

 Trinity United Methodist Church



*Christ Blessing Little Children (1839),
Charles Lock Eastlake. Manchester Art Gallery*

*“Come to me, and I will give you rest.
Take my yoke upon you, and learn from me,
For my yoke is easy, and my burden is light.”*

Matthew 11:28-30

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July 5, 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

Jerry Rich

WELCOME

* CALL TO WORSHIP

from Psalm 25

Make me to know your ways, O Lord; teach me your paths.

**Lead us in your truth, and teach us,
for you are the God of our salvation.**

Good and upright is the Lord; therefore God instructs sinners in the way.

**God leads the humble in what is right
and teaches the humble God's way.**

* GATHERING HYMN

Open My Eyes, That I May See

UMH 454

**Open my eyes, that I may see
glimpses of truth thou hast for me;
place in my hands the wonderful key
that shall unclasp and set me free.
Silently now I wait for thee,
ready, my God, thy will to see.
Open my eyes, illumine me, Spirit divine!**

**Open my ears, that I may hear
voices of truth thou sendest clear;
and while the wavenotes fall on my ear,
everything false will disappear.
Silently now I wait for thee,
ready, my God, thy will to see.
Open my ears, illumine me, Spirit divine!**

**Open my mouth, and let me bear
gladly the warm truth everywhere;
open my heart and let me prepare
love with thy children thus to share.
Silently now I wait for thee,
ready, my God, thy will to see.
Open my heart, illumine me, Spirit divine!**

PRAYER OF CONFESSION

Merciful God, too often we listen only for the voices we want to hear.
We become comfortable with our own opinions and slow to receive your wisdom.

**Forgive us when pride keeps us from learning,
when fear keeps us from trusting,
and when our hearts become closed to your voice.**

Too often we ask you to bless our plans instead of seeking your will.

**Create in us the humble spirit of a child,
ready to listen, ready to learn, and ready to follow Christ.**

Teach us to trust your wisdom more than our own understanding,
and prepare our hearts to receive your Word with faith.

[a time of silent prayer]

Open our hearts once again, that we may receive your grace
and walk faithfully with Christ each day. **Amen.**

CHILDREN'S MESSAGE

Laurie Stollo

PRAYERS OF THE PEOPLE

ANTHEM

Chancel Choir

“But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’ “For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”.

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

MESSAGE

To What Will I Compare This Generation?

Taehwan Roh

* HYMN

Jesus Calls Us

UMH 398

**Jesus calls us o'er the tumult
of our life's wild, restless sea;
day by day his sweet voice soundeth,
saying, "Christian, follow me!"**

**In our joys and in our sorrows,
days of toil and hours of ease,
still he calls, in cares and pleasures,
"Christian, love me more than these!"**

**As of old the apostles heard it
by the Galilean lake,
turned from home and toil and kindred,
leaving all for Jesus' sake.**

**Jesus calls us! By thy mercies,
Savior, may we hear thy call,
give our hearts to thine obedience,
serve and love thee best of all.**

**Jesus calls us from the worship
of the vain world's golden store,
from each idol that would keep us,
saying, "Christian, love me more!"**

THE GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

[The minister continues this prayer of thanksgiving, concluding:]

And so, with your people on earth and all the company of heaven
we praise your name and join their unending hymn:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory. Hosanna in the highest.**

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

[The minister continues the prayer, recalling the institution of the Lord's Supper, concluding:]

And so, in remembrance of these your mighty acts in Jesus Christ,
we offer ourselves in praise and thanksgiving
as a holy and living sacrifice, in union with Christ's offering for us,
as we proclaim the mystery of faith:

Christ has died; Christ is risen; Christ will come again.

Pour out your Holy Spirit on us gathered here,
and on these gifts of bread and vine.

Make them be for us the body and blood of Christ,

that we may be for the world the body of Christ, redeemed by his blood.

**By your Spirit make us one with Christ,
one with each other, and one in ministry to all the world,
until Christ comes in final victory, and we feast at his heavenly banquet.**

Through your Son Jesus Christ, with the Holy Spirit in your holy Church,
all honor and glory is yours, almighty God, now and forever. Amen.

