



Trinity United Methodist Church

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

July 3, 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>Prelude in G Minor</i> (Telemann)	Jerry Rich
Welcome and Announcements		Clergy
* Call to Worship		Eileen Gilmer
We are called together this day to praise God. We ask that God will put us on pathways of service to others. The Lord will walk with us as we faithfully witness to Christ's love. Open our hearts, Lord, to receive your words and will. Come, let us worship God! Let us sing our praises to God our Redeemer and Healer. Amen.		
* Gathering Hymn	<i>God of the Ages</i>	UMH 698
Children's Message		Neil Hough
Prayers of the People		Gilmer
Offering		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>Come, Thou Fount of Every Blessing</i> (Robinson)	Joey Wilson
Anthem (10:30)	<i>My Shepherd Will Supply My Need</i> (Thomson)	Ensemble
Scripture	2 Chronicles 26:3-5, 15b-16	Gilmer
Uzziah was sixteen years old when he began to reign, and he reigned fifty-two years in Jerusalem. His mother's name was Jecoliah of Jerusalem. He did what was right in the sight of the LORD, just as his father Amaziah had done. He set himself to seek God in the days of Zechariah, who instructed him in the fear of God, and as long as he sought the LORD, God made him prosper. His fame spread far, for he was marvelously helped until he became strong. But when he had become strong he grew proud, to his destruction. For he was false to the LORD his God and entered the temple of the LORD to make offering on the altar of incense.		
Message	<i>Pride (Humility)</i>	Neil Hough
The Sacrament of Holy Communion		Clergy
* Closing Hymn	<i>I Surrender All</i>	UMH 354
* Benediction		Hough
Closing Music	Allegro from <i>Symphony 1</i> (Boyce)	Rich
* Please stand as you are able.		

Grow — Pray — Study

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

Monday July 4 — Proverbs 6:16-19, Mark 7:21-22

The Bible does not list seven deadly sins, but there are several lists of vices — practices or behaviors considered to be a sin — in both the Old and New Testaments. Each of the lists is different. Most of us can find at least one of our own behaviors or attitudes on one of the Bible's lists of vices. This means that, if we look carefully, everyone one of us can find something that interferes with our relationship with God and our ability to fully live a Kingdom life.

- Use the lists found in today's reading to do a thorough examination of your life. Which of these sinful attitudes or behaviors do you find in your own life? Which of them have the most power? Are you willing to let go of these attitudes and behaviors?
- Prayer: *Eternal God, give me the courage to look honestly at my own life. Shine your light into the dark places of my life and remove everything that interferes with your will. Amen.*

Tuesday July 5 — Proverbs 11:2, Proverbs 16:18, Proverbs 29:23

The Bible's warnings against sin are **not** about God wanting to prevent us from enjoying our lives or having fun. Warnings about the danger of sin serve to protect us from ourselves and guide us into healthy and Godly living. The Book of Proverbs speaks about the danger of pride, not because we should not feel good about who we are and what we've accomplished, but because unhealthy pride — arrogance — has consequences. Arrogance can lead us to believe that we don't need God's wisdom or God's love and grace.

- Do you ever resent the boundaries God places on your life? How do you feel about God's warnings against unhealthy pride? Why do you think that, in the Bible, pride is primarily a negative characteristic?
- Prayer: *Merciful God, forgive me when I trust in myself and not in you. Forgive me for failing to trust your wisdom. Help me trust you more fully today. Amen.*

Wednesday July 6 — Isaiah 2:11-17, Luke 1:46-55

The Gospel writers insist that the birth of Jesus fulfills Old Testament promises about the coming of, and the reign of, God's Messiah-King. The prophet announces, and Mary confirms, that on the Day of the Lord there will be a great reversal: the proud will be humbled, and the meek and lowly will be lifted up. This is what Jesus meant when he said, "*The first will be last and the last will be first*" (Matthew 19:30).

- What do you think about God's promises to humble the proud and lift up the meek and lowly? What does this mean for your life?
- Prayer: *Almighty God, help me to understand and to trust your will for my life. Help me see clearly how pride-full arrogance prevents faithful living. Amen.*

Thursday July 7 — Proverbs 15:33, Proverbs 18:12, Proverbs 22:4

If unhealthy pride is a vice that must be avoided, then humility is the corresponding virtue that must be cultivated. The Bible counsels both the avoidance of sinful practices, behaviors, and attitudes **and** the development of faithful and healthy practices, behaviors, and attitudes. Biblical wisdom is clear: changing bad habits requires that we create new habits.

- How do you deal with unhealthy habits in your life? Which is easier for you: stopping a bad habit or creating a new one? If you have discovered any unhealthy pride in your life, how can you cultivate healthy humility? What is the next step for you?
- Prayer: *God of grace, thank you for not allowing sin to have the last word in my life or in the world. Cultivate Christ-like humility in me today. Amen.*

Friday July 8 — Philippians 2:1-11

The apostle Paul teaches us that we can cultivate a healthy humility by being imitators of Jesus Christ. Specifically, he says that we should develop the "mind of Christ" (Philippians 2:5) by remembering the story of Jesus' birth, life, death, and resurrection. He says that Jesus emptied himself and humbled himself (Philippians 2:7-8) for the salvation of the world.

