



Trinity United Methodist Church

1205 Dolley Madison Blvd. | McLean, VA 22101

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October 2, 2022

World Communion Sunday

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	Prelude on MICHAEL (Callahan)	Jerry Rich
Welcome and Announcements		Clergy
* Call to Worship		Eileen Gilmer
Place your trust in the Lord. God shall heal our suffering and pain. Place your faith in God's abiding presence. We shall be strengthened. Place your lives always in God's care. We shall be made whole in the Lord of all compassion. Amen.		
* Gathering Hymn	<i>I Come with Joy</i>	p. 3 / UMH 617
Children's Message		Laurie Strollo
Prayers of the People		Gilmer
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>How Can I Keep from Singing?</i> (Lowry)	Catherine Wethington
Anthem (10:30)	<i>Psalm 23</i> (Goodall)	Chancel Choir; Nadine Wethington, soloist
Scripture	Ephesians 3:14-21	Eileen Gilmer
For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.		
Message	<i>We Are Strong</i>	Neil Hough
The Sacrament of Holy Communion		Clergy
* Closing Hymn	<i>O Church of God, United</i>	p. 3 / UMH 547
* Benediction		Hough
Closing Music		Rich

* Please stand as you are able.

Grow — Pray — Study

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

Monday, October 3 — Isaiah 40:25-31

When Isaiah 40 was written, God's people were in exile, discouraged and afraid. They thought that God had abandoned them and forgotten them. The prophet's message was hopeful: the God of creation was with them; God would save them. This is a message we need to hear when we are struggling to make sense of our lives. When we are weak, we need to know that God is strong, and that God will support us, and that God will save us.

- What helps you remember God's promises? Where do you find the strength to keep going in the middle of difficult and challenging situations? How is God strengthening you today?
- Prayer: *Promise-Keeping God, I often feel weak and powerless. Remind me of your promise today. Renew my strength so that I will "mount up with wings like eagles." Amen.*

Tuesday, October 4 — Romans 15:1-6

The second half of the letter to the Romans is full of instructions for responding to God's grace and living a Christian life. It says that if we are going to be Jesus' disciples, we will follow Jesus' example. We will serve those who need our help. We will stand with the weak and powerless and love our neighbors by building them up, not tearing them down. We will seek the best for our neighbors, putting their interests and their welfare before our own.

- How will you respond to these challenging words? How will you use your strength to follow Jesus' example?
- Prayer: *God of Eternal Life, thank you for the life and teaching of Jesus. Strengthen me to follow his example. Teach me how to love others the way you love me. Amen.*

Wednesday, October 5 — 1 Corinthians 16:13-24

In the conclusion to 1 Corinthians, Paul challenges his readers to put their faith into action: *"Keep alert, stand firm in your faith, be courageous, be strong. Let all that you do be done in love."* (1 Corinthians 16:3). The letter starts with an explanation of the differences between human wisdom and God's wisdom — human strength and God's strength. The ultimate gift of God's Spirit is love. This is why the Corinthians are expected to be strong and courageous and remember that the greatest of God's gifts is love (see 1 Corinthians 13:13).

- Where will you find the courage you need to put your faith into action? Where will you find the courage you need to let love be the guiding principle in your life?
- Prayer: *God of Love, fill me with your love, the greatest of all your gifts. Grant me courage to put my faith into action and love others the way you love me. Amen.*

Thursday, October 6 — 2 Corinthians 12:1-10

In his second letter to the Corinthians, Paul connects human weakness with God's strength. He warns of the dangers of boasting and says that the thorn in his flesh not only keeps him humble, it also teaches him about God's grace. It's not that God gives us thorns in the flesh, but that our life experiences remind us of our need for God's grace. We discover that when we are at our weakest, we can rely more fully on God. We discover that God's grace and God's strength is sufficient. When we are weak, by God's grace, we are strong.

