



# Trinity United Methodist Church

1205 Dolley Madison Blvd. | McLean, VA 22101

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August 21, 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>Forlana</i> (Finzi)	Jerry Rich
Welcome and Announcements		Clergy
* Call to Worship		Anne Hough
Give to the Lord your whole trust. <b>We place our lives in God's care.</b> Know that God has always and will always be with you. <b>We place our spirits in God's embrace.</b> Worship God in confidence and peace. <b>We open our hearts to God's incredible love. Amen.</b>		
* Gathering Hymn	<i>Great Is Thy Faithfulness</i>	p. 3 / UMH 140
Children's Message		Laurie Strollo
Prayers of the People		Gilmer
Offering		N. Hough
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>Grace Alone</i> (Brown & Nelson)	Joey Wilson
Anthem (10:30)	<i>Thy Word Is a Lamp unto My Feet</i> (Smith & Grant)	Ensemble
Scripture	Philippians 3:17-21	A. Hough
Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself.		
Message	<i>Gluttony (Temperance &amp; Moderation)</i>	Neil Hough
The Sacrament of Holy Communion (8:30)		A. Hough
* Closing Hymn	<i>Guide Me, O Thou Great Jehovah</i>	p. 3 / UMH 127
* Benediction		N. Hough
* Choral Benediction (10:30)	<i>Sevenfold Amen</i> (Stainer)	Ensemble
Closing Music (8:30)	<i>Allegro from Suite in C, Z. 666</i> (Purcell)	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 22 — Exodus 16:12-16**

As human beings we need food for healthy and fruitful living, but food is more than just fuel for our bodies. The food we eat is part of our identity. In many ways, we are known by what we eat and do not eat. This is one of the reasons food laws were so important to Israel and why the “bread” from heaven was so significant.

- Think about your relationship with food. How does what you eat (or do not eat) define you as an individual? Does food have a spiritual significance for you?
- Prayer: *God of Creation, remind me today that all that I have is a gift from you. Thank you for the food that sustains my life. Amen.*

## **Tuesday, August 23 — Luke 5:27-32**

Many significant events in Jesus' life and ministry happened at a meal. Jesus used these moments to teach about the Kingdom of God. In fact, Jesus said the Kingdom of God was like a great banquet (Luke 14:15-24. See also Psalm 23:5) and the religious leaders often complained that Jesus broke bread with the “wrong kind” of people (Luke 15:1-2).

- Think about how many significant events in your life have included food or drink. Think about how many important conversations have happened at a meal. How is your life defined by the people with whom you eat? Is it comforting to you that Jesus invites all kinds of people to join him at his table?
- Prayer: *Merciful God, thank you for inviting me to take my place at your table. Open my heart to accept your invitation. Amen.*

## **Wednesday, August 24 — Luke 7:33-35**

Jesus spent so much time at banquets, feasts, and ordinary meals that he had a reputation for being a “glutton and a drunkard” (Luke 7:34) a reputation Jesus seemed to openly acknowledge. Clearly, being a glutton and a drunkard was bad, and the religious leaders strongly objected to this part of Jesus' ministry. But Jesus did not let his reputation and the opinions of the religious authorities stop him from his ministry with sinners, tax collectors, and the people that needed God's love and grace.

- How do you feel about Jesus' reputation as a glutton and drunkard. What kind of reputation do you have? What do people think of you?
- Prayer: *Eternal God, thank you for Jesus and for his willingness to die on the cross so that I might have eternal life with you. Amen.*

## **Thursday, August 25 — Philippians 3:17-21**

Despite Jesus' reputation (Luke 7:34), the Old and New Testaments warn about the dangers of gluttony and drunkenness. The Book of Proverbs says, “*the drunkard and the glutton will come to poverty, and drowsiness will clothe them with rags*” (Proverbs 23:21). The apostle Paul warns the Philippians about the “*enemies of the cross*” whose “*god is the belly*” (Philippians 3:18-19). The danger is that when our minds are set on earthly matters, we will ignore the more important matters of heaven.

- What earthly matters distract you from the more important matters of heaven? How do you resist the earthly temptations you face? Where do you find strength to stay focused on the Kingdom of God?
- Prayer: *Gracious God, forgive me for paying more attention to earthly matters than to the more important matters of your Kingdom. Amen.*

## **Friday, August 26 — 1 Corinthians 6:19-20**

The apostle Paul reminds Corinthian Christians that their bodies are temples of the Holy Spirit (1 Corinthians 6:19). This serves as a warning about abusing or misusing our bodies in a way that prevents us from worshiping and serving God. If our bodies make up the body of Christ (see 1 Corinthians 12), then we should maintain our bodies so that we can serve God fully and effectively.

- Physical and spiritual health are closely related. How does your physical health affect your ability to worship God? How does your physical health affect your ability to fully and effectively serve God?
- Prayer: *Loving God, thank you for calling me to serve you in the world. I surrender my whole life into your hands. Use me fully. Amen.*

## **Saturday, August 27 — Luke 21:34-36**

In his last days, Jesus warned his disciples not to get weighed down with dissipation and drunkenness and the cares of the world. He wanted his disciples to be ready for his return and ready to stand before God. He did not want them — or us — to miss God's presence in their lives. He promised to be with them (Matthew 28:20) and he wanted them — and us — to be aware of his presence.

- What helps you stay alert and aware of God's presence in your life?
- Prayer: *Heavenly Father, I want to be ready for the return of your Son. I want to experience the abundant life you promise. 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 during summer, next meeting: August 22. Contact Jim Wilson for log in [link.jaswilson@sloft.com](mailto:link.jaswilson@sloft.com).

