



# Trinity United Methodist Church

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July 31, 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>Allemande in G Minor</i> (Handel)	Jerry Rich
Welcome and Announcements		Eileen Gilmer
* Call to Worship		Philip Keirstead
There are times when it feels like darkness envelops us. <b>Jesus breaks through with a word of peace.</b> Fears are banished. <b>Hope is more than restored.</b> Rejoice! The Lord is with us. <b>We rejoice in the peace and blessings he brings. Amen.</b>		
* Gathering Hymn	<i>Breath on Me, Breath of God</i>	p. 3 / UMH 420
Children's Message		Laurie Strollo
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 <a href="http://umtrinity.org/give">http://umtrinity.org/give</a> and through our app. On the website, scroll down and click on SET UP ONLINE GIVING.		
Anthem (8:30)	<i>Precious Lord</i> (Dorsey)	Philip Keirstead
Anthem (10:30)	<i>Earthen Vessels</i> (Foley)	Ensemble
Scripture	John 20:19-31	Strollo (8:30), Catherine Wethington (10:30)
When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."		
But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger in the mark of the nails and my hand in his side, I will not believe."		
A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."		
Now Jesus did many other signs in the presence of his disciples that are not written in this book. But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.		
Message	<i>The Doubting Thomas in Us</i>	Eileen Gilmer
The Sacrament of Holy Communion (8:30)		Gilmer
* Closing Hymn	<i>Open My Eyes, That I May See</i>	p. 3 / UMH 454
* Benediction		Gilmer
Closing Music (8:30)	<i>Trumpet Voluntary in D</i> (Stanley)	Rich

\* Please stand as you are able.

# Grow — Pray — Study

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

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## Monday, August 1 — John 10:7-18

The Bible has much to say about the identity of Jesus. He is the Son of God, the Messiah, the King of Kings and so much more. In the Gospels, Jesus often talks about himself cryptically, revealing his true nature in parable and metaphor. John's Gospel includes what are called "*I am*" statements, through which Jesus reveals himself to be "*bread of life*," "*living water*," "*the good shepherd*," "*the gate*," and so much more.

- What does it mean to you that Jesus is "*the way*"? What does it mean to you that Jesus is "*the good shepherd*"? Read Psalm 23 and think about how Jesus fills the role of shepherd in your life?
- Prayer: *Shepherding God, lead me to the abundant life that you offer to every one of your children. Guide me and protect me today and every day. Amen.*

## Tuesday, August 2 — Matthew 16:13-17, 20

When Jesus asks his disciples about the "*word on the street*," they tell them what they've heard. When he asks them what they believe, Peter affirms that Jesus is the Messiah. However, Jesus insists that they not tell anyone (that he is the Messiah). Remember that the Hebrew word for "*messiah*" means "*deliverer*" or "*anointed one*" and that "*christ*" is the Greek equivalent.

- Can you think of reasons Jesus would not want to spread the word that he is the Messiah (the Christ)? What kind of Messiah do you think the people were expecting?
- Prayer: *Saving God, I believe that Jesus is the Messiah and that he will deliver me from the power of sin and death. Thank you for sending Jesus to be our Savior. Amen.*

## Wednesday, August 3 — Matthew 16:21, Romans 5:16-21

One reason Jesus does not want the disciples to announce that he is the Messiah is because he is not the kind of Messiah the people were expecting. He is a suffering servant, not a military hero. Jesus will "deliver" the people through his death and resurrection. The Christian message is that we (humanity) can only be saved by grace. We need the grace that God offers through Jesus' death and resurrection.

- Have you accepted God's grace for yourself?
- Prayer: *Merciful God, I know that I need your grace. I believe it is the only way I can have a relationship with you. Give me the courage I need to trust you more fully. Amen.*

## Thursday, August 4 — Matthew 16:13-19

Many people in North America believe in God but have no desire to be part of a church. Even among active church members there are a variety of reasons why the church is important to them. It is easy to think of church simply as a worthwhile human institution and forget that Jesus founded the church. According to the NRSV translation of the New Testament, Jesus says, "*you are Peter, and on this rock I will build my church*" (Matthew 16:18, emphasis added.)

- Why is church participation important to you? Is it simply a good thing to do, or do you need the church?
- Prayer: *God of History, thank you for the church. Help me remember that I need to be in a Christian community. Use your church to transform my life. Amen.*

## Friday, August 5 — Colossians 1:9-23a

The New Testament consistently describes the church as the Body of Christ, declaring that Jesus is the head of the Body. This means that: (1) the church continues the "*bodily*" ministry of Jesus in the world, doing what Jesus did in his earthly ministry; and (2) that individually, we are "*members*" of the body (1 Corinthians 12:27).

- How have you been joined to other believers as a member of the Body of Christ? Have you made your gifts and abilities available to Jesus? How is God using you to transform the world?
- Prayer: *Transforming God, I am willing to serve you today. Help me to recognize the gifts you have given me. Use me in your eternal project to change the world. Amen.*

## Saturday, August 6 — Hebrews 10:12-25

One of the reasons we need the church is because the church helps us to be the people God wants us to be. The church is the place where we can make and keep the commitments that change our lives: *worshipping, growing, serving, sharing, and giving*. Christian discipleship is not a self-help project. It is a group effort, empowered by the Holy Spirit. Remember Hebrews 10:24-25 whenever you are tempted to go it alone.

