



CENTRAL UNITED METHODIST CHURCH

DIVINE REST

THE LORD'S DAY

AUGUST 30, 2026

4201 FAIRFAX DRIVE, SUITE 1, ARLINGTON, VA 22203

We Gather

Prelude Sinfonia, "*Nihil valet si non habet illud motum*"
(Latin for, "It Don't Mean a Thing if it Ain't Got that Swing")

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
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*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 "It Is Well with My Soul" UMH #377

Prayers of the People

Leader: Lord, in your mercy,

People: Hear our prayer.

We Hear

Special Music Father, Hear Our Song of Praise (J. Schroeder)
duet by Sharon Lovering and Greg Capaldini

Children's Sermon

Prayer of Illumination "As the Deer" TFWS #2025

Scripture Luke 23:50-24:12 (Common English Bible)

Now there was a man named Joseph who was a member of the council. He was a good and righteous man. 51 He hadn't agreed with the plan and actions of the council. He was from the Jewish city of Arimathea and eagerly anticipated God's kingdom. 52 This man went to Pilate and asked for Jesus' body. 53 Taking it down, he wrapped it in a linen cloth and laid it in a tomb carved out of the rock, in which no one had ever been buried. 54 It was the Preparation Day for the Sabbath, and the Sabbath was quickly

approaching. 55 The women who had come with Jesus from Galilee followed Joseph. They saw the tomb and how Jesus' body was laid in it, 56 then they went away and prepared fragrant spices and perfumed oils. They rested on the Sabbath, in keeping with the commandment.

24:1 Very early in the morning on the first day of the week, the women went to the tomb, bringing the fragrant spices they had prepared. 2 They found the stone rolled away from the tomb, 3 but when they went in, they didn't find the body of the Lord Jesus. 4 They didn't know what to make of this. Suddenly, two men were standing beside them in gleaming bright clothing. 5 The women were frightened and bowed their faces toward the ground, but the men said to them, "Why do you look for the living among the dead? 6 He isn't here, but has been raised. Remember what he told you while he was still in Galilee, 7 that the Human One must be handed over to sinners, be crucified, and on the third day rise again." 8 Then they remembered his words. 9 When they returned from the tomb, they reported all these things to the eleven and all the others. 10 It was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told these things to the apostles. 11 Their words struck the apostles as nonsense, and they didn't believe the women. 12 But Peter ran to the tomb. When he bent over to look inside, he saw only the linen cloth. Then he returned home, wondering what had happened.

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

All: Thanks be to God.

Sermon

"The Lord's Day"

*Please stand in body or spirit.

We Respond

Sermon Reflection Questions

1. The women rested faithfully on the Sabbath, even though that day was saturated with grief and uncertainty. Have you ever had to be faithful through a season of waiting when obedience felt more like endurance than peace? What did you learn from it?
2. The sermon described Sunday worship as a weekly theological statement: the tomb is empty, death is not the final word, and new creation has begun. Does that description match how you actually experience Sunday morning? What would need to change if it doesn't?
3. If the rests in a piece of music are what give the notes their meaning, where in your own life do you see the opportunity for rests to add meaning to your life?

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 "Blessed Quietness" TFWS #2142 vv. 1-3 & 5

*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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*Please stand in body or spirit.

Postlude Epilogue, "Yesh li ketzev" (Hebrew for, "I Got Rhythm")

WORSHIP LEADERS TODAY

Reader of the Word

Sharon Lovering

Pianist

Greg Capaldini

Preacher

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

Virtual Bible Study

The Tuesday Bible Study led by Carroll Ellis Cobb will begin a study of the book of Job on Tuesday, September 8. The group meets via Zoom on Tuesdays 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.

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.

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 or call the church office.

*Please stand in body or spirit.

Church Fellowship Karaoke Night

Come join us on **Friday, September 18, from 5:30–7:30 PM** for an evening of singing, laughter, and fellowship!

Sing along to your favorite songs with lyrics on the screen, making it easy for everyone to join in the fun. Everyone is welcome—bring your voice, your joy, and, if you'd like, a dish to share. We can't wait to see you there! Questions? Contact the church office at office@cumcballston.org or 703-527-8844.

Men's Group – Fellowship & Games | Sunday, September 20

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 Sunday, September 20 from 3–5 pm in the Fellowship Hall.

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.

2026 White House Christmas Ornaments for Sale

Central UMC will again be offering the official 2026 White House Christmas Ornament, celebrating the **250th anniversary of our nation's founding**.

This elegant keepsake is fashioned in brass with enamel detailing and a refined **24-karat gold finish**. The front displays the text of the Declaration of Independence, while the reverse features the **Betsy Ross flag and the contemporary Stars and Stripes**, with "America's 250th" beneath them. A red, white, and blue ribbon is attached, and the ornament comes in a beautiful keepsake gift box.

Ornaments are \$24 each, with orders taken from **September 13 through October 11**. Checks should be made payable to **Central UMC** with "ornaments" in the memo line and given to the church office or **Pat Barham**, who will be taking orders.

All proceeds support our annual Health Kit mission. Questions? Contact the church office at office@cumcballston.org or 703-527-8844.

Serve in Worship: Liturgists & Readers of the Word

Interested in serving during our worship service? We'd love to have you join us! Consider serving as a Liturgist to help lead parts of our worship service, or as a Reader of the Word to share God's Word with our congregation. Both are wonderful ways to participate in worship and serve our church community.

If you're interested in either opportunity, please see Pastor Sarah or email her at pastor@cumcballston.org to sign up or learn more.

*Please stand in body or spirit.

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

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.

Sunday Parking Garage Reminder

The underground parking garage is available for all worship attendees on Sundays—no key fob or permit needed during worship hours!

- Enter the driveway between the church/Unity Homes building and First Down Sports Bar (off Fairfax Drive).
- Use the garage entrance on the right side of the driveway.
- Park in any space marked “Church.”
- Follow the signs to the church elevator and come on up!

Stay Connected Throughout the Week!

Scan the QR code or go to <https://www.cumcballston.org/> to visit our website for worship livestreams, sermons, podcasts,



newsletters, volunteer opportunities, upcoming events, and more. You'll also find links to follow us on Facebook, Instagram, and YouTube for inspiring messages, church updates, and behind-the-scenes moments from our church community.

Support Our Church & Its Mission

Your gifts help us serve our community and grow our ministries. To give online: Scan the QR code to donate via PayPal or Venmo.



Or give by mail:

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Arlington, VA 22203

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