## Prayer Group

Wednesday at 10 a.m. Meeting ID: 875 6105 5580

## Our Prayer List

Al, Alan, Alex, Alex & Sarah, Amber & Briana, Ann, Annabelle, Annie Kate, Asher, Ballard family, Barb & JR, Barbara, Betty & Tracy, Bev, Bill & Ann, Bill & Maddie, Boris, Bricker family, Brunnet family, Carol & Rich, Carolina, Cathryn, Cathy, Chris, Claire, Connie, Claudia, Daniel, Danny, Darlene & Steve, Dave & Carol, Dave & Siri, Davey, David, Diane & Chris, Dilian & Abby, Earl & Mary Lou, Eason-Williams family, Elaine, Elizabeth, Ellie, Evey, Fran & Tom, Gary & Lindie, Gerry & Kathy, Hanse family, Hanson family, Harriet, Hoda, Howard, Janet, Jeremy, Jill, Joe & Marie, John, June, Karen, Kathy, Kay & John, Krista, Kristin, Kyu, Ladye, Lana, Lena, Lindstedt family, Lisa, Liz & David, Lois, Luana, Lauren, Maher family, Marcia, Marciene, Marcy, Maria, Marilyn, Mary, Matthew, Mickey, Mike, Monica, Nancy, Nell, Neil & Anne, Owen, Pauline & Merlin, Peg & Dick, Phillip, Raymond, Rob, Robert, Roberto & Erica, Sandy & Vinnie, Sarah, Sasha, Shelley, Suzy, Tatiana, Thomas, Tom, Vanna, Vicki, Williams family, Woodward family, Yancey, travelers, the people of Ukraine and those assisting them, Afghanis, Sudanese, victims of human trafficking, Trinity's children, youth and volunteers, healthcare and emergency workers, hospital chaplains, those who mourn, the homeless, those distributing vaccines, 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).

## 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.

Today's hymn texts for those worshipping at home.

## Great Is Thy Faithfulness

- Great is thy faithfulness, O God my Father;  
there is no shadow of turning with thee;  
thou changest not, thy compassions, they fail not;  
as thou hast been, thou forever wilt be.  
Refrain:  
Great is thy faithfulness! Great is thy faithfulness!  
Morning by morning new mercies I see;  
all I have needed thy hand hath provided;  
great is thy faithfulness, Lord, unto me!
- Summer and winter and springtime and harvest,  
sun, moon, and stars in their courses above  
join with all nature in manifold witness  
to thy great faithfulness, mercy, and love. Refrain
- Pardon for sin and a peace that endureth,  
thine own dear presence to cheer and to guide;  
strength for today and bright hope for tomorrow,  
blessings all mine, with ten thousand beside! Refrain

## Guide Me, O Thou Great Jehovah

- Guide me, O thou great Jehovah,  
pilgrim through this barren land.  
I am weak, but thou art mighty;  
hold me with thy powerful hand.  
Bread of heaven, bread of heaven,  
feed me till I want no more;  
feed me till I want no more.
- Open now the crystal fountain,  
whence the healing stream doth flow;  
let the fire and cloudy pillar  
lead me all my journey through.  
Strong deliverer, strong deliverer,  
be thou still my strength and shield;  
be thou still my strength and shield.
- When I tread the verge of Jordan,  
bid my anxious fears subside;  
death of death and hell's destruction,  
land me safe on Canaan's side.  
Songs of praises, songs of praises,  
I will ever give to thee;  
I will ever give to thee.



## Highlights from E-News

If you're not receiving our Friday e-mail, please send your email address 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** (ages 4 - 4th grade) and **Club 56** (grades 5 & 6) meet during the 10:30 service following the Children's Message.

### Christ House Closet

Christ House, a medical facility for homeless men in Washington, D.C. provides all newly admitted patients 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. 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).

### Fall Women's Retreat: Seeking Inner Peace

Reverend Anne Hough will be leading this day retreat on **Saturday, October 1** from 9 a.m. – 4 p.m. in the Fellowship Building. The cost to cover lunch and supplies is \$20 payable by check, or through the church app, and designated for the retreat. For details, please visit <http://umtrinity.org/education/adults>. To facilitate planning, **please register as soon as possible**, by emailing Anne, [eaehough@gmail.com](mailto:eaehough@gmail.com).

### Fellowship

Fabulous Fellowship is restarting! As we gather back at church we look forward to fellowship with our friends and family. We look forward to catching up and getting to know each other better. Feel free to join us after each service in the Fellowship Lobby. We also need volunteers to make this Fellowship happen. Please email Alesha Luxon ([alesha.luxon@gmail.com](mailto:alesha.luxon@gmail.com)) if you are willing to help. Instructions will be provided. Thanks to all for supporting this church and this ministry.

### Youth Group (Grades 7-12)

**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

### August

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

### September

- 5 Office Closed
- 6 Executive Council
- 6 Crafts for a Cause
- 11 Bounce Back Sunday
- 13 Book Chat
- 17 Music Concert: Brassolatura
- 19 Crafts for a Cause
- 25 Celtic Service

### October

- 1 Women's Retreat
- 2 Pet Blessing
- 3 Crafts for a Cause
- 9 Oscar Serrano (Honduras) visit
- 10 Office Closed
- 11 Book Chat
- 17 Crafts for a Cause
- 30 Celtic Service
- 31 Crafts for a Cause

### November

- 1-8 Honduras Mission Trip
- 5 Rise Against Hunger
- 8 Book Chat
- 11 Office Closed
- 14 Crafts for a Cause
- 20 Hanging of the Greens
- 27 Celtic Service
- 28 Crafts for a Cause

### Trinity Preschool of McLean

Class options for children two and a half years old - Kindergarten.  
<http://umtrinity.org/preschool>.

### 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  
Director of Youth Ministry  
Director of Children's Ministry

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### 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.