

Trinity United Methodist Church



*So we, though **many**,
are **one body** in Christ ,
and individually
members of one another.*

Romans 12:5

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

August 23, 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 in our Fellowship Lobby following each service for delicious food and a chance for us to get to know one another!

PRELUDE

*In My Heart (Trad.)
Prelude in E-flat (Harris)*

Trinity Ensemble (8:30)
Jerry Rich (10:30)

WELCOME

* CALL TO WORSHIP

Psalm 68

Sing to God, sing in praise of his name,
extol him who rides on the clouds;
rejoice before him—his name is the LORD.

**A father to the fatherless, a defender of widows,
is God in his holy dwelling.**

God sets the lonely in families,
he leads out the prisoners with singing

**Praise be to the Lord, to God our Savior,
who daily bears our burdens.**

Your procession, O God, has come into view,
the procession of my God and King into the holy place.

**Sing to God, you kingdoms of the earth,
sing praise to the Lord!**

You, O God, are awesome in your sanctuary;
the God of Israel gives power and strength to his people.

Praise be to God!

* GATHERING HYMN

Gather Us In

FWS 2236 (verses 1, 2, 4)

**Here in this place new light is streaming,
now is the darkness vanished away,
see in this space our fears and our dreamings,
brought here to you in the light of this day.**

**Gather us in the lost and forsaken;
gather us in the blind and the lame;
call to us now, and we shall awaken,
we shall arise at the sound of our name.**

**We are the young our lives are a mystery;
we are the old who yearn for your face,
we have been sung throughout all of history,
called to be light to the whole human race.**

**Gather us in the rich and the haughty;
gather us in the proud and the strong;
give us a heart so meek and so lowly,
give us the courage to enter the song.**

**Not in the dark of buildings confining,
not in some heaven light years away,
but here in this place the new light is shining,
now is the kingdom, now is the day.**

**Gather us in and hold us forever;
gather us in and make us your own;
gather us in all peoples together,
fire of love in our flesh and our bone.**

PRAYER OF CONFESSION

Walter Rauschenbusch, alt.

O God of all times and places, we pray for your Church, which is set today
amid the perplexities of a changing order, and face to face with new tasks.

Baptize her afresh in the life-giving spirit of Jesus.

Bestow upon her a great responsiveness to duty,

a swifter compassion with suffering, and an utter loyalty to your will.

Help her to proclaim boldly the coming of your kingdom.

Put upon her lips the ancient gospel of her Lord.

Fill her with the prophets' scorn of tyranny,

and with a Christ-like tenderness for the heavy-laden and downtrodden.

Bid her cease from seeking her own life, lest she lose it.

Make her valiant to give up her life to humanity, that, like her crucified Lord,

she may mount by the path of the cross to a higher glory;

through the same Jesus Christ our Lord. Amen.

BACK TO SCHOOL BLESSING

Laurie Strollo, Pastors

Charge:

Students, teachers, administrators and parents, as you begin this school year,
we, your church family, commit to pray for you.

As you learn new schedules, meet friends old and new,

and learn and teach new subjects, remember you are not alone!

We love you, and as we send you into this year with our prayers and hopes,

we trust that God will be beside you every day.

Blessing:

God, in whom there is always something new,

fill the hearts of these who go back to school

with confidence in new possibilities.

Bless them, as each are transformed by the renewing of their minds

in the image of our Lord, Jesus Christ. Amen.

ANTHEM

Amazing Grace (Coates)

Trinity Ensemble (8:30)

Chancel Choir (10:30)

SCRIPTURE READING

Romans 12:3-16

Josh Lafferty (8:30)

Gail Cardwell (10:30)

"For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

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 haughty, but associate with the lowly; do not claim to be wiser than you are."

