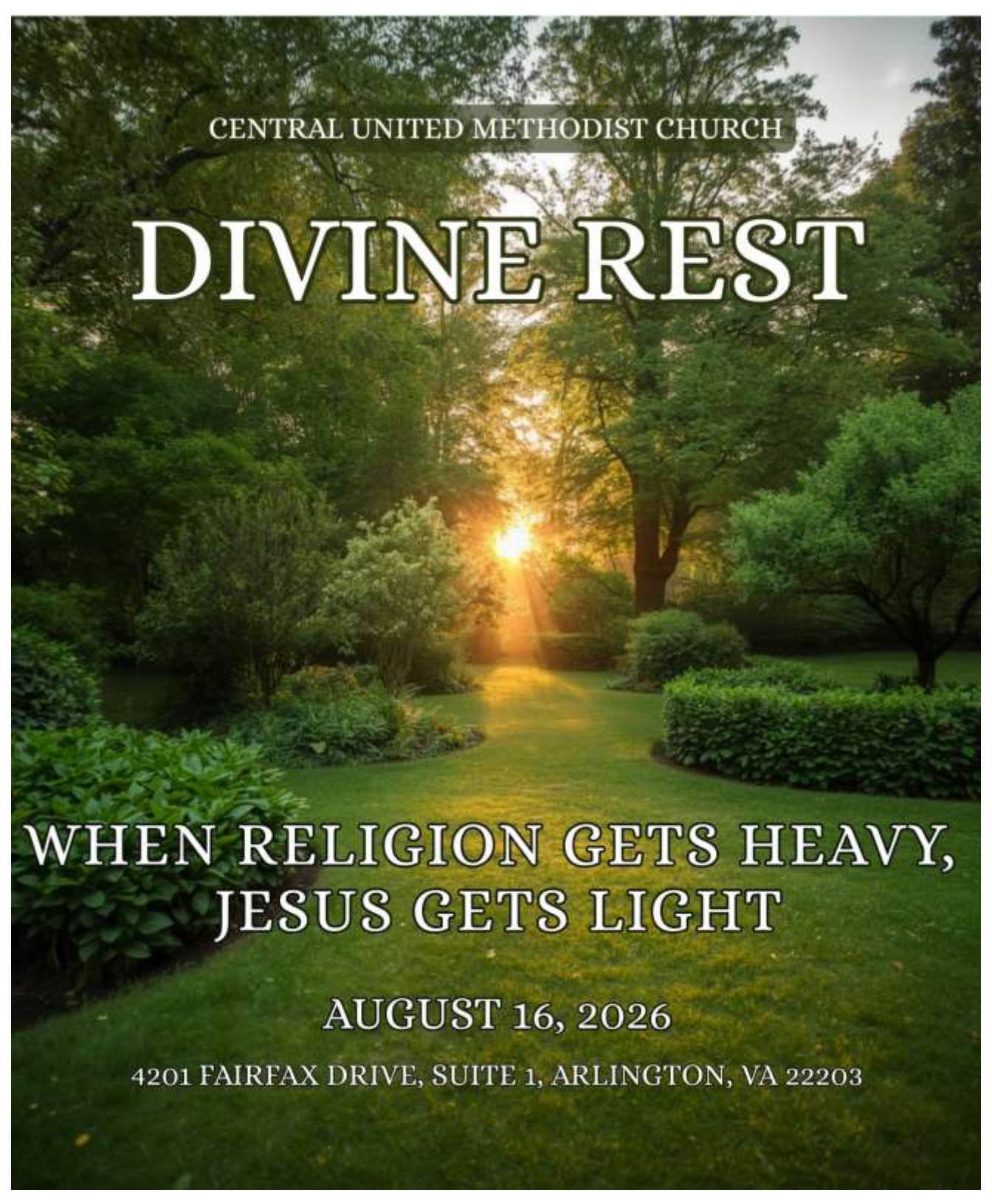




CENTRAL UNITED METHODIST CHURCH

# DIVINE REST

WHEN RELIGION GETS HEAVY,  
JESUS GETS LIGHT

AUGUST 16, 2026

4201 FAIRFAX DRIVE, SUITE 1, ARLINGTON, VA 22203

# We Gather

Prelude      Gymnopédie #1 (Erik Satie)

Welcome

(Scan the QR code for digital connection card)



\*Song      "All Who are Thirsty"

All who are thirsty  
All who are weak  
Come to the fountain  
Dip your heart in the stream of life  
Let the pain and the sorrow  
Be washed away  
In the waves of His mercy  
As deep cries out to deep  
We sing  
Come Lord Jesus come  
Come Lord Jesus come

*Brenton Brown, Glenn Robertson*

*CCLI Song #2489542*

*© 1998 Vineyard Songs (UK/Eire)*

*CCLI License #11426832*

\*Call to Worship

Leader: Jesus said, "Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest."

**People: We gather to worship God and receive this sacred gift of rest.**

\*Please stand in body or spirit.

Leader: From the very beginning, Sabbath is woven into the fabric of creation.