- Do your practices, behaviors and attitudes reveal the mind of Christ, or do they reveal something else? Who or what do you want them to reveal?
- Prayer: *Loving God, let the same mind be in me that was in Christ Jesus. Through the power of your grace, I let myself be emptied so that you can fill me with your love. Amen.*

Saturday July 9 — Matthew 11:25-30

The invitation to follow Jesus is an invitation to learn, grow, and serve. As his disciples, we learn to be like him. We learn gentleness and humility. We learn that we can lay down our burdens and find rest when we are weary. We also learn that we are to be Jesus' ambassadors in the world. When we take the yoke of Jesus (which binds us to him), we model for the world his gentleness and humility.

- How do you respond to Jesus' invitation? How does a gentle and humble life sound to you? Are you willing to yoke (bind) yourself to Jesus? Are you willing to give Jesus your burdens find rest for your soul?
- Prayer: *Heavenly Father, today I lay down my burdens and bind myself with Jesus. I will follow and serve him with trust and humility every day. 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 11. Contact Jim Wilson for log in link. jaswilson@sloft.com.

Prayer Group

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

Our Prayer List

Al, Alan, Alex, Alex & Sarah, Amber & Briana, Andy, Barb & JR, Barbara & Barry, Betty, Bill & Maddie, Bobbie & Joyce, Boris, Buddy & Vanna, Carol & Rich, Carolina, Cathryn, Cathy, Chris, Christopher, Cici & John, Claudia, Connie, Daniel, Darlene & Steve, Dave & Carol, Davey, Dillan & Abby, Elaine, Elizabeth, Ellie & Susan, Emily, Fran & Tom, Franco, Gary & Lindie, Ginger, Harriet, Hartson family, Hayward family, Jane, Jason, Jeremy, Jill & George, Joan, Joe & Marie, John, June, Katherine, Kathy, Kay & John, Kelly, Kraus family, Krista, Leah, Lindstedt family, Liz & David, Luana, Maitland family, Marcia, Marciene, Mason, Matt, Mickey, Mike, Morgan, Natalie & Milo, Niko, Noelle & Billy, Osha family, Pam, Pat, Pauline & Merlin, Peg & Dick, Rachel & Henry, Rebecca, Robert, Roberto & Erica, Rosemarie, Rubenia, Ryan, Sam, Sandy & Vinnie, Sarah, Scott, Spencer, Steve, Summers family, Suzanne, Tom, Vo family, Will, and 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, survivors of Missouri Amtrak derailment, Trinity's children, youth and volunteers, students and teachers, healthcare and emergency workers, hospital chaplains, those who mourn, those who struggle in life, 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: Visit umtrinity.org and look for Prayer Requests under Worship.

Today's hymn texts for those worshipping at home.

God of the Ages

1. God of the ages, whose almighty hand leads forth in beauty all the starry band of shining worlds in splendor through the skies, our grateful songs before thy throne arise.
2. Thy love divine hath led us in the past; in this free land with thee our lot is cast; be thou our ruler, guardian, guide, and stay, thy Word our law, thy paths our chosen way.
3. From war's alarms, from deadly pestilence, be thy strong arm our ever sure defense; thy true religion in our hearts increase; thy bounteous goodness nourish us in peace.
4. Refresh thy people on their toilsome way; lead us from night to never-ending day; fill all our lives with love and grace divine, and glory, laud, and praise be ever thine.

I Surrender All

1. All to Jesus I surrender;
all to him I freely give;
I will ever love and trust him,
in his presence daily live.

Refrain:
I surrender all, I surrender all,
all to thee, my blessed Savior,
I surrender all.
2. All to Jesus I surrender;
humbly at his feet I bow,
worldly pleasures all forsaken;
take me, Jesus, take me now. [Refrain]
3. All to Jesus I surrender;
make me, Savior, wholly thine;
let me feel the Holy Spirit,
truly know that thou art mine. [Refrain]
4. All to Jesus I surrender;
Lord, I give myself to thee;
fill me with thy love and power;
let thy blessing fall on me. [Refrain]
5. All to Jesus I surrender;
now I feel the sacred flame.
O the joy of full salvation!
Glory, glory to his name! [Refrain]

Summer Sermon Series

Starting Sunday, July 3, Pastor Neil will be 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.

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 11 & 25. 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.



Scan QR code
for Children & Youth
Registration

Pastor's Bible Study

Pastor Anne Hough will be teaching a Bible study on **The Seven Deadly Sins** to compliment Pastor Neil's summer sermon series. The Zoom study will be offered on four Tuesday mornings at 10:30 and Wednesday evenings at 7, beginning July 12/13. 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! More details at umtrinity.org/vbgd. Contact Laurie Strollo for details.

Youth Group (Grades 7-12)

Sundays

No meeting this week.

Youth join in fellowship, Bible study, and fun! Youth Group meets in-person in the Fellowship Building, masks are required.

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

Coming Up

July

- 4 Office Closed
- 9 Celebration of Life: Judy Hough, 2 p.m.
- 11 Crafts for a Cause
- 16 Celebration of Life: Jan Lindstedt, 2 p.m.
- 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 from the Sanctuary on Sundays at 8:30 & 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.