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

MESSAGE

Guardrails

Dave Rochford

* HYMN

We Are the Church

UMH 558 (verses 1, 2, 4)

**The church is not a building,
the church is not a steeple,
the church is not a resting place,
the church is a people. [Refrain]**

**We're many kinds of people,
with many kinds of faces,
all colors and all ages, too,
from all times and places. [Refrain]**

[Refrain:]

**I am the church! You are the church!
We are the church together!
All who follow Jesus, all around the world!
Yes, we're the church together!**

**And when the people gather,
there's singing and there's praying,
there's laughing and there's crying
sometimes, all of it saying: [Refrain]**

COMMUNION (8:30)

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.*

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

Blest Be the Tie That Binds

UMH 557

**Blest be the tie that binds
our hearts in Christian love;
the fellowship of kindred minds
is like to that above.**

**We share each other's woes,
our mutual burdens bear;
and often for each other flows
the sympathizing tear.**

**Before our Father's throne
we pour our ardent prayers;
our fears, our hopes, our aims are one,
our comforts and our cares.**

**When we asunder part,
it gives us inward pain;
but we shall still be joined in heart,
and hope to meet again.**

* BENEDICTION

* POSTLUDE

Rondeau (Purcell)

Jerry Rich

**congregation invited to stand*

Grow — Pray — Study

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



Monday, August 24 — Psalm 88

Few would question the wide range of human emotional experience that characterizes the Hebrew songbook of the Bible. Seldom shared in worship, Psalm 88 is stark, raw, and utterly honest, giving voice to those moments and seasons when friends, faith and hope itself seem far away.

- Can you recall a time when “darkness was your closest friend?” Why do you think that such an experience can seem so isolating?
- Does it surprise you that Psalm 88 is part of our Bible? Why, or why not?
- Prayer: *Lord, some days it is hard to find any confidence in optimism and positive thinking, when even my friends seem far removed. When such times come, would You help me, like the Psalmist, at least to keep crying out to You? Amen.*

Tuesday, August 25 — Psalm 34

The bracketing anthem to Psalm 88, Psalm 34 brims with confidence in the presence and character of God. At times paralleling the Wisdom literature of Proverbs, Ps. 34 is a picture of life lived in joyful intimacy with God. (You might note how the Psalmist moves easily between addressing the individual person and the community of God’s people.)

- As dear and familiar as is v.8, how do we “taste and see that the Lord is good?”
- Prayer: *Eternal God, I thank You that for reasons I do not fully understand, You choose to draw near to the brokenhearted and rescue those who feel crushed and overwhelmed. Because sometimes I am one of them. Amen.*

Wednesday, August 26 — Ecclesiastes 4:7-12

This passage is most often associated with weddings now, but behold: Ecclesiastes is *not* speaking about romantic partnership, but our shared need for unity and relationship with others in the face of unanswered injustice and hardship. Put simply, we were not made to go it alone!

- Why does injustice committed by the mighty against the vulnerable or hardship encountered as an individual have the effect of making us feel alone? What would this passage have us to do in response?
- Prayer: *God of righteousness, the world weeps for howling injustice committed by the powerful and arrogant. I wonder: “what I can possibly do?” And what might happen if I also asked you: “...and with whom?”*

Thursday, August 27 — Romans 12:3-16 and 1 Cor. 12:17-26

These readings are two of the primary expressions by Paul of the Church as the enduring Body of Christ on earth. We note that he does not say the Church is *like* Christ’s body, or needs to *act* like his body. He believes that the Christian community *IS* the manifestation of the living Body of Jesus on earth. And when one part suffers, *all* the Body, by its very nature, suffers.

- Reading these passages together, what is being part of such a community really like? How does it challenge those who are part of it...and how does it bless them?
- Prayer: *Lord Jesus, I cannot even count the ways that people are isolated from each other these days. We resent each other, fear each other, close ourselves off from each other. But we hear that we are to be joined together as living parts of a heavenly Whole. Am I really a “member” of something like that? Teach me how I can become so. Amen.*

Friday, August 28 — Acts 2:42-47

The type of union described by yesterday’s readings would be practically otherworldly, wouldn’t it? What would that even *look* like in real life? Well, Luke tells us in Acts 2 what form this mystical unity took – in real life. Not surprisingly, life in the early Church seemed pretty radical. The well-being of all, and thus the needs of all, were taken personally by all – and strangely, people seemed both to value that and be drawn to it.