**People: God blessed the sabbath and made it holy.**

Leader: From creation's rest to Christ's resurrection, God invites us to pause our work and receive wholeness.

**People: We embrace the Sabbath and find our rest in God.**

\*Song "Softly and Tenderly Jesus Is Calling" UMH #348

Prayers of the People

Leader: Lord, in your mercy,

**People: Hear our prayer.**

## We Hear

Special Music Gymnopédie #3 (Erik Satie)

Children's Sermon

Prayer of Illumination "As the Deer" TFWS #2025

Scripture Matthew 11:28-12:14 (Common English Bible)

*28 "Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. 29 Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves. 30 My yoke is easy to bear, and my burden is light."*

*12 At that time Jesus went through the wheat fields on the Sabbath. His disciples were hungry so they were picking heads of*

wheat and eating them. 2 When the Pharisees saw this, they said to him, "Look, your disciples are breaking the Sabbath law."

3 But he said to them, "Haven't you read what David did when he and those with him were hungry? 4 He went into God's house and broke the law by eating the bread of the presence, which only the priests were allowed to eat. 5 Or haven't you read in the Law that on the Sabbath the priests in the temple treat the Sabbath as any other day and are still innocent? 6 But I tell you that something greater than the temple is here. 7 If you had known what this means, I want mercy and not sacrifice,[a] you wouldn't have condemned the innocent. 8 The Human One[b] is Lord of the Sabbath."

9 Jesus left that place and went into their synagogue. 10 A man with a withered hand was there. Wanting to bring charges against Jesus, they asked, "Does the Law allow a person to heal on the Sabbath?"

11 Jesus replied, "Who among you has a sheep that falls into a pit on the Sabbath and will not take hold of it and pull it out? 12 How much more valuable is a person than a sheep! So the Law allows a person to do what is good on the Sabbath." 13 Then Jesus said to the man, "Stretch out your hand." So he did and it was made healthy, just like the other one. 14 The Pharisees went out and met in order to find a way to destroy Jesus.

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

**All: Thanks be to God.**

\*Please stand in body or spirit.

Sermon "When Religion Gets Heavy, Jesus Gets Light"

## We Respond

Sermon Reflection Questions

1. What does Jesus mean by "rest for your souls"? How is that different from a day off, a vacation, or simply not working?

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 #95 Doxology

Prayer of Dedication

# We Go

## Announcements

\*Song "Lord of All Hopefulness" TFWS #2197

\*Benediction

\*Sung Benediction "O God, You Made the Sabbath Day" v.4

Christ Jesus lives! He makes us new!  
On Sundays now, we worship you.  
With hearts uplifted, joy restored,  
Your church goes out to serve you, Lord.

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Postlude Gymnopédie #2 (Erik Satie)

## WORSHIP LEADERS TODAY

|                    |                   |
|--------------------|-------------------|
| Liturgist          | Jeanie Cross      |
| Reader of the Word | Tess Victoria     |
| Pianist            | Greg Capaldini    |
| Flutist            | Faby Rosado       |
| Preacher           | Rev. Jan Phillips |

## 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!

\*Please stand in body or spirit.

## ANNOUNCEMENTS

### Welcome Reverend Jan Phillips!

Rev. Jan Phillips is a clergywoman, coach, and founder of J.L.P. Ministry Collective. Her ministry is centered on equity, education, and creating inclusive, trauma-informed spaces within faith communities. She is passionate about accompanying young adults and emerging leaders as they discern their callings, and she extends this work through coaching with youth leaders, seminarians, and community founders as they explore and develop their gifts. She currently serves in extension ministry at Wesley Theological Seminary in Washington, D.C., following her Master of Divinity there in 2024.

### Want to Join the Central UMC Choir?

We'd love to have you join the Choir, and here are some upcoming dates:

- **Saturday September 12th** - A three-hour (no more!) Choir Retreat beginning at midday in the Choir Room upstairs. We will look at prospective anthems and the Christmas cantata.
- **Sunday September 13th** - The first Sunday worship with choir. We rehearse at 9am in the Choir Room, then come down towards 10am for a run-through and sound check. Then we get a break until 10:30.
- **Sunday December 13th** - We will offer our yearly Christmas cantata. If the choir chooses to, we can hold an extra rehearsal the day before.

For more information, write to Greg Capaldini at [conductor@cumcballston.org](mailto:conductor@cumcballston.org) or call the church office.



## **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](mailto:office@cumcballston.org)

## **Overdose Awareness Vigil**

The Arlington community is invited to the 2026 Overdose Awareness Vigil on Monday, August 31, from 7:00–8:00 p.m. at Courthouse Plaza (2100 Clarendon Blvd.).

This annual gathering honors those who have lost their lives to overdose, offers support to individuals and families affected by substance use, and promotes hope, understanding, and compassion in our community. The evening will include remarks from local leaders, opportunities for reflection, and a candlelight vigil.

All are welcome to attend, whether you have been personally affected or wish to stand in support of our neighbors.

\*Please stand in body or spirit.