

# TRINITY UNITED METHODIST CHURCH

120 W. Park Ave. Tallahassee, Florida  
850-222-1120 | www.tumct.org

Vol. 46

FIFTH SUNDAY AFTER PENTECOST  
JUNE 28, 2026

No. 26

## THE WORSHIP OF GOD

Services at 8:30, 9:45, and 11:00 a.m.

†Please rise in body or in spirit.

### CHAPEL SERVICE

8:30 a.m.

WELCOME AND MISSION STATEMENT

**"Because of God's love for us through Jesus Christ,  
we exist to worship, grow, and serve."**

PRELUDE Douglas Chaplow

†PROCESSIONAL HYMN Hymnal #116  
"The God of Abraham Praise"

†AFFIRMATION OF FAITH Hymnal #881  
The Apostles' Creed

†GLORIA PATRI Hymnal #71

PRAYERS OF THE PEOPLE

OFFERTORY

†DOXOLOGY Hymnal #94

†SCRIPTURE READINGS

Romans 6:12-23, Matthew 10:40-42

*"Whoever welcomes you welcomes me, and whoever  
welcomes me welcomes the one who sent me."*

The Word of God for the People of God.

**Thanks be to God.**

SERMON Rev. Dr. Matthew M. Williams  
"What the Body Does"

†RECESSIONAL HYMN Hymnal #399  
"Take My Life, and Let It Be"

†BENEDICTION AND BLESSING  
Rev. Dr. Matthew M. Williams

†POSTLUDE "In Dir ist Freude" J.S. Bach  
Douglas Chaplow

### CONTEMPORARY SERVICE

9:45 a.m.

†WORSHIP SONG "10,000 Reasons (Bless the Lord)"

†WORSHIP SONG "Because He Lives (Amen)"

†WELCOME AND MISSION STATEMENT

†PASSING OF CHRIST'S PEACE

ANNOUNCEMENTS/OFFERTORY PRAYER

OFFERTORY "His Eye Is on the Sparrow"

†SCRIPTURE READINGS

Romans 6:12-23, Matthew 10:40-42

*"Whoever welcomes you welcomes me, and whoever  
welcomes me welcomes the one who sent me."*

SERMON Rev. Dr. Matthew M. Williams  
"What the Body Does"

†WORSHIP SONG "Way Maker"

†WORSHIP SONG "Do It Again"

†BENEDICTION

*During the worship songs, you are invited to utilize the Prayer Station  
by the stained-glass window and light a candle as you pray.*

Large-print bulletins are available from the ushers upon request.

LITURGICAL SERVICE  
FIFTH SUNDAY AFTER PENTECOST  
11:00 a.m.

†Please rise in body or in spirit.

WELCOME AND MISSION STATEMENT Rev. E. Wayne Curry  
**“Because of God’s love for us through Jesus Christ, we exist to worship, grow, and serve.”**

PRELUDE "Tantum ergo Sacramentum," Op. 65, No. 2 Gabriel Fauré  
Trinity Brass Quintet ed. Todd Marchand

INTROIT "The Lord of Hosts Is With Us" Daniel Gawthrop

†PROCESSIONAL HYMN "The God of Abraham Praise" Hymnal #116

†AFFIRMATION OF FAITH The Apostles' Creed Hymnal #881

†GLORIA PATRI Hymnal #71  
**Glory be to the Father and to the Son and to the Holy Ghost;  
as it was in the beginning, is now, and ever shall be, world without end.  
Amen. Amen.**

†OPENING PRAYER  
Almighty God, you have built your Church upon the foundation of the apostles and prophets,  
Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit  
by their teaching, that we may be made a holy temple acceptable to you; through Jesus Christ our  
Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

†PASSING OF CHRIST'S PEACE  
The peace of the Lord be with you.  
**And also with you.**

†SONG OF PEACE "The First Song of Isaiah" TFWS #2030  
**Surely, it is God who saves me;  
I will trust in him and not be afraid.  
For the Lord is my stronghold and my sure defense,  
and he will be my Savior.**

THE BAPTISMAL COVENANT Hymnal #38  
Sacrament of Holy Baptism Megan Doherty  
Remembrance of Baptism John Doherty  
Reception into Church Membership June and Lily, daughters

ANTHEM "Gracious Spirit, Dwell with Me" arr. K. Lee Scott  
Chancel Choir

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**Crucifer** | Michael Plagens | **Ushers** | John Koehler, Karen Russell, Melanie Etters, Rev. Patty Daniels, Rebecca Plagens, Rob Wicker, James Hunt | **Altar Guild** | Jamie Trulock, Valerie Dowell, Mary Ann Moore, Ann Melder | **Club Car Drivers** | Edward Young, Ben Gilleland, Jimmy Henderson, Ed Dowell

