

CENTRAL UNITED METHODIST CHURCH

Defying Limits



No Limits at the Kitchen Table

APRIL 19, 2026

4201 FAIRFAX DRIVE, SUITE 1, ARLINGTON, VA 22203

We Hear

Anthem "Yes, He Did!" (Larson)

Children's Sermon

Prayer of Illumination "Christ is Alive" UMH #318, v.5

Scripture Acts 2:42-47 (Common English Bible)

The believers devoted themselves to the apostles' teaching, to the community, to their shared meals, and to their prayers. ⁴³A sense of awe came over everyone. God performed many wonders and signs through the apostles. ⁴⁴All the believers were united and shared everything. ⁴⁵They would sell pieces of property and possessions and distribute the proceeds to everyone who needed them. ⁴⁶Every day, they met together in the temple and ate in their homes. They shared food with gladness and simplicity. ⁴⁷They praised God and demonstrated God's goodness to everyone. The Lord added daily to the community those who were being saved.

Reader: The Word of God for the People of God.

All: Thanks be to God.

Sermon "No Limits at the Kitchen Table"

We Respond

Sermon Reflection Questions

1. Acts describes the early believers eating with agalliasis, a wild and exuberant joy that the surrounding culture

found threatening. What would it mean for your daily life to practice joy as an act of resistance?

2. How can we transform our own kitchen tables into sanctuaries of grace for those society ignores?
3. John Wesley's discipleship groups always opened with the same question: "How is it with your soul?" This practice traces back to the conversations he had at his mother's kitchen table. Who in your life asks you that question, and who might be waiting for you to ask it of them?

*Please stand in body or spirit.

Prayer

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. 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.

*Giving our gifts to God and passing the peace



To donate online please scan the QR code.

To give cash or check please put your donation in the basket in the front of the sanctuary next to the baptismal font.

*Song UMH #94 Easter Doxology

Prayer of Dedication

We Go

Announcements

*Song "We Are the Church" UMH #558, vv. 1-4

*Benediction

*Sung Benediction "Go Now in Peace" UMH #665

Postlude Gigue-Rondeau on "We Are the Church"

WORSHIP LEADERS TODAY

Liturgist	Alisa Thomas
Reader of the Word	Pat Barham
Pianist	Greg Capaldini
Preacher	Rev. Sarah Harrison-McQueen

Assistive Listening Available

You can now connect your Bluetooth-enabled hearing aids directly to our sound system using the *ListenWIFI* app on your smartphone. Look for laminated signs at the sanctuary entrances for simple setup instructions. Need help? Just ask a greeter or staff member—we're happy to assist!

ANNOUNCEMENTS

Kits for Conference

We are happy to continue our tradition of sending **Hygiene Kits** to Conference, helping those who have been affected by tornadoes, floods, and other emergencies. In the past, proceeds from our White House ornament sales have gone to support missions at Conference. This year, you can be part of this meaningful project by donating to **Missions**—just put **“Kits”** in the memo line of your check.

By donating, you help us purchase supplies in bulk to make complete kits, ensuring every kit reaches someone who truly needs it. Your generosity provides comfort and care when it matters most. We will be collecting donations **through May 10**. Thank you for helping our church make a real difference in the lives of those in need! For questions or more information, please see **Pat Barham** or contact the church office.

*Please stand in body or spirit.

An Invitation to a Virtual Bible Study from Carroll Cobb

The Rowdy, Motley Bible Study crew led by Carroll Ellis Cobb will begin our study of the book of Nehemiah on Tuesday, April 21. We meet via Zoom on Tuesdays, with 2 sessions: one at 2:00 pm and another at 7:00 pm. It is open to everyone – young and not-so-young, single and married, those who have studied the Bible a lot and those who've never been in a Bible Study at all – all from the comfort of your home.

So, if you are interested or have questions, please contact the church office at office@cumcballston.org. And just know that we would love to have you join us!

Considering Membership at Central UMC?

At Central, all are welcome to worship God and serve others. You don't need to be a member to take part in the life of our church. Still, for many, church membership is a meaningful step in growing as a disciple of Jesus Christ.

Membership is a commitment to support the ministries of Central with your prayers, presence, gifts, service, and witness. If you're discerning this next step in your faith journey, we'd love to talk with you. For more information, contact Pastor Sarah at 703-527-1783 or pastor@cumcballston.org.

Easter Bible Study: Wesleyan Vile-tality

Our Easter season Bible study, Wesleyan Vile-tality: Reclaiming the Heart of Methodist Identity by Dr. Ashley Boggan, is now underway. This six-session study is designed to move from an understanding of Methodist history to a radical reclamation of Wesleyan vile-tality.

Centered on the moment John Wesley “submitted to be more vile” in spreading the love of God to all people, Ashley Boggan argues that Wesleyan vile-tality is at the core of who we are as Methodists. As rule-benders, rabble-rousers, and outcast-embracers, those early Methodists stood out and stood up. She traces how that original identity was lost as the predecessor denominations to The United Methodist Church grew and began to embrace respectability over “vile-tality.” In an accessible and engaging account of a fascinating history, these stories of our past call us to understand who we were, question who we are, and reclaim who we should be.

Class meets via zoom on Mondays from 7:30 p.m. to 8:45 p.m. from April 13 to May 18. To sign up please email Pastor Sarah at pastor@cumcballston.org or call her at 703-527-1783.

Join the Prayer Chain

“Carry each other’s burdens and so you will fulfill the law of Christ.”
— Galatians 6:2

Be part of a ministry of care, hope, and encouragement through prayer. Our Prayer Chain email goes out weekly, and more often as needed for time-sensitive requests, so that our church family can lift one another up.

Want to pray for others? Need prayer? Write your request on a Connect Card and place it in the offering basket, or email office@cumcballston.org

Your prayers matter. Together, we carry one another’s burdens in love.

*Please stand in body or spirit.