

CENTRAL UNITED METHODIST CHURCH

FORWARD THROUGH THE FLAME:



DISCIPLES FORMED BY JESUS CHRIST

MAY 31, 2026

4201 FAIRFAX DRIVE, SUITE 1, ARLINGTON, VA 22203

We Gather

Prelude "Holy is the Lord!"

Welcome

(Scan the QR code for digital connection card)



*Song "Living for Jesus" TFWS #2149, v.4 (no refrain)

*Call to Worship

Leader: The Holy Spirit has been poured into our hearts.

People: We are loved. We are called.

Leader: Christ equips us and sends us into the world.

People: To Love boldly, serve joyfully, and lead courageously.

Leader: We love, serve, and lead in our neighborhood and to the ends of the earth.

People: We do not go alone. God goes before us.

All: Forward through the flame! Let us worship God!

*Song "Lord, Speak to Me" UMH #463, v. 3

Prayers of the People

Leader: Lord, in your mercy,

People: Hear our prayer.

We Hear

Anthem "Holy Is the Lord!" by Larson

Children's Sermon

*Please stand in body or spirit.

Prayer of Illumination "Come Away with Me" TFWS 2202, v.1

Scripture Ephesians 4:11-16 (Common English Bible)

He gave some apostles, some prophets, some evangelists, and some pastors and teachers. 12 His purpose was to equip God's people for the work of serving and building up the body of Christ 13 until we all reach the unity of faith and knowledge of God's Son. God's goal is for us to become mature adults—to be fully grown, measured by the standard of the fullness of Christ. 14 As a result, we aren't supposed to be infants any longer who can be tossed and blown around by every wind that comes from teaching with deceitful scheming and the tricks people play to deliberately mislead others. 15 Instead, by speaking the truth with love, let's grow in every way into Christ, 16 who is the head. The whole body grows from him, as it is joined and held together by all the supporting ligaments. The body makes itself grow in that it builds itself up with love as each one does its part.

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

All: Thanks be to God.

Sermon "Disciples Formed by Jesus Christ"

We Respond

Sermon Reflection Questions

1. Verse 16 says the body grows as "each one does their part." What is one gift, skill, or way of showing up that you bring to this community that no one else brings quite the same way?
2. The *perichoresis*, the divine dance, describes a community where no one is passive or irrelevant. What would it look like for you to be more fully present and engaged in the life of this congregation?

3. Paul warns against being "tossed and blown around" by every wind. What is one voice, pressure, or fear in your life right now that tries to pull you away from who you actually want to be?

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.

Miracle Sunday Introduction

*Please stand in body or spirit.

*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 #95 Doxology

Prayer of Dedication

We Go

Announcements

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

*Benediction

*Sung Benediction "We Are Called" TFWS #2172

Postlude "Holy, Holy, Holy"

WORSHIP LEADERS TODAY

Liturgist	Lane Timm
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

Church Fellowship Video Karaoke Night!

Come join us on Friday, June 5 from 5:30–7:30 PM for an evening of singing, laughter, and fellowship! Videoke—also known as video karaoke—lets you sing along to your favorite songs with lyrics on screen, so everyone can join in the fun.

Everyone is welcome—bring your voice, your joy, and a dish to share if you'd like. We can't wait to see you there!

Questions? Contact the church office at office@cumcballston.org or 703-527-8844.

Bella Voce Spring Concert – Saturday, June 13 at 4:00 PM

We are delighted to welcome back Bella Voce, an Arlington-based a cappella women's ensemble, for a Spring Concert here at our church on Saturday, June 13 at 4:00 PM.

After a wonderful Christmas concert last year, Bella Voce returns with a new seasonal program of uplifting music, continuing their tradition of sharing beautiful a cappella performances with the community. The ensemble is made up of volunteer singers who have been offering concerts for over 11 years, supporting local causes through their music.

This free concert will once again benefit our Community Café through voluntary donations. The Community Café provides free meals and a welcoming space for anyone in need every Wednesday and Thursday, serving our unhoused and food-insecure neighbors.

*Please stand in body or spirit.

Men's Group – Fellowship & Games | Sunday, June 14

All men of Central are invited to our monthly Men's Group gathering. This is a relaxed time to share laughs, build friendships, and strengthen one another in faith. We'll enjoy board and card games together and good fellowship. Bring yourself, invite a friend, and feel free to bring a snack to share.

These gatherings are a great way to grow in community with other men of the church, encouraging each other as we live out our faith in daily life. Join us today from 3–5 pm in the Fellowship Hall.

An Invitation to a Virtual Bible Study from Carroll Cobb

The Rowdy, Motley Bible Study crew led by Carroll Ellis Cobb meets 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!

The First 15 Course – Emergency Preparedness Training

Join us Monday, October 19 from 6:30–9:00 PM for *The First 15*, a free emergency preparedness and response training offered in partnership with Arlington County Emergency Management.

This hands-on course equips participants to respond in the critical first minutes of an emergency before first responders arrive. Training includes emergency planning, building a basic emergency kit, calling 9-1-1 effectively, situational awareness,

psychological support, and basic first aid skills such as bleeding control. This training is open to all and especially valuable for those involved in church ministries, hospitality, or community outreach.

There is no cost to attend. To reserve your spot, contact the church office at 703-527-8844 or office@cumcballston.org

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.

Church Conference on June 28, 2026

We will hold a Church Conference on Sunday, June 28, at 12:00 noon in the sanctuary. This will be an in-person meeting only—there will not be an online option.

At this meeting, we will elect our Leadership Board and Committee on Nominations and Leadership Development for the next leadership year (July 1, 2026 – June 30, 2027).

This is an important time in the life of our church, and all Professing Members of Central UMC are encouraged to attend and participate in this time of prayerful discernment and voting. We hope you will make plans to be there.

*Please stand in body or spirit.