



Trinity United Methodist Church

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

July 17, 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 (8:30)
Prelude (10:30)

Largo (Handel)
Prelude in D Minor (Bach)

Jerry Rich
Jian Mostaghim, cello

Welcome and Announcements

Clergy

* Call to Worship

Eileen Gilmer

We gather this day from a week filled with needs and demands

We come to find rest and renewal of our spirits.

Open your hearts in love to hear the voice of God.

We want to quietly rest in God's presence, free from the clamor of the world.

This is the day that the Lord has made.

Let us rejoice and be glad in it.

* Gathering Hymn

We've a Story to Tell to the Nations

p. 3 / UMH 569

Children's Message

Laurie Strollo

Prayers of the People

Gilmer

Offering

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)
Anthem (10:30)

Come Down, O Love Divine (Vaughan Williams)
O Love (Hagenberg)

Philip Keirstead
Ensemble

Scripture

Romans 12:14-21

Gilmer

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice; weep with those who weep. Live in harmony with one another; do not be arrogant, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God, for it is written, "Vengeance is mine; I will repay, says the Lord." Instead, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink, for by doing this you will heap burning coals on their heads." Do not be overcome by evil, but overcome evil with good.

Message

Anger (Patience & Meekness)

Neil Hough

The Sacrament of Holy Communion (8:30)

Gilmer

* Closing Hymn

Let There Be Peace on Earth

p. 3 / UMH 431

* Benediction

Hough

Closing Music (8:30)
Closing Music (10:30)

Marche (Campra)
Courante in D Minor (Bach)

Rich
Jian Mostaghim, cello

* Please stand as you are able.

Grow — Pray — Study

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

Monday, July 18 — Genesis 4:1-8

Anger is an emotion that nearly every human being has experienced. Very few of us are exempt from the power, and the danger, of anger. We know that even though anger can be a motivating force for change, it can also lead to hatred and violence. The story of Cain and Abel serves as an example of how anger can truly be a deadly sin.

- Consider your own experiences with anger. When have you been angry at another person? When has another person been angry with you? What does anger make you feel and do?
- Prayer: *God of Creation, thank you for making me aware of the power of anger. Help me see myself more clearly. Guide my feelings, thoughts, and actions today. Amen.*

Tuesday, July 19 — Mark 11:15-19

After Jesus and his disciples entered Jerusalem (on Palm Sunday), Jesus went into the temple. He drove out the buyers and sellers and turned over the tables of the money changers. Even though Mark does not say so directly, it seems that Jesus was angry about what was happening in the temple. It also seems that Jesus' anger motivated him to act — to right a wrong and teach a valuable lesson.

- Have you ever experienced righteous anger? Has anger ever motivated you to right a wrong, or stand up to injustice? How do you draw the line between righteous anger and deadly anger?
- Prayer: *Righteous God, help me discern the difference between deadly anger and righteous anger. Grant me your wisdom and help me understand your will. Amen.*

Wednesday, July 20 — Romans 3:21-26

In his letter to the Romans, the apostle Paul affirms the Gospel message that everyone is a sinner who falls short of God's glory. He says no one is truly righteous, and that everyone needs to be saved by grace through faith in Jesus Christ. This means that, on our own, we can never eliminate sin from our lives. However, the Gospel message also says that we can, by God's grace, be set free from the power of sin and death. Only God's grace can free us from the deadly sins of pride and envy and anger.

- Have you acknowledged your personal need for God's grace? Have you received God's grace through faith in Jesus Christ?
- Prayer: *Gracious God, I confess that I am a sinner who needs to be saved. In faith, I accept your grace so that I can live my life free from the power of sin and death. Amen.*

Thursday, July 21 — Romans 12:14-21

In the second half of his letter to the Romans, the apostle Paul describes the kind of new life that is possible when we accept God's offer of salvation by grace through faith in Jesus Christ. He says that when we are saved by grace, our life is transformed. By grace we have new relationships with God, with other people, with other Christians, and with the world around us. His primary point is that God's grace changes the way we live. We now live the life God intends for us to live.

- What do think about Paul's instructions for relating to the world around us? Is it easy to follow his instructions? How do these words challenge or change the way you think about (your) anger?
- Prayer: *Almighty God, send your Holy Spirit into my life and transform my heart and mind. Help me to live the life you intend, following your rules, not mine. Amen.*

Friday, July 22 — Ephesians 4:25-32

Like the letter to the Romans, the letter to the Ephesians describes rules for the new life in Christ. It says that, in Christian life, there is no room for "*bitterness and wrath and anger and wrangling and slander*" (Ephesians 4:31). Instead, we are to "*be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you*" (Ephesians 4:32). One thing is for certain: anger has the power to destroy us and destroy our relationships with the important people in our lives.

- Has anger ever affected any of your relationships? What can you do to mend relationships that have been broken by deadly anger?
- Prayer: *God of Mercy and Love, forgive me for all the times that I have let anger harm a relationship with one of your children. Give me courage to make amends today. Amen.*

Saturday, July 23 — Matthew 5:21-26

Jesus, in the Sermon on the Mount, warns his disciples (and potential disciples) about the danger of anger. He says that if we are angry with someone, we will "*be liable to judgment*" (Matthew 5:22). He says our relationships with others — when they are broken by anger and insults — have the power to affect our relationship with God.

- Which, if any, of the relationships in your life have been affected by anger or insults? How has your anger affected your relationship with God? Have you made peace, and sought reconciliation?
- Prayer: *God of Peace, grant me wisdom and courage to make peace with my brothers and sisters, trusting in your saving grace, so that I can live in peace 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. 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@sloft.com.

Pastor's Bible Study: The 7 Deadly Sins

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

Alan, Amber & Briana, Ballard family, Betty & Tracy, Bill & Ann, Claire, Danny, David, Douglas & Dillian, Earl, Ellie, Hough family, Howard, Janet, Karen, Kathy, Kristin, Ladye, Lana, Lena, Lindstedt family, Marcia, Marcy, Mickey, Monica, Nell, Sandy & Vinnie, Sarah, Shelley, Suzy, Yancey, travelers, the grieving families and communities affected by recent 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.

Send us your prayer requests at umtrinity.org.

Summer Sermon Series

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.

We've a Story to Tell to the Nations

1. We've a story to tell to the nations,
that shall turn their hearts to the right,
a story of truth and mercy,
a story of peace and light,
a story of peace and light.

Refrain:

For the darkness shall turn to dawning,
and the dawning to noonday bright;
and Christ's great kingdom shall come on earth,
the kingdom of love and light.

2. We've a song to be sung to the nations,
that shall lift their hearts to the Lord,
a song that shall conquer evil
and shatter the spear and sword,
and shatter the spear and sword.
(Refrain)
3. We've a message to give to the nations,
that the Lord who reigneth above
hath sent us his Son to save us,
and show us that God is love,
and show us that God is love.
(Refrain)
4. We've a Savior to show to the nations,
who the path of sorrow hath trod,
that all of the world's great peoples
might come to the truth of God,
might come to the truth of God.
(Refrain)

Let There Be Peace on Earth

1. Let there be peace on earth
and let it begin with me.
Let there be peace on earth,
the peace that was meant to be!
With God our creator, children all are we.
Let us walk with each other in perfect harmony.
2. Let peace begin with me.
let this be the moment now.
With every breath I take,
let this be my solemn vow
To take each moment,
and live each moment, in peace eternally.
Let there be peace on earth, and let it begin with me.



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

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.

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)

Next meeting: July 24, 4 - 6 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

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

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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.