

# Trinity United Methodist Church



Statuette of Christ as shepherd, 280 – 320 AD  
Discovered 18<sup>th</sup> C., Catacomb of St. Callixtus, Rome

*lead us  
not into temptation*

*but deliver us  
from evil*

*Matthew 6:13*

1205 Dolley Madison Blvd. | McLean, VA 22101  
703-356-3312 | [umtrinity.org](http://umtrinity.org) | [info@umtrinity.org](mailto:info@umtrinity.org)

October 11, 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 record 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!**

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PRELUDE

*Adagio from Sonata 3 in F, HWV 370 (Handel)*

Jerry Rich (8:30)

*This Is My Song (Sibelius)*

Trinity Ringers (10:30)

WELCOME

\* CALL TO WORSHIP

*from Hebrews 4*

Since we have a great high priest who has ascended into heaven,  
Jesus the Son of God, let us hold firmly to the faith we profess.

**For we do not have a high priest who is unable to empathize with our weaknesses,  
but we have one who has been tested in every way, just as we are;  
yet he did not sin.**

Let us then approach God's throne of grace with confidence,  
so that we may receive mercy,  
**and find grace to help us in our time of need.**

\* GATHERING HYMN

*Guide Me, O Thou Great Jehovah*

UMH 127

**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.**

MORNING PRAYER

Lord Jesus,

it took only a few moments for you to teach us how we ought to pray,

**but we find that it takes the span of our lives to learn to live it.**

Today, as we pray, make room in our minds  
that we might think about more than ourselves,

**room in our hearts, that we might love  
far more than ourselves and our dear ones.**

Save, rescue and deliver us, Lord, from any time of trial  
that would lead us to ask not for too much, but for too little from you.

*[a time of silence follows]*

We thank you, O Christ, that you have come among us as one of us,  
and opened the way to your Father, who is our Father.

**Amen.**

CHILDREN'S MESSAGE

Laurie Strollo

ANTHEM

*Lord of All Hopefulness* (Ireland)  
*O God, Our Help in Ages Past* (Rodriguez)

Philip Keirstead (8:30)  
Chancel Choir (10:30)

READING OF THE EPISTLES

1 Peter 5:8-11

David Case (8:30)  
Anne Keating (10:30)

Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

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

MESSAGE

*Through and Beyond all Danger*

Dave Rochford

HYMN

How Firm a Foundation

UMH 529 (vs. 1-4)

**How firm a foundation, ye saints of the Lord,  
is laid for your faith in his excellent Word!  
What more can He say than to you He hath said,  
to you who for refuge to Jesus have fled?**

**"When through the deep waters I call thee to go,  
the rivers of woe shall not thee overflow;  
for I will be with thee, thy troubles to bless,  
and sanctify to thee thy deepest distress."**

**"Fear not, I am with thee, O be not dismayed,  
for I am thy God and will still give thee aid;  
I'll strengthen and help thee, and cause thee to stand  
upheld by my righteous, omnipotent hand."**

**"When through fiery trials thy pathways shall lie,  
my grace, all-sufficient, shall be thy supply;  
the flame shall not hurt thee; I only design  
thy dross to consume, and thy gold to refine."**

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.**

HOLY COMMUNION (8:30)

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

*What a Friend We Have in Jesus*

**What a friend we have in Jesus,  
all our sins and griefs to bear!  
What a privilege to carry  
everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain we bear,  
all because we do not carry  
everything to God in prayer.**

**Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged;  
take it to the Lord in prayer.  
Can we find a friend so faithful  
who will all our sorrows share?  
Jesus knows our every weakness;  
take it to the Lord in prayer.**

**Are we weak and heavy laden,  
cumbered with a load of care?  
Precious Savior, still our refuge;  
take it to the Lord in prayer.  
Do thy friends despise, forsake thee?  
Take it to the Lord in prayer!  
In his arms he'll take and shield thee;  
thou wilt find a solace there.**

\* BENEDICTION

\* POSTLUDE

*Pomposo from Trumpet Sonata (Purcell)*

Jerry Rich

*\*congregation invited to stand*



# Grow — Pray — Study

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

## **Monday, October 12 — James 1:2–8, 12–18**

James does not treat the trials we face as something strange. Trials do not necessarily mean that our faith has failed. Instead, they can become places where faith learns perseverance and grows toward maturity. Yet James makes one thing clear: God does not tempt us toward evil. What comes from God is not temptation meant to make us fall, but good gifts and life.