- In what ways does your experience of “Church” live out that radical unity and shared identity of being the Body of Christ? In what ways does it not?
- Do you take ownership of being a vital part of a healthy Body?
- Prayer: *There’s so much loneliness around us today, Lord. It really is an epidemic, and its costs are high for each, and for us all. Change the way I respond to loneliness. Enable it to summon me to find my place, and my way, with those with glad and sincere hearts at Trinity UMC. Amen.*

Saturday, August 29 — Hebrews 10:19-25

We are not sure who wrote Hebrews. Its style and structure are unique, and unlike the letters of Paul. But its poetic power cannot be denied, as here it calls third-generation Christians to remember the essential nature of unity before God. Pure worship is not just experienced on Sunday morning, but is present in all the ways God’s people connect to serve and love (one another and others) in witness to the love of the One who opened to us this “new and living way.”

- Loneliness impacts more than half of Americans today – and not all in the same way. But how do you think a vital and robust Church, enfleshing the presence of Jesus on earth, can push back against that rising tide of isolation and pain? What could be *your* place in that?
- Prayer: *Jesus, I want very much to hold on to the hope I profess – even when I feel alone, and friends feel far. Spur me today, and each day, toward love and good deeds, so that I find my place in the community in which all share hurt, hope, and abundant life. 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)
Children's Worship takes place following the Children's Message in our Fellowship Building (across the Breezeway).

Boy Scout Troop 1130, 2 p.m.

Iglesia de Diós Worship, 6 p.m.

This Week

Tuesday: 6:30 p.m.: Trustees Meeting via Zoom
6:30 p.m.: Boy Scout Troop 1130

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.

Saturday, 10 a.m. Praise Band Rehearsal
6 p.m.: Iglesia de Diós

Coming Up

Aug. 30: Lay Readers Potluck Lunch, 11:30 a.m.

Sept. 1: Fall Pastors' Bible Study: *Set Free to Live Free!*

Join Pastor Dave on Tuesdays beginning **September 1**, 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.

Sept. 6: 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!

Sept. 8: Book Chat

See the graphic on page 6 for this year's reading selections.

Sept. 12: Music Ministries Concert: *A Time of New Beginnings*

Trinity's Music Ministry will present its annual concert on Saturday, September 12, at 4 p.m. in the Sanctuary. The theme is "New Beginnings," to celebrate our new Praise Band! Vocal soloists Philip Keirstead, Adelaide Loving, Brendon O'Donnell, Maggie Rabe, Catherine Wethington, and Nadine Wethington will be joined by Trinity's Chancel Choir, Handbell Ensemble, Praise Band and selected instrumental soloists; Music Director Jerry Rich will accompany. We'll also hear about our newest group: the return of the Trinity's Children's Choir!

September 16: Wednesday Night Dinners Return!

All are invited to join us for **Wednesday Night Suppers**, beginning **September 16** from **6 to 7:30 p.m.** in **Langley Hall**. Enjoy a prepared meal, fellowship with our church family, and a relaxed discussion on topics such as wellness, coping with anxiety, and conflict resolution. At 6:30 p.m., children will depart for **Children's Choir** while adults continue conversation and connection. Those with special dietary needs are welcome to bring appropriate food and join us. We hope this intergenerational gathering will be a blessing to all! For more information, contact **Pastor Dave**.

Oct. 17: Share New Beginnings

We'll work together with SHARE of McLean to furnish a new home for an unhoused local family. More details will be available soon.



Covenant Bible Study: *A Closer Walk with God*

This fall, Trinity is launching **Covenant Bible Study**, a new small-group opportunity for those who want to deepen their understanding of Scripture, grow in faith, and discern how God may be calling them to serve and lead. Participants will journey together through a series of study modules over several months, building community and encouraging one another in faith. Meeting day and time will be determined based on participants' availability. Regular attendance is encouraged as possible.