THE LORD'S PRAYER

**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.**

BREAKING OF THE BREAD

SHARING OF THE BREAD AND CUP

All are invited to come forward to receive bread and juice by means of intinction (the dipping of a piece of bread in the cup). You may then return to your seat by the side aisle. Those who require packeted gluten-free elements may obtain them up front. Those who prefer to remain in the pew and receive Communion may certainly do so, and are asked to signal an usher.

PRAYER AFTER COMMUNION

**Eternal God, we give you thanks for our place at the table
at which you have given yourself to us.
Grant that we may go into the world
in the strength of your Spirit,
to bear witness to the freedom you offer from sin and death,
in the name of Jesus Christ our Lord. 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

**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!**

UMH 94

Prayer of Thanksgiving

* CLOSING HYMN

Leaning on the Everlasting Arms

UMH 133

**What a fellowship, what a joy divine,
leaning on the everlasting arms;
what a blessedness, what a peace is mine,
leaning on the everlasting arms.**

**O how sweet to walk in this pilgrim way,
leaning on the everlasting arms;
O how bright the path grows from day to day,
leaning on the everlasting arms. (Refrain)**

Refrain:

**Leaning, leaning,
safe and secure from all alarms;
leaning, leaning,
leaning on the everlasting arms.**

**What have I to dread, what have I to fear,
leaning on the everlasting arms?
I have blessed peace with my Lord so near,
leaning on the everlasting arms. (Refrain)**

* BENEDICTION

* POSTLUDE

Jerry Rich

**congregation invited to stand*

Grow — Pray — Study

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



Monday, July 6 — 1 Samuel 3:1–10

Young Samuel responded to God's call with a simple and willing heart. Although Samuel did not immediately recognize God's voice, he remained open and ready to listen. His willingness became the beginning of a lifelong relationship with God.

God often speaks in ways we do not expect. Sometimes our greatest challenge is not that God is silent, but that our hearts are too distracted or too certain of our own answers to listen. Like Samuel, we are invited to respond with humility and openness, trusting that God continues to speak today.

- What might be distracting you from listening to God's voice today?
- How can you become more attentive to God's leading this week?
- **Prayer:** Speaking God, give me a heart that is willing to listen. Help me respond with faith whenever you call my name. Amen.

Tuesday, July 7 — Proverbs 3:1–8

The writer of Proverbs encourages us to trust in God rather than relying solely on our own understanding. Wisdom begins not with having all the answers, but with acknowledging God's presence and guidance in every part of life.

Our natural instinct is to depend on our own experience, knowledge, and perspective. Yet faith invites us to place our confidence in God's wisdom, even when the path ahead is unclear. Trust grows as we learn to surrender our plans and allow God to direct our steps.

- Where are you most tempted to rely on your own understanding?
- What would it look like to trust God more fully in that situation?
- **Prayer:** Faithful God, teach me to trust you with all my heart. Guide my steps and help me follow your wisdom each day. Amen.

Wednesday, July 8 — Colossians 2:6–7

Paul reminds believers that the Christian life begins and continues in Christ. Just as we first received Christ by faith, we are called to continue walking in Christ, rooted and built up in God's love.

Faith is not a single decision but an ongoing relationship. Day by day, we grow as we remain connected to Christ through prayer, Scripture, worship, and fellowship. As our roots grow deeper, our lives become more stable, grateful, and fruitful.

- What helps you stay rooted in Christ throughout the week?
- How is God inviting you to grow deeper in your relationship with Christ?
- **Prayer:** Lord Jesus, root my life deeply in your love. Help me continue walking with you each day with gratitude and faith. Amen.

Thursday, July 9 — Philippians 2:1–11

Paul points to the humility of Christ as the pattern for Christian living. Jesus did not seek status or recognition but willingly humbled himself in love and obedience to God.

Following Christ means more than admiring Jesus from a distance. It means allowing Christ's attitude to shape our own. As we grow in humility, compassion, and self-giving love, we become more like the One we follow.

