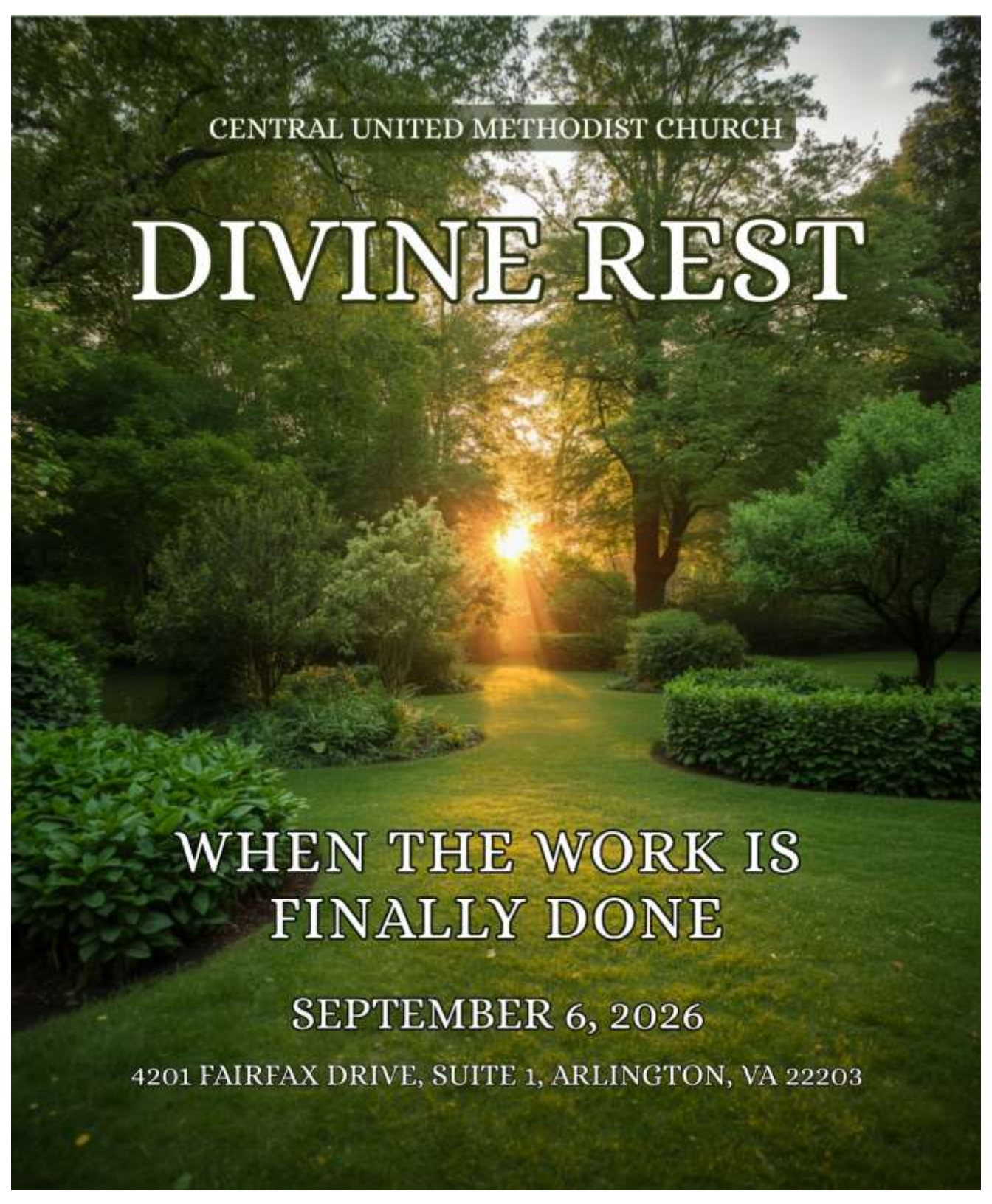




CENTRAL UNITED METHODIST CHURCH

DIVINE REST

WHEN THE WORK IS
FINALLY DONE

SEPTEMBER 6, 2026

4201 FAIRFAX DRIVE, SUITE 1, ARLINGTON, VA 22203

We Gather

Prelude Prelude in C minor (BWV 934) - J.S. Bach

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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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.

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

People: God blessed the sabbath and made it holy.

*Please stand in body or spirit.

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 "Come Away With Me" TFWS #2202

Prayers of the People

Leader: Lord, in your mercy,

People: Hear our prayer.

We Hear

Special Music Like a River Glorious (J. Mountain)
solo by James Armstrong

Children's Sermon

Prayer of Illumination "As the Deer" TFWS 2025

Scripture Revelation 21:1-5 and 22:1-5 (Common English Bible)

21:1 Then I saw a new heaven and a new earth, for the former heaven and the former earth had passed away, and the sea was no more. 2 I saw the holy city, New Jerusalem, coming down out of heaven from God, made ready as a bride beautifully dressed for her husband. 3 I heard a loud voice from the throne say, "Look! God's dwelling is here with humankind. He will dwell with them, and they will be his peoples. God himself will be with them as their God. 4 He will wipe away every tear from their eyes. Death will be no more. There will be no mourning, crying, or pain anymore, for

the former things have passed away.” 5 Then the one seated on the throne said, “Look! I’m making all things new.” He also said, “Write this down, for these words are trustworthy and true.”