- How have you experienced God's strength amid human weakness? Can you agree with Paul: *"whenever I am weak, then I am strong"*?
- Prayer: *God of Strength, forgive me for failing to trust that your strength is sufficient for my every need. Help me affirm that whenever I am weak, then I am strong. Amen.*

Friday, October 7 — Psalm 68:32-35

Psalm 68 is a song of praise and thanksgiving. It is a helpful reminder that, in difficult seasons of life, we can trust in God. The message in the Psalm is similar to the message we discover in Paul's letters: *we find strength in God*. We know that *"God gives strength to his people"* even when they are weak and broken and marginalized (see Psalm 68:5-6).

- In which parts of your life have you discovered God's strength? How does God empower you to live the life you were created to live?
- Prayer: *Awesome God, Lord of all creation, you are the source of true strength and power. Empower my life so that I will serve and glorify you in all that I say and do. Amen.*

Saturday, October 8 — Ephesians 3:14-21

The first half of the letter to the Ephesians concludes with a prayer and a doxology — a statement of praise to God. The prayer requests that the Ephesians be *"strengthened in [their] inner being with power."* This means that strength is a gift from God. It is an answered prayer. We are strong because God makes us strong. We must remember that we are not strengthened with power for our own glory. We are strengthened with power for God's glory.

- Have you asked God in prayer to strengthen you in your inner being? Have you received God's strength as a gift?
- Prayer: *Heavenly Father, I pray that I be strengthened in my inner being with power through your Spirit, and that Christ will dwell in my heart through faith. 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

Engage Bible Study

Monday at 7 p.m. Contact Jim Wilson for log in link. jaswilson@sloft.com.

Pastor's Bible Study

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

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.

Sermon Series: *Labeled*

We all wear a variety of labels. Some labels come from other people and the world around us. Some labels we put on ourselves. But we believe that God has different labels for us, labels that truly matter, labels that we can choose to wear. Join us each week as we discover what it means to be *Labeled* by God.

Our Prayer List

Al, Alan, Alex & Sarah, Amber & Briana, Andrea, Andrew, Arthur, Asher, Barb & JR, Barbara & Barry, Betty, Bill, Bill & Maddie, Bob, Boris, Carol & Rich, Cathryn, Cathy, Charlie, Christine, Colin & Kelly, Daniel, Danny, Darlene & Steve, Dave & Carol, Davey, David, Diane, Dick, Dilian & Abby, Donna, Earl & Mary Lou, Eduardo, Eileen, Elaine, Ellen, Ellie, Emily, Evelyn, Evey, Finn, Fiona, Fran & Tom, Franco, Gary & Lindie, Gilmore family, Greenberg family, Hanson family, Harriet, Hoepfl family, Isobel, Jackie, Janet, Jeff, Jeffmader, Jeremy, Jessica, Jill, Joe & Doris, Joe & Marie, John, Jorge, June, Junior, Katherin & Tim, Kathy, Kathy & Russ, Kay & John, Kurtz family, Lana, Lena, Lindsay, Lisa, Liz & David, Luana, Maeve, Marcia, Marcienne, Marilyn, Mark, Mickey, Mike, Milton & Janine, Pauline & Merlin, Patterson family, Peg & Dick, Robert, Roberto & Erica, Sandy, Sandy & Vinnie, Scott, Spencer, Starr family, Sue, Tim, Tom, Tony, Tracy, Valery, Vanessa, Vanna, Vicki, Viles family, Weiss family, Williams family, Yancey, Trinity's children, youth and volunteers, Trinity Pre-school, those who mourn, the homeless, racial reconciliation in our country, those affected by natural disasters, violence and political turmoil around the world.

Send us your prayer requests at umtrinity.org.

Today's hymn texts for those worshipping at home.

I Come with Joy

1. I come with joy to meet my Lord,
forgiven, loved and free,
in awe and wonder to recall
his life laid down for me,
his life laid down for me.
2. I come with Christians far and near
to find, as all are fed,
the new community of love
in Christ's communion bread,
in Christ's communion bread.
3. As Christ breaks bread and bids us share,
each proud division ends.
The love that made us makes us one,
and strangers now are friends,
and strangers now are friends.
4. And thus with joy we meet our Lord.
His presence, always near,
is in such friendship better known;
we see and praise him here,
we see and praise him here.
5. Together met, together bound,
we'll go our different ways,
and as his people in the world,
we'll live and speak his praise,
we'll live and speak his praise.