- In what relationship is God inviting you to reflect the humility of Christ?
- What might it look like to put the needs of others before your own today?
- **Prayer:** Humble Savior, shape my heart to become more like yours. Help me love and serve others with humility and grace. Amen.

Friday, July 10 — Isaiah 40:28–31

Isaiah reminds God's people that true strength comes from waiting upon the Lord. Human strength fades, but God renews those who place their hope and trust in God. We often try to carry life's burdens through our own effort. Yet God invites us to slow down, wait, and receive the strength that only God can give. Rest is not found in the absence of responsibility, but in depending on God's faithful presence.

- What burden have you been trying to carry by yourself?
- How is God inviting you to rest in God's strength today?
- **Prayer:** Everlasting God, renew my strength when I grow weary. Help me place my hope in you and trust your sustaining presence. Amen.

Saturday, July 11 — Hebrews 12:1–3

The writer of Hebrews encourages believers to keep their eyes fixed on Jesus as they run the race of faith. When we remember Christ's faithfulness, we find strength to continue even when the journey becomes difficult. As we prepare for worship tomorrow, we are reminded that faith is not about reaching the finish line alone. We are invited to keep following Jesus together, encouraging one another and finding hope in God's promises.

- Looking back on this week, where have you experienced God's guidance or strength?
- How are you preparing your heart to worship Christ with your church family tomorrow?
- **Prayer:** Lord Jesus, keep my eyes fixed on you. Strengthen my faith, prepare my heart for worship, and help me walk faithfully with you each day. Amen.

July Collection School Supplies for Grace Ministries

- Backpacks
- No. 2 pencils
- Erasers
- Wide-ruled notebooks
- Glue sticks
- Rulers
- Blunt-tipped scissors
- Washable markers
- Plastic folders
- Pencil sharpeners
- Assorted construction paper



GRACE Ministries of the United Methodist Church (graceministriesumc.org) is a faith-based community outreach program serving over 1,000 low-income families each month in Northern Virginia. GRACE provides emergency food, clothing, household items, diapers and healthcare information and screenings at seven local United Methodist Churches.

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, jrlich@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).

Iglesia de Diós Worship, 6 p.m.

This Week

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.

Thursday, 7 p.m. Finance Committee 7 p.m. Youth Group at Lazy Mike's

Every Thursday in July, from 7 to 8 p.m., we're heading to Lazy Mike's for ice cream, laughter, and good old-fashioned fellowship. Lazy Mike's is located at 7049 Leesburg Pike in Falls Church. Come cool off and catch up with friends!

Saturday, 6 p.m.: Iglesia de Diós

Coming Up

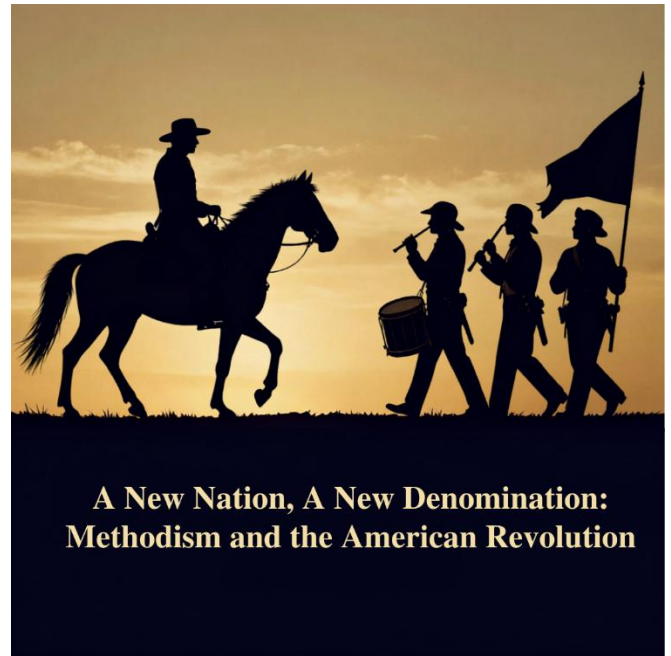
July 12: Martha's Table Snack Packaging

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!

July 12: Acolyte Training, 11:30 a.m.