When we pray, “Lead us not into temptation,” we are not questioning God’s goodness. Rather, we are asking for discernment in times of trial and confusion—to recognize what draws us closer to God and what pulls us away. Even when we do not have all the answers, we can ask for wisdom and trust in God’s goodness.

- When do difficult circumstances make it hard for you to trust in God’s goodness?
- Where do you need to ask God for wisdom and discernment today?
- Prayer: Good God, help me trust in your goodness even in times of trial and confusion. Give me wisdom to recognize your voice leading me toward the way of life. Amen.

## **Tuesday, October 13 — Matthew 4:1–11**

When Jesus is tested in the wilderness, the testing comes through questions about basic needs, identity, and power. Turning stones into bread, proving God’s protection, and gaining the kingdoms of the world all invite Jesus to choose another way instead of trusting God. Yet each time, Jesus remains rooted in his trust in God.

Our own temptations do not always come in the obvious form of evil. Sometimes even choices that seem necessary, reasonable, or good can lead us to depend more on fear or desire than on God. Resisting temptation, then, is not simply a matter of having stronger willpower. It is the daily practice of entrusting our hearts and choices to God again.

- When do fear or desire tend to guide your choices?
- What area of your life do you need to entrust to God again?
- Prayer: Faithful God, help me discern your way among the things that pull at my heart. Teach me to trust you rather than my own strength and to choose the path you set before me. Amen.

### **Wednesday, October 14 — Psalm 23**

In Psalm 23, God's guidance does not end beside green pastures and still waters. Even when the path enters the darkest valley, the shepherd remains present. The psalmist can face fear not because danger has disappeared, but because God is with him in the midst of it.

We sometimes expect that if God is guiding us, God will keep us from difficult paths. Yet God's guidance does not always come by removing hardship. Sometimes God does not immediately lead us out of the valley but walks through it with us. Because of that presence, even when we cannot see what lies ahead, we do not have to let fear determine our steps.

- How is trusting God's presence in difficulty different from simply asking for the difficulty to disappear?
- Where do you need to trust God's guidance rather than your fear?
- Prayer: God, my Shepherd, when I cannot see the road ahead, help me trust that you are walking with me. Lead me to walk by your guidance rather than by fear. Amen.

### **Thursday, October 15 — 1 Corinthians 10:1-13**

Paul looks back on Israel's failures in the wilderness and warns against becoming too confident that we will never fall. What we need in times of testing is not confidence in our own strength, but humility and attentiveness. At the same time, Paul reminds us that God is faithful and will provide a way for us to endure when we are tested.

When we pray, "Deliver us from evil," we also acknowledge our own weakness. We cannot control every circumstance, nor are we always strong enough to make the right choice on our own. Asking for God's help is not a lack of faith but an expression of faith. When we recognize our limits, we may become more able to see the way God opens before us.

- Is there an area of your life where you may be relying too much on your own strength?
- What might you need to let go of in order to see the way God is providing?
- Prayer: Faithful God, help me acknowledge my weakness and seek your help. Give me eyes to see the way you provide in times of testing and courage to walk in it. Amen.

### **Friday, October 16 — Philippians 4:4-9**

When Paul tells us not to be anxious, he does not simply tell us to stop worrying. Instead, he invites us to bring our concerns to God through prayer and petition. Even when the situation has not yet been resolved, as we entrust our fears and needs to God, God's peace can guard our hearts and minds.

In times of testing and uncertainty, it is easy to let things that have not yet happened take control of our hearts. We can find ourselves repeatedly imagining what might go wrong and living in fear of the future. Prayer is not a way of controlling the future, but an act of entrusting to God the future we cannot control. God's peace does not have to wait until we have all the answers; it can begin as we place our trust in God.

- Is anxiety about something that has not yet happened controlling the way you live today?
- What fear can you entrust to God through prayer today?
- Prayer: God of peace, help me entrust to you what I cannot control. Guard my heart and mind in times of uncertainty, and teach me to rest in your peace. Amen.

### **Saturday, October 17 — 1 Peter 5:6-11**

Peter calls us to cast our anxieties on God while also remaining alert. Trusting God does not mean ignoring the dangers of life or taking the reality of evil lightly. Rather, because we trust the God who cares for us, we can remain watchful and stand firm without allowing fear to take hold of us.

And this passage does not end with suffering. Peter declares that the God of all grace will personally restore, strengthen, and establish those who suffer. When we pray, "Deliver us from evil," we are not only asking God to keep us from danger. We are also praying in faith that, whatever we face, evil will not have the final word. God will.

