



Trinity United Methodist Church

1205 Dolley Madison Blvd. | McLean, VA 22101

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September 3, 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 4 with your phone's camera and click the link to register your attendance today. Don't forget to include each family member present.

Prelude (8:30)	<i>Meditation on NETTLETON</i> (Callahan)	Jerry Rich
Prelude (10:30)	<i>Gabriel's Message</i> (Morricone)	Yorke Allen, violin
Welcome and Announcements		Clergy
* Call to Worship		Neil Hough
We are standing on holy ground. All those who have gone before us have witnessed to the love of God. We are challenged to be people of loving service Lord, open our hearts and spirits to accept the call to serve you by helping others. Amen.		
* Gathering Hymn	<i>If Thou But Suffer God to Guide Thee</i>	UMH 142
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.		
Offertory	<i>Be Still, for the Presence of the Lord</i> (Evans)	Joey Wilson
Scripture	Genesis 32:22-32	Neil Hough
The same night he got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.' So he said to him, 'What is your name?' And he said, 'Jacob.' Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.' Then Jacob asked him, 'Please tell me your name.' But he said, 'Why is it that you ask my name?' And there he blessed him. So Jacob called the place Peniel, saying, 'For I have seen God face to face, and yet my life is preserved.' The sun rose upon him as he passed Penuel, limping because of his hip. Therefore to this day the Israelites do not eat the thigh muscle that is on the hip socket, because he struck Jacob on the hip socket at the thigh muscle.		
Message	<i>What We Need to Wrestle With</i>	Taehwan Roh
Sacrament of Holy Communion		Clergy
* Closing Hymn	<i>Nearer, My God, to Thee</i>	UMH 528
* Benediction		Taehwan Roh
* Closing Music	<i>Menuet from Eine kleine Nachtmusik</i> (Mozart)	Jerry Rich (8:30), Yorke Allen, (10:30)

* Please stand as you are able.

Grow — Pray — Study

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

Monday, September 4 — Matthew 5:46-48

When Jesus tells his disciples to, “*be perfect, therefore, as your heavenly Father is perfect*,” he is setting a very high standard. According to Jesus, it is not enough to as good as everyone else. He expects his disciples to love the way God loves, however impossible that task might sound. Life with God begins when we accept that God has plans and dreams for our life. We begin to discover the shape of God’s plans and dreams in the Sermon on the Mount. They are big dreams.

- Where is the growing edge in your life right now? What is God doing to help you “be perfect” in love? What are you doing to grow into the person God dreams that you will be?
- Prayer: *God of Wonders, teach me to look beyond the limits of my abilities, so that I can dream God-sized dreams. Help me follow the example of Jesus. Amen.*

Tuesday, September 5 — Psalm 111

When the Psalm-writer instructs God’s people to practice “*the fear of the Lord*” (Psalm 111:10), he means that their relationship with God requires their repeated attention. Just as a musician practices their craft to achieve great performances, a disciple of Jesus practices their faith to bear fruit in faithful service.

- What are some of the ways you practice your faith? What do you do on a repeated basis that allows God to have access to your life? What do you do that helps you grow in your ability to trust and obey God?
- Prayer: *Transforming God, remind me that my relationship with you requires that I practice my faith. Help me to cultivate the daily habits that will allow to change my life. Amen.*

Wednesday, September 6 — Matthew 23:25-28

Jesus has strong words for hypocrites. Matthew 23 records a series of statements about the practices of the Scribes and the Pharisees. He accuses them of being more concerned with looking good, than with being good. He says they like to show off their piety — their relationship with God — and look down in judgment on others. Jesus doesn’t ignore the need for good behavior, for loving action in the world. He says that having a good relationship with God is what makes good behavior possible.