*Call the church office at 850-222-1120 to reserve altar flowers for the Sunday services in the sanctuary.*

PRAYERS OF THE PEOPLE  
Lord in your mercy.  
**Hear our prayer.**

Rev. Dr. Matthew M. Williams  
Rev. E. Wayne Curry

THE LORD'S PRAYER

Hymnal #895

PRAYER RESPONSE

"Hear Our Prayer"  
Chancel Choir

Daniel Gawthrop

GIVING OF TITHES AND OFFERINGS

*Children ages 3 through 2nd grade are invited to Kids' Praise in Room 205.*

OFFERTORY

"Savior, Like a Shepherd Lead Us"  
Trinity Brass Quintet

W.B. Bradbury  
arr. Todd Marchand

†DOXOLOGY

**Praise God, from whom all blessings flow;  
praise God, all creatures here below:  
Alleluia! Alleluia!**

Hymnal #94

**Praise God, the source of all our gifts! Praise Jesus Christ whose power uplifts!  
Praise the Spirit, Holy Spirit! Alleluia!  
Alleluia! Alleluia!**

†SCRIPTURE READINGS Romans 6:12-23, Matthew 10:40-42

*"Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me."*

The Word of God for the People of God.

**Thanks be to God.**

SERMON

"What the Body Does"

Rev. Dr. Matthew M. Williams

†RECESSIONAL HYMN

"Take My Life, and Let It Be"

Hymnal #399

†BLESSING

Rev. Dr. Matthew M. Williams

†CHORAL BENEDICTION

"God Be in My Head"  
Chancel Choir

Daniel Gawthrop

†POSTLUDE

"In Dir ist Freude"  
Douglas Chaplow

J.S. Bach



*The flowers adorning the altar today are in memory of Granville and Valoise Work  
from their loving daughter Rhonda.*



*We celebrate the baptism of Megan Doherty, this day, Sunday, June 28, 2026.*

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Rev. Dr. Matthew M. Williams, Senior Pastor  
Rev. Dr. Ivy Smith, Associate Pastor  
Rev. E. Wayne Curry, Minister of Pastoral Care  
Alex Taylor, Director of Contemporary Music | Gregory Hilliard, Director of Traditional Music  
Douglas Chaplow, Organist

## WELCOME

Welcome to worship today! We're glad you are here. Please sign the pew pad to register your attendance. If you're visiting, fill out a Visitor Connect Card or scan the QR code, and on your way out, be sure to see one of our ushers for a small gift to thank you for joining us!



## PRAYER REQUESTS

**May we pray for you?** Prayer cards can be found in the Welcome Center and Narthex. Prayer requests are listed by **name** only. Please lift up in prayer...

Bree and Shayne Merlau Katherine Moreton  
Kristin, Jeff, and Wyatt Beekman-Dowell Rhonda Work

## MONTHLY COLLECTION

During June, Local Missions is collecting infant and toddler diapers for Refuge House and adult diapers/incontinence products for Elder Care Services. Donations can be left in the collection bins in the Welcome Center and Narthex.

## TRINITY PRESCHOOL OPENINGS

Our Trinity UMC Preschool has a limited number of openings remaining in the three-year-old class for the 2026-2027 school year. For more information or to schedule a tour, contact Director of Preschool Erin Casey at 850-224-8992 or [ecasey@tumct.org](mailto:ecasey@tumct.org).

## YOUTH SUMMER MEET-UP

Calling all rising 6th through 12th graders! Join Youth Director Britton Stacey at Mr. Roboto's Tokyo Grill at 11:00 a.m. on Wednesday, July 1, followed by Pong's for boba tea. Email Britton at [bstacey@tumct.org](mailto:bstacey@tumct.org) for more information.

## SAVE THE DATE!

On Sunday, August 9, we will have one service at 11:00 a.m. with Blessing of the Backpacks, as well as our annual Ministry Fair from 10:15 a.m. to 1:30 p.m.! Trinity Ministry Groups are invited to participate. Groups requesting to set up displays must register. Scan the QR code to sign up.



## SCAN THE QR CODES FOR MORE INFORMATION ABOUT WHAT'S GOING ON AT TRINITY



Sunday School



Serving



Fellowship



Giving

### Our Vision

The vision of Trinity United Methodist Church is to be a diverse Christian community that leads as a shining beacon of God's love, actively engaging as the heart, hands, and feet of Christ in the world.

### Our Mission

Because of God's love for us through Jesus Christ, we exist to worship, grow, and serve.

## THIS WEEK AT TRINITY

### Sunday, June 28

8:30 a.m. Chapel Service  
8:30 a.m. Yates Heritage Center Open  
9:45 a.m. Contemporary Service  
8:30/9:45/11:00 a.m. Sunday School  
11:00 a.m. Liturgical Service  
4:00 p.m. Youth Praise Band  
5:00 p.m