- What anxiety are you still carrying instead of entrusting it to God?
- What does it mean for you to trust that God will restore you beyond your present difficulty?
- Prayer: God of all grace, help me entrust my anxieties to you and stand firm in faith. In every trial and difficulty, help me trust that you hold me and will restore me. Amen.

## **A First-Person View of Life-Transforming Ministry: LMI - Honduras**

Ever wonder what it would be like to be part of an international mission team? Now is your chance! Our 2027 Spring Mission Trip Team is forming now, and will travel to The Leadership Center in Comayagua, Honduras! We will depart February 24 and return March 3, enabling us to spend six days on campus getting to know students and staff, and learning directly about how LMI is enabling young women in rural Honduras to become vocationally-successful, empowered community leaders.

We'd love to hear from you, so with questions reach out to team leaders Chris (christinecmoore@gmail.com) and Dan (danmoore53@gmail.com) or Pastor Dave (drochford@umtrinity.org).



## Today at Trinity

- 10 a.m. Chancel Choir**  
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](mailto:jrich@potomacschool.org).
- 10:40 a.m. Children's Worship**  
Ages 4–6th grade. Meets following the Children's Message in our Fellowship Building (across the Breezeway).
- 2 p.m. Praise Band Rehearsal**
- 4:30 p.m. Youth Group – Not meeting this week.**  
Grades 7–12. We meet in the Fellowship Building to nurture lasting friendships while discussing Scripture, faith, life and more. Contact Catherine, [umtrinityyouth@gmail.com](mailto:umtrinityyouth@gmail.com) for more.
- 6 p.m. Iglesia de Diós Worship**

## This Week

### MONDAY – Office Closed for Federal Holiday

- 6:30 p.m. Cub Scout Den 5**  
**7:30 p.m. Boy Scout Troop 869**

### TUESDAY

- 10:30 a.m. Fall Pastors' Bible Study: Set Free to Live Free!**  
Join Pastor Dave from 10:30–11:45 a.m. in the Church Library or via Zoom for a study of Galatians. Questions? Contact Pastor Dave at [drochford@umtrinity.org](mailto:drochford@umtrinity.org).
- 6:30 p.m. Book Chat**  
This month's selection is *The Book Binder* (original title *The Bookbinder of Jericho*) by Pip Williams. Visit the Education webpage for Zoom link.
- 7 p.m. Boy Scout Troop 1130**  
**7 p.m. Langley Residential Support Services**

### 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.
- 6 p.m. Wednesday Supper Program**  
**6:30 p.m. Children's Choir**  
Grades 1–6 rehearse 6:30–7:10 in the choir room, followed by supervised playground time. Contact Adelaide at [adeloving11@gmail.com](mailto:adeloving11@gmail.com).
- 6:30 p.m. Cub Scout Dens 1 & 9**

### THURSDAY – The Spire Newsletter Deadline

- 6:30 p.m. Finance Committee**  
**6:30 p.m. Cub Scout Pack 1127**

### SATURDAY

- 8 a.m. SHARE New Beginnings**  
Trinity has agreed to work together with SHARE of McLean to furnish a new home for an unhoused local family. More details about how your help is needed are on page 6 at right.
- 10 a.m. Christ House Meal Ministry in D.C.**  
**6 p.m. Iglesia de Diós**

## Coming Up

### Oct. 20 • Pastor's Bible Study

Join our five-week Bible Study, *Teach Us to Pray!* as we explore the Lord's Prayer through Scripture, discussion, and practical reflection. We'll consider prayer in both Testaments and real-life examples that help us practice the Lord's Prayer daily. Meets in the Library and via Zoom.

### Oct. 25 • Trunk or Treat

Children's Ministry invites our Trinity church, preschool, and community families to our annual "spook-tacular" celebration on Sunday, October 25! The Trunk or Treat follows the 10:30 a.m. service in the back parking lot behind the Fellowship Building. Sign up to bring your car and a trunk full of treats! See the QR code on page 7.

### Nov. 1: 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!

### Nov. 7 Rise Against Hunger

Join us at Lutheran Church of the Redeemer, McLean, to package nutritious meals that help fuel communities around the world. Sign up and donation opportunities at the QR code on page 7.

