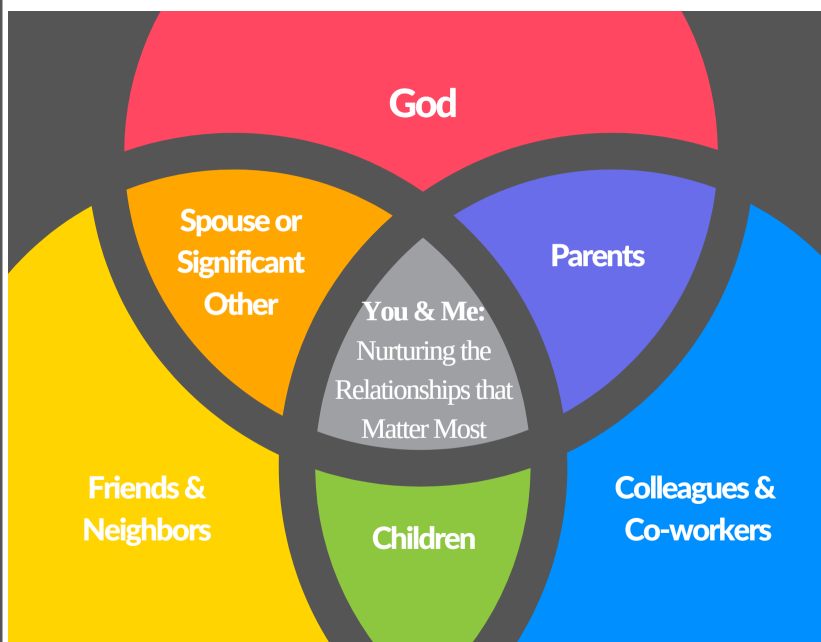
This Week at Trinity on TV

Our sermons air on Fairfax Public Access Channel 36 (on Cox and Verizon) on Wednesdays at 5 p.m., Fridays at 7:30 p.m. and Sundays at 7 a.m.

Our Prayer List

Al, Alan, Alex, Alex & Sarah, Allesandro, Alexandra & Jeff, Amanda & David, Analise, Andrea, Andrew, Angeliki, Ann, Anne & Neil, Annette, Annie Ruth, Art & Marcie, Barb & JR, Barbara & Barry, Bennett family, Bernadette, Betty, Bill & Maddie, Boris, Brooks family, Bruce, Bud & Steve, Candice, Carol & Rich, Carrine, Catherine, Cathy, Chatham family, Christopher, Cindy, Claudia & Yauwu, Cusenza family, Dan & Chris, Daniel, Danny, Darlene & Steve, Dave, Davey, David & Carol, Debbie, Debbie & Steve, DeMicco family, Desarae, Detwiler family, Dick, Eileen, Eileen & Ray, Elaine, Eliana, Elizabeth, Emily, Emma, Evelyn, Evie, Fran & Tom, Friend, Ferd & Martha, Gabrielle, Gaeber family, Gail, Gary & Lindie, George, Greg, Griggs family, Guizen, Gwen, Hanna & Franz, Harry, Harriet, Henrietta, Hunt family, Jackie, Jacob, Jean, Jeanne, Jenny, Jeffrey, Jessica, Jewell family, Jill, Jim, Joan, Joe, Joe & Marie, John, Jon, Jorge, June, Justin, Karen, Katharine, Katherine, Kathy, Kay & John, Keith, Kelly, Kim, Laurie, Lazalier family, Leonard family, Linda, Lisa & Mike, Liz & David, Lois, Lorna, Luana, Marcienne, Marcy, Marilyn, Mark, Martha & Fred, Mary, Melinda, Meredith, Miller family, Minou, Myers family, Quinn family, Pam, Pauline & Merlin, Peg & Dick, Peggy, Podesta family, Preston, Priscilla, Rae, Rasmussen family, Raquel, Richard, Richard & Anne, Robert, Roberto & Erica, Rosemary, Ruby, Sarah, Scott, Shadle family, Sharon, Spencer & Emily, Strollo family, Suzanne, Sweeney family, Teresa, Terry, Tessa, Tim, Tom, Tony, Tracie, Vanna, Vicki, Vinnie, Wally & Beverly, Yancey, Yorke, Zanarini family, travelers, those who mourn, the homeless, racial reconciliation in our country, those affected by the opioid epidemic and those working to end it, those affected by natural disasters, violence and political turmoil.

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Sermon Series: *You and Me: Nurturing the Relationships that Matter Most*

Our lives are lived in the middle of intersecting circles of relationships: with God, with friends and neighbors, with colleagues and co-workers, with spouses and significant others, and with parents and children. These relationships are a gift from God and the source of many blessings in our lives. But they are also the source of much pain — through conflict, disappointment and hurt feelings. Starting on April 16, we'll look at what the Bible says about these relationships. We'll discover how our relationship with God affects our human relationships and what we can do to strengthen the most important relationships in our lives. Focusing on our own lives (what we can control, not on our desire to change others) we'll learn how to be better children of God, better friends, better workers, better spouses/partners, and better parents or children.

Highlights from E-News

If you're not receiving our Friday e-mail, please send your email address to info@umtrinity.org

Book Chat

Our next meeting is on Tues., **May 9** at 6:30 p.m. on Zoom. New readers are always welcome. More at <https://umtrinity.org/education> or contact Kathy Maher, kathyngs@gmail.com.

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.

Children's Worship (ages 4 - 4th grade) and **Club 56** (grades 5 & 6) meet during the 10:30 service following the Children's Message.



Crafts for a Cause

We meet every other Monday from 7 to 8:30 p.m., in Room 124: May 8 & 22. All are welcome. For more information, contact Alesha Luxon at alesha.luxon@gmail.com.

Fellowship

Fellowship hosts provide snacks during Fellowship following the Sunday

morning worship services. Please consider signing up for a week. The sign up is on a white board sitting on top of the coffee bar in the Fellowship Lobby. Contact Alesha Luxon, alesha.luxon@gmail.com.

Interfaith Community Concert

Today at 7 p.m. in the Trinity Sanctuary, Trinity's Chancel Choir will join singers from other faith communities in the McLean community for a One World Interfaith Choir Concert.

Through the power of music, we'll celebrate what we have in common as people of faith and how we are in ministry together as supporters of SHARE of McLean. The concert is free. Everyone is asked to bring an item for Share. Invite a friend and join us.

Youth Group (Grades 7-12)

Sunday, 4:30 - 6 p.m.

For more information about volunteering or joining youth group, contact Catherine Wethington, umtrinityyouth@gmail.com. Youth registration QR code:



Coming Up

May

- 7 Martha's Table
- 7 One World Concert
- 8 Crafts for a Cause
- 9 Book Chat
- 11 Executive Council
- 16 Trustees Meeting
- 20 Christ House
- 22 Crafts for a Cause
- 28 Celtic Service
- 29 Office Closed

June

- 4 Martha's Table
- 4 Confirmation Sunday
- 5 Crafts for a Cause
- 11 Eileen Gilmer Farewell
- 13 Book Chat
- 17 Christ House
- 18 Crafts for a Cause
- 19 Trustees Meeting
- 25 Celtic Service

Vacation Bible Saturday

July 22, 2023

10 a.m. - 2 p.m.

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Finding Jesus

Details and register at umtrinity.org/vbs

Trinity Church Staff

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

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Director of Music
Preschool Director
Director of Youth Ministry
Director of Children's Ministry

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Office Hours:

Monday – Friday 9 a.m. - 3 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.