To learn more or express interest, contact **Pastor Taehwan** at troh@umtrinity.org or **703-356-3312**. Please respond by **September 6**.



Trinity Children's Choir

Children in **grades 1-6** are invited to join the new **Trinity Children's Choir**, beginning **Wednesday, September 16**. Following the Wednesday Night Supper in Langley Hall, choir members will gather at 6:30 for a **30-to 40-minute rehearsal** in the choir room downstairs, followed by supervised playground time.

Led by **Adelaide Loving**, a former Trinity Children's Choir member with experience directing choirs and teaching ensembles through the Children's Chorus of Washington, the ministry seeks to nurture both musical growth and faith development in a fun and supportive environment.

Families interested in participating should contact **Adelaide Loving** at adeloving11@gmail.com. Children outside the designated age range may be considered upon request. All are welcome to come and help launch this exciting new ministry for Trinity's young singers!

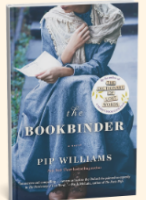
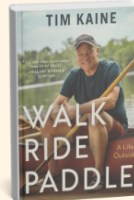


Book Chat

2nd Tuesday on the month
6:30 p.m.
on Zoom*

September 8

Walk Ride Paddle: A Life Outside
by Tim Kaine

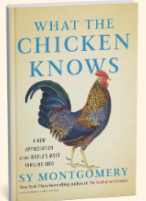


October 13

The Book Binder (original title *The Bookbinder of Jericho*)
by Pip Williams

November 10

Driving Home Naked: And Other Misadventures of a Country Veterinarian by Melinda G. McCall



No December Book Chat

JANUARY 12

What the Chicken Knows: A New Appreciation of the World's Most Familiar Bird by Sy Montgomery



February 9

The Push by Ashley Audrain

March 9

The Confidante, The Untold Story of the Woman Who Helped Win WWII and Shape Modern America
by Christopher C. Gorham

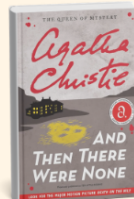


April 13

The Spanish Daughter by L. Hughes

May 11

Lázár by Nelio Biedermann



June 8

And Then There Were None
by Agatha Christie

Good books.
Great conversation.
Stronger community.

* see website for details

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 ministry teams are assigned to host our refreshments.

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.

Did You Know?

On Thursday, May 26, 1785, Methodist bishops Francis Asbury and Thomas Coke paid a visit to George Washington at his home in Mount Vernon. Washington was at the time a retired military hero, and the Methodist leaders were candid as to the purpose of their visit: they hoped to win Washington's public endorsement of legislation to *abolish slavery in Virginia*. Washington received them graciously, and acknowledged that he shared their sentiments, holding to the belief that the enslavement of people was both immoral and inconsistent with the principles of liberty. But the bishops were unsuccessful; Washington penned a letter to them soon afterward sharing that his concern for the unity of the new Republic restrained him from making what would have been a very early public expression of abolitionist sentiment.



Washington would become President two years later. Though he privately supported a legislative plan for the gradual abolition of slavery (and ultimately provided in his Will for the manumission of more than 150 persons enslaved at Mount Vernon), he would make no public statement on the topic as President. The divisive issue in question would indeed tear the country apart – seventeen years after prompting a schism within the Methodist Episcopal Church itself, which split 'North and South' in 1844.

Quick Links

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

- Prayer Requests
- Children & Youth Registration
- Christ House wishlist
- Ushers sign-up



Our Prayer Ministry

Trinity Church is grateful to receive any request for intercessory prayer. Each Wednesday, our Prayer Group meets at 9 a.m. to lift up these submissions as well as on-going needs. Those willing to pray with us are both welcomed and invited! Please speak to one of our pastors if you would like to know more.

Prayer requests can be submitted by scanning the QR code on the left with your phone's camera and clicking the link, or you may fill out a prayer card and place it in the offering plate.

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
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.