### SUPPER PROGRAM

#### Wednesday • 6 p.m.

This week's guided discussion will be "Peacebuilding in a Conflict-Wary World," led by Jeff Pugh, University of Massachusetts-



Boston Professor and co-director of its Center for Peace, Democracy and Development Jeff Pugh. Jeff, whom many will recognize from our 10:30 service, will share proven,

real-world tools to maintain healthy relationships when friction inevitably occurs in our families, workplaces, and neighborhoods. As an added bonus, Jeff's presentation will be a two-fer: come for Part I (conflict-resolution in our personal lives) on 10/14, and Part II (conflict resolution in our community and world) on 10/21.

Our dinner will feature Chili and Baked Potatoes by Dave and Lisa Rochford. Attendees are also welcome to bring a side or dessert to help round out our offering each week. Hope to have you with us!

# Building Homes. Building Hope. Together with SHARE.

Help welcome an unhoused family into a safe new home through the New Beginnings project.



## Saturday, October 17

Trinity Church is partnering with SHARE of McLean to make a home for an unhoused family. Join us **Saturday, October 17**, and help in one of these ways:



-  Donate or purchase wish-list items
-  Load furnishings into the truck on Friday, October 16
-  Help set up and decorate the new home
-  Provide lunch for the move team at TUMC



## SCAN THE QR CODE

on page 7 for the wish list, donation list, and volunteer sign-up.



## QUESTIONS:

Cindy Oh, Lisa Russell, Pastors Dave or Taehwan, or Church Admin Harriet Latta.



All are welcome!

# Trunk or Treat? You're Invited!



When:  
October 25,  
after worship



Trinity  
Parking Lot

Decorate your car with a trunk full of treats.

## 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](http://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.

### Quick Links

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

- Prayer Requests
- SHARE New Beginnings
- Rise Against Hunger
- Trunk or Treat sign up
- Book Chat
- Children & Youth ministry registration
- Christ House wish list
- Ushers sign-up



## Did You Know?

..that the term "Methodist" originally was *NOT* a compliment? (It wasn't.)

In 1728, John and Charles Wesley were among a small group of men at Christchurch College (part of Oxford University) that gathered to discuss matters of religion. Increasingly zealous about their pursuit of the "spiritual disciplines" (prayer, fasting, generous giving to charity, visiting those in prison, and reading/discussing Scripture), they attracted the interest of Oxford undergraduates – who were not impressed!

The students took to mocking the members of what they called "The Holy Club" with derisive nicknames, like "Bible Moths" and "Enthusiasts" (the latter was a derogatory term applied to members of the Church of England who spoke about personal experience of the Holy Spirit). As the group grew and multiplied, its regimented way of calling for personal devotion and shared charitable work yielded a new nickname: "*methodists*."

John initially disliked the moniker, but came to own it in time, saying that the Methodists were not a distinct sect, but were simply those united to "encourage and help each other work out their own salvation" through an active, obedient life of faith, always-seeking to "do no harm, do good, and stay in love with God." (Lucky for us we are not Trinity United Bible Moth Church.)



Christchurch College, Oxford, England – site of "The Holy Club"

### Trinity Church Ministers and Staff

Harriet Latta  
Adelaide Loving  
Jose Nuñez  
Jerry Rich  
Dave Rochford  
Taehwan Roh  
Angi Oxendine  
Laurie Strollo  
Catherine Wethington

Office Manager  
Director of Children's Choir  
Facilities Manager  
Director of Music  
Lead Pastor  
Associate Pastor  
Preschool Director  
Director of Children's Ministry  
Director of Youth Ministry

[hlatta@umtrinity.org](mailto:hlatta@umtrinity.org)  
[adeloving11@gmail.com](mailto:adeloving11@gmail.com)  
703-356-3312  
[jrich@potomacschool.org](mailto:jrich@potomacschool.org)  
[drochford@umtrinity.org](mailto:drochford@umtrinity.org)  
[troh@umtrinity.org](mailto:troh@umtrinity.org)  
[angio.trinitypreschool@gmail.com](mailto:angio.trinitypreschool@gmail.com)  
[lstrollo@umtrinity.org](mailto:lstrollo@umtrinity.org)  
[umtrinityyouth@gmail.com](mailto:umtrinityyouth@gmail.com)

Office Hours: Monday – Friday 9 a.m. - 3 p.m.

Sunday Worship: Chapel at 8:30 a.m.; Sanctuary at 10:30 a.m. streamed on YouTube: [youtube.com/UMTrinity](https://youtube.com/UMTrinity).  
If you're not yet receiving our weekly Friday e-mail, please send us your address to [info@umtrinity.org](mailto:info@umtrinity.org).