- What do you think about Jesus’ warnings to the religious leaders? Have you ever been more concerned with how you look (what others’ think) than the condition of your heart and your relationship with God? How will you nurture your relationship with God today?
- Prayer: *God of Light, search my heart today. Forgive my hypocrisy. Transform my life from the inside out, so that you can shine through me into the world. Amen.*

Thursday, September 7 — Matthew 6:1-4

In Matthew 6, Jesus teaches his disciples about their relationship with God. He mentions three (3) practices of faith, which he assumes will be part of his disciples’ lives. (He says, “when” not “if” you give alms, pray, and fast.) He begins with giving alms to the poor. He says that hypocrites give alms to get attention from others, but that his disciples should give simply because it pleases God.

- Many people have strong feelings and mixed motives when it comes to giving to the poor. Think carefully about your reasons? What reward are you seeking when you give to others? Whom are you trying to please?
- Prayer: *Generous God, I have been truly blessed by you in so many ways. Help me to be as generous in my sharing with others as you have been generous with me. Amen.*

Friday, September 8 — Matthew 6:5-8 (9-15)

Jesus tells his disciples something they probably already know: that prayer is conversation with God, not a way to impress their friends. He warns them about being hypocrites who pray for show, with little concern for their relationship with God. Jesus is concerned that his disciples will end up like the religious leaders. Read Mark 12:38-40 for an example of what his disciples must avoid.

- Pay attention to the way you pray today. Do you concern yourself with saying just the right words, or do you simply have a conversation with God? Do you ever show-off the fact that you pray, trying to impress your friends or family? Jesus says to pray in private. Where do you go to be alone with God?
- Prayer: *God of Grace, forgive me when I try to show off my relationship with you. Teach me to pray the way you want me to pray and help me to follow your teaching. Amen.*

Saturday, September 9 — Matthew 6:16-18

Fasting is the third practice of piety Jesus teaches his disciples to practice. Once again, he warns them about the dangers of hypocrisy. He expects that his disciples will fast (see Matthew 9:14-15) but insists that they fast as a spiritual discipline — a means of grace that will strengthen their relationship with God — not to show others how faithful they are, how much self-discipline they have, or how good (pious) they are.

- Whether you fast or not, think about the ways you practice your faith. Do you practice any spiritual disciplines to gain the approval of others? What changes do you sense God wanting to make in the way you practice your faith today?
- Prayer: *Loving God, show me what I need to do today so that my relationship with you will grow deeper. Transform my life through giving, praying, and fasting. Amen.*

Nursery on Sundays

The Nursery is staffed during both Sunday worship services for children 3 years old and under.

This Week on Zoom

Password 1205

Pastor's Bible Study

Resumes Sept. 12 & 13

Tuesday at 10:30 a.m. Meeting ID: 894 8087 9762

Tuesdays are hybrid (in-person & on Zoom).