- What help do you need to become the person God wants you to become? What can you do to help someone else?
- Prayer: *Loving God, my life is incomplete without you and without other people that love and support me. Help me be the person you want me to be. 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: Aug. 8. Contact Jim Wilson for log in link. [jaswilson@slofft.com](mailto:jaswilson@slofft.com).

### Pastor's Bible Study: The 7 Deadly Sins

Next meeting: Aug. 9 & 10

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

## Our Prayer List

Al, Alan, Alex & Sarah, Amber & Briana, Ann, Art & Anne, Ballard family, Barb & JR, Barbara & Barry, Betty, Betty & Tracy, Bev, Bill & Ann, Bill & Maddie, Boris, Carol & Rich, Carolina, Cathy, Cindy & Keith, Claire, Connie, Danielle & Michael, Danny, Darlene & Steve, Dave & Carol, Davey & Morgan, David, Douglas & Dilian, Earl & Mary Lou, Eason-Williams family, Elaine, Elizabeth, Ellie, Fran & Tom, Gary & Lindie, Gerry & Kathy, Hanse family, Hanson family, Harriet, Howard, Janet, Jeremy, Jill, Joe & Marie, June, Karen, Kathy, Kay & John, Krista, Kristin, Ladye, Lana, Lena, Lindstedt family, Liz & David, Luana, Marcia, Marciane, Marcy, Melissa & Chad, Mickey, Mike, Monica, Nan, Neil & Anne, Nell, Pauline & Merlin, Peg & Dick, Rob, Robert, Roberto & Erica, Sandy & Vinnie, Sarah, Sasha, Shelley, Suzanne & Jim, Suzy, Tom, Vanna, Yancey, St. Matthew's Church family, travelers, the grieving families and communities affected by mass shootings and other acts of violence, the people of Ukraine and those assisting them, Afghanis, Sudanese, survivors of Missouri Amtrak derailment, victims of human trafficking, Trinity's children, youth and volunteers, healthcare and emergency workers, hospital chaplains, those who mourn, 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 at [umtrinity.org](http://umtrinity.org).

Today's hymn texts for those worshipping at home.

### Breath on Me, Breath of God

1. Breathe on me, Breath of God,  
fill me with life anew,  
that I may love what thou dost love,  
and do what thou wouldst do.
2. Breathe on me, Breath of God,  
until my heart is pure,  
until with thee I will one will,  
to do and to endure.
3. Breathe on me, Breath of God,  
till I am wholly thine,  
till all this earthly part of me  
glows with thy fire divine.
4. Breathe on me, Breath of God,  
so shall I never die,  
but live with thee the perfect life  
of thine eternity.

### Open My Eyes, That I May See

1. 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!
2. 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!
3. 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!

### Summer Sermon Series

This summer, Pastor Neil is 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](mailto: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: Aug. 8 & 22. 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](mailto:alesha.luxon@gmail.com).

### Grace Ministries School Supply Collection

We are partnering with Christ Crossman UMC to collect school supplies through August 7: backpacks, crayons, colored pencils, washable markers, no. 2 pencils, plastic folders, pencil sharpeners, erasers, wide-ruled note-books, glue sticks, rulers, blunt-tipped scissors, assorted construction paper. Donations can be left in the bin in the Fellowship Lobby.

### Pastor's Bible Study

Not meeting this week.

Pastor Anne Hough is teaching a Bible study on ***The Seven Deadly Sins*** to complement Pastor Neil's summer sermon series. The Zoom study will be offered on four Tuesday mornings at 10:30 and Wednesday evenings at 7. Each week's class is connected by the theme but can stand alone if you are unable to attend each one. The next sessions are Aug. 9 & 10 and Aug. 16 & 17.

### Trinity Preschool of McLean

For 2022-23, we have class options for children two and a half years old - Kindergarten. <http://umtrinity.org/preschool>.

### Youth Group (Grades 7-12)

Tuesday, August 2, "Summer Fun" at Immanuel Presbyterian 7 - 8 p.m., volunteer with LRSS: we will do workbook activities, spend time together, and play *Wheel of Fortune* with residents of LRSS. (Masks Required)

Sunday, August 28, 3 - 5 p.m. Pool Party at the Wethington Residence, celebrate the end of Summer and the start of the school year with a Pool Party!

Youth group is for all youth in 7th-12th grade. 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](mailto:umtrinityyouth@gmail.com)).

## Coming Up

### July

31 Celtic Service, 5 p.m.

### August

8 Crafts for a Cause  
22 Crafts for a Cause  
28 Celtic Service  
28 Youth Group Pool Party

### 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

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[lstrollo@umtrinity.org](mailto: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 on Sundays from the Chapel at 8:30 a.m. and from the Sanctuary at 10:30 a.m. on YouTube: [youtube.com/UMTrinity](https://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.