O Church of God, United

1. O church of God, united
to serve one common Lord,
proclaim to all one message,
with hearts in glad accord.
Christ ever goes before us;
we follow day by day
with strong and eager footsteps
along the upward way.
2. From every land and nation
the ordered ranks appear;
to serve one valiant leader
they come from far and near.
They chant their one confession,
they praise one living Lord,
and place their sure dependence
upon his saving word.
3. Though creeds and tongues may differ,
they speak, O Christ, of thee;
and in thy loving spirit
we shall one people be.
Lord, may our faithful service
and singleness of aim
proclaim to all the power
of thy redeeming name.
4. May thy great prayer be answered
that we may all be one,
close bound, by love united
in thee, God's blessed Son:
to bring a single witness,
to make the pathway bright,
that souls which grope in darkness
may find the one true light.

Highlights from E-News

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

Book Chat

Another season of reading and chatting begins on Tuesday, **Oct. 11** at 6:30 p.m. on Zoom. New readers are always welcome. The Oct. book is *the Mystery of Mrs. Christie* by Marie Benedict. More at <https://umtrinity.org/education>. Contact Kathy Maher, kathyngs@gmail.com, for more.

Chancel Choir Seeks Singers

Our Chancel Choir is a vital part of Trinity's worship life; members learn about their faith as they minister to others through music. We welcome new singers! We rehearse in the Sanctuary following the 10:30 a.m. service. Why not give us a try? For more information, please email Jerry Rich (jrich@potomacschool.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 (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

Crafts for a Cause meets every other Monday from 7 to 8:30 p.m., in Room 124: Oct. 3 & 17. 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.

Good Works Day

Oct. 22, 8 a.m. - 12 p.m. There will be plenty of campus improvement projects. Look for more details at <http://umtrinity.org/gwd!>

Martha's Table

Following both worship services **to-day**, we will make bags of trail mix for weekday distribution by Martha's Table in Washington, D.C. The snack bag assembly line in the Fellowship Lobby is fun and makes a difference in the lives of hundreds of people in our community.

Pet Blessing

Today, at 2 p.m., your four-legged and finned family members are welcome to come for a special blessing with our pastors. Dogs must be on leashes and all other animals should be in appropriate carriers. We'll worship on the Plaza, or, in case of rain, in Langley Hall.

Youth Group (Grades 7-12)

Today, 10:30 a.m. Worship & Martha's Table
Register at <http://bit.ly/youthreg22>
Are you an adult interested in volunteering with our youth or do you want more information about joining youth group? Contact Catherine Wethington (umtrinityyouth@gmail.com).

Coming Up

October

- 2 Martha's Table
- 2 Pet Blessing
- 3 Crafts for a Cause
- 9 Oscar Serrano (Honduras) visit
- 10 Office Closed
- 11 Book Chat
- 15 Christ House
- 17 Crafts for a Cause
- 22 Good Works Day
- 30 Trunk or Treat
- 30 Celtic Service
- 31 Crafts for a Cause

November

- 1-8 Honduras Mission Trip
- 5 Rise Against Hunger
- 6 Martha's Table
- 8 Book Chat
- 8 Charge Conference
- 11 Office Closed
- 14 Crafts for a Cause
- 19 Christ House
- 20 Hanging of the Greens
- 27 Celtic Service
- 28 Crafts for a Cause

Children & Youth Activities Registration 2022-23

Use your phone's camera to scan the QR code or visit the webpage to complete the registration today.

Children
Preschool - 6th grade
<http://bit.ly/childreg22>



Youth
7th - 12th Grade
<http://bit.ly/youthreg22>



Trinity Church Staff

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Harriet Latta
Jose Nuñez
Jerry Rich
Emily Yosmanovich
Catherine Wethington
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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.