Wednesday at 7 p.m.: Meeting ID: 886 5257 6837

Prayer Group

Wednesday at 9 a.m. Meeting ID: 875 6105 5580



Our Prayer List

Al, Alan & Rhonda, Amanda & David, Amber & Briana, Anceravage family, Andrea, Andrew, Ann, Ann & John, Ann Ruth, Annabelle, Anthony family, Art, Art & Marcie, Arye family, Ashton, Barb, Barb & JR, Barbara, Barbara & Betty, Becki, Bennett, Bethany, Betty, Beverly & Wally, Bill & Maddie, Bivens family, Brett, Bricker family, Briscoe family, Boris, Cabatan family, Calvin, Carol & Rich, Carrie, Catherine, Cathy, Chad, Charles, Chatham family, Chris, Chris & Russ, Constance, Coston family, Cusenza family, Dan, Dana, Daniel, Danny, Darlene & Steve, Dave, Davey, David, David & Carol, Decca, DeMicco family, Detwiler family, Diane, Dick, Dicky, Dorothy, Dylan, Eileen, Elaine, Emily, Emmett, Eric, Evelyn, Fabio, Fletcher family, Foltz family, Fran & Tom, Frank, Gail, Gant family, Gary & Lindie, Gracie, Griggs family, Hager family, Hanna and Franz, Harriet, Harris family, Harry, Hayley, Hein family, Helen, Henrietta, Henry, Hill, Hunt family, Immuergut family, Jackie, Jan, Jean, Jen, Jessica, Jewell family, Jim, Joan, Joe, Joe & Marie, John, John & Evan, Judi, Julia, Kaki, Karen, Katherine, Kathy, Kay & John, Keith, Kennedy, Kevin & Angie, Kneely, Leah, Ladye, Laub family, Laurie, Libby, Linda, Lisa, Liz & David, Lois, Lori, Louise, Luana, Lucie, Marcia, Marcene, Macy, Marilyn, Martha & Fred, Matt, Matthew, Mary, Mary Lee, Maxley, Melissa, Mickey & Ruth, Miller family, Minou, Monica, Nadjmeh, Naty, Norman, Pat, Patrick, Pauline & Merlin, Peg & Dick, Peggy, Peter, Phil, Quinn family, Ray, Rebecca & Craig, Robert, Roberto & Erica, Roberts family, Romana, Ron, Rosemary, Ruby, Rudi, Russell family, Ryan, Samantha, Sara, Sarah, Sasha, Scott, Sihoo, Speidel family, Stanley, Steve, Summers families, Sunny, Susan, Suzanne, Teresa, Thomas family, Tim, Tom, Tony, Vanna, Victoria, Wally, Wood family, Yancey, Yorke, Yosmanovich family, students, seminarians, graduates, 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.



FALL WOMEN'S RETREAT: WOMAN TO WOMAN

Ladies: give yourself the gift of a special day, designed just for you, by attending this one-day retreat led by Reverend Anne Hough on **Saturday, September 30 from 9:30 – 4:30** in the Fellowship Building at the church. We will learn from various women in the Bible, and from each other, as we spend time relaxing, having fun, and growing closer to God and one another. The cost to cover lunch and supplies is \$20, payable by check, or through the church app, and designated for the retreat. Email Anne at eaehough@gmail.com to register.



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., **Sept. 12** at 6:30 p.m. on Zoom. New readers are always welcome. The 2023-24 book schedule and more at <https://umtrinity.org/education/adults> or contact Kathy Maher, kathyngs@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.

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.

Youth Group (Grades 7-12)

Sept. 17: Youth Group
4:30 - 6 p.m.

Scan the QR code at the right to register your youth for Youth Group today!

Contact Catherine Wethington to stay up to date with youth group happenings this summer or to volunteer: umtrinityyouth@gmail.com.



Coming Up

September

- 3 Martha's Table
- 4 Office Closed
- 5 Executive Council Meeting
- 10 Bounce Back Sunday
- 11 Crafts for a Cause
- 12 Book Chat
- 14 Preschool Board Meeting
- 16 Christ House
- 19 Trustees Meeting
- 21 Church & Society Meeting
- 24 Mission Sunday
- 24 Celtic Service
- 25 Crafts for a Cause
- 30 Women's Retreat

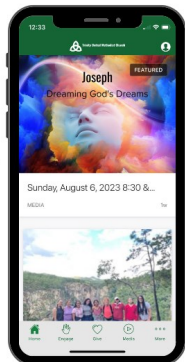
October

- 1 Martha's Table
- 1 Pet Blessing
- 7 Movie Night
- 9 Crafts for a Cause
- 21 Christ House
- 21 Good Works Day
- 21 Trustees Meeting
- 23 Crafts for a Cause
- 29 Trunk or Treat
- 29 Celtic Service

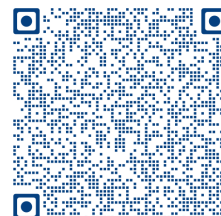


Stay up to date and make donations with the Trinity App

Visit your phone's app store and search for Trinity McLean, or text **trinityva app** to 77977 for a direct link to the app in your phone's store.



Attendance: Please complete a pew rack attendance card or scan the QR code with your phone's camera and click the link.



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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.