22:1 Then the angel showed me the river of life-giving water, shining like crystal, flowing from the throne of God and the Lamb 2 through the middle of the city’s main street. On each side of the river is the tree of life, which produces twelve crops of fruit, bearing its fruit each month. The tree’s leaves are for the healing of the nations. 3 There will no longer be any curse. The throne of God and the Lamb will be in it, and his servants will worship him. 4 They will see his face, and his name will be on their foreheads. 5 Night will be no more. They won’t need the light of a lamp or the light of the sun, for the Lord God will shine on them, and they will rule forever and always.

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

All: Thanks be to God.

Sermon “When the Work Is Finally Done”

We Respond

Sermon Reflection Questions

1. Dr. Walker-Barnes described her own pattern as hustle, hustle, hustle, crash, and admitted she had never really learned to rest for its own sake. How familiar does that pattern feel in your own life, and what do you think makes genuine rest so difficult to receive?
2. As you look back over this six-week series, what has shifted in how you think about Sabbath?

*Please stand in body or spirit.

3. What commitments will you make moving forward?
One block of time I will set aside each week for Sabbath:

One activity I will stop doing during that time:

One joy I will embrace during that time: _____
One way I will worship during that time: _____

Invitation to the Table

Confession

Merciful God, we confess that we have not loved you with our whole heart. We have failed to be an obedient church. We have not done your will, we have broken your law, we have rebelled against your love, we have not loved our neighbors, and we have not heard the cry of the needy. Forgive us, we pray. Free us for joyful obedience, through Jesus Christ our Lord. Amen.

Pardon

Leader to people:

Hear the good news: Christ died for us while we were still sinners; that proves God's love toward us. In the name of Jesus Christ, you are forgiven!

People to leader:

In the name of Jesus Christ, you are forgiven!

Leader and people:

Glory to God! Amen.

The Great Thanksgiving

Pastor: The Lord be with you.

People: And also with you.

Pastor: Lift up your hearts.

People: We lift them up to the Lord.

Pastor: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Pastor: It is a good and fruitful work to give thanks to you, Almighty God, in all places and at all times and in all our tasks. In our cars, our homes, our offices, our fields, and our kitchens; at our tables, our desks, our telephones, and computers; when we are resting or waiting, laboring or supervising, following or leading. All these we do with all your people now on earth and all the multitude of heaven, praising your name and joining in their unending hymn:

People: Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is the one who comes in the name of the Lord. Hosanna in the highest.

Pastor: Holy are you and holy is your work among us in Jesus Christ, who came to be born in the home of a

*Please stand in body or spirit.

carpenter, a trade he learned and practiced, a laborer in our midst. He called out fishermen and activists. He healed the servant of a soldier. He received the support of resourceful women. He delegated his ministry to his disciples, empowered all his followers to do his divine work in this world. By his suffering, death, and resurrection, you gave birth to your church, delivered us from the bondage of sin and the power of death and made with us a new covenant by water and the Spirit. On the night in which he gave himself up for us, he took bread, gave thanks to you, broke the bread, gave it to his disciples, and said: "Take, eat; this is my body which is given for you. Do this in remembrance of me." When the supper was over, he took the cup, gave thanks to you, gave it to his disciples, and said: "Drink from this, all of you; this is my blood of the new covenant, poured out for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me." And so as a baptized and commissioned people, remembering your mighty work in Jesus Christ, we offer ourselves, our daily lives, and our unique locations for ministry in the world -homes and hospitals, parks and stores, prisons and concert halls- as a living and holy sacrifice in union with Christ's offering for us as we proclaim the mystery of faith.

**People: Christ has died; Christ is risen;
Christ will come again.**

Pastor: Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. Make them be for us the body and blood of Christ, that we may be for the world the body of Christ, redeemed by his blood. By your

Spirit make us one with Christ, one with each other,
and one in ministry to all the world, until Christ comes
in final victory and we feast at his heavenly banquet.
Through your Son Jesus Christ, with the Holy Spirit in
your holy Church, all honor and glory is yours, almighty
God, now and forever.

People: Amen!

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.**

Distribution Of The Communion Elements

Please come forward as you feel led. You'll be offered a piece of
gluten-free bread to dip into the cup of grape juice.

Prayer after Communion

**Eternal God,
we give you thanks for this holy mystery
in which you have given yourself to us.
Grant that we may go into the world
in the strength of your Spirit
to give ourselves for others,
in the name of Jesus Christ our Lord. Amen.**

*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 "Be Still, My Soul" UMH #534

*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 Songs Without Words (Op. 30, No. 3)
Felix Mendelssohn

WORSHIP LEADERS TODAY

Liturgist	Lane Timm
Reader of the Word	Sharon Lovering
Pianist	Barbara Wilkinson
Communion Server	Pat Barham
Communion Steward	Pat Barham
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

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.

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.

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

The September issue of the Central Chimes is now available!

Inside you'll find updates on upcoming events and activities at Central UMC, opportunities to connect in worship and fellowship, important church news and announcements, and ways to get involved in the life and mission of our church community. Pick up your copy at the sanctuary entrance or welcome table, or receive it by email or mail—whatever works best for you. To receive the Central Chimes by email or mail, fill out a Connection Card and indicate your preference, or contact the church office by email or phone.

*Please stand in body or spirit.