All interested persons (children and Youth!) are encouraged to come out for a fun and brief Training for the Ministry of Acolyte on Sunday, July 12 at 11:30 a.m. (right after the 10:30 service concludes). We will go through the ways that acolytes prepare our sanctuary for worship and "lead us out" into the mission field each Sunday. We are so happy to see this ministry come back and would love to see you there!

July 13: Staff-Parish Relations Committee, 7 p.m.



A New Nation, A New Denomination: Methodism and the American Revolution

July 15: A New Nation, a New Denomination, 7 p.m.

Join Pastor Dave in our Chapel for a lively conversation about the coincident births of the U.S. as a new and democratic nation, and Methodism as a new and independent Church in America. The story is in many ways an extraordinary one: how a movement that was part of the Church of England (ruled since the days of Henry VIII by the King!) navigated the Revolution, endured deep suspicion and divisive political conflict, and emerged to become the fastest-growing (and largest) American Church at the dawn of the 19th Century. A thoroughly American story, the rise of Methodism illustrates many of the hopes, shortcomings, triumphs and tensions that endure in our national conversation to the present day. We will make time for questions and discussion, and hope you can be with us!

July 16, 23: Youth Group at Lazy Mike's, 7 p.m.

July 19: Christ House Meal Mission

Christ House is a residential medical facility for homeless men located in the Adams Morgan area of Washington, DC. We prepare and serve lunch on the third Saturday of every month. Contact Connie Jeremiah for more information, dcjeremiah@verizon.net or 703-307-4635.

July 20: Church & Society Committee, 7:30 p.m.

July 27 - 31 and Aug. 3 - 7: Stringtime Camp

Full-day camp for children ages 7 – 12 to learn violin, viola or cello. Instruments are provided; no experience necessary. See stringtimemusic.org for more details.

July 30: Youth Group at Lazy Mike's, 7 p.m.

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 individuals, families or ministry teams host our refreshments. Please consider signing up for the 8:30 service's Fellowship time. Scan the QR code under Quick Links below to sign-up.

Trinity Preschool of McLean

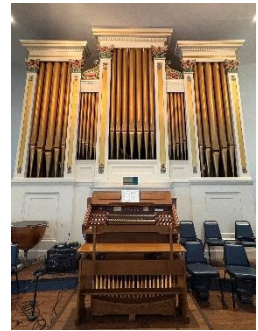
TPoM welcomes all students ages 2-6. Please visit umtrinity.org/preschool to learn more about this vibrant ministry or to schedule a tour for your child.

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?

Not many Methodist congregations date back to the early 19th Century; even fewer enjoy music every Sunday from an equally historic organ. *But Trinity does!*



The majestic instrument you see before you was built in 1850 by renowned New York City organbuilder Henry Erben – a driven, perfectionistic and sometimes tempestuous man with an earned reputation for building exceptionally fine and long-lasting pipe organs. (Hard to argue with the results, as ours is 176 years old!) This complex three-manual model was made for Monumental Episcopal Church in Richmond, where it served until 1926, when it was donated to nearby Mt. Olivet Baptist Church.

By 1970, the loose and stacked pipes were in imminent danger of being *thrown out* when they were rescued by a determined group of Trinity laypersons led by Ben Faidley, and brought to McLean via many trips in personal automobiles! Reunited with its original Greek Revival case in 1976, the organ has been meticulously restored and thoughtfully improved.

Fun fact: only one other 1850 Erben is now known to exist, and ours is the sole example in a church setting. Exactly as Henry intended it to be.

Quick Links

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

- Memorial Service for Jim Sproule
- Trinity House renovation video
- Prayer Requests
- Children & Youth ministry registration
- Christ House wish list
- Fellowship Hour hosts sign-up
- 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
Associate Pastor
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.

Worship is in-person and livestreamed on Sundays from our Chapel at 8:30 a.m. and from our Sanctuary at 10:30 a.m. on YouTube: [youtube.com/UMTrinity](https://www.youtube.com/UMTrinity). If you're not yet receiving our Friday weekly events e-mail, please send us your address at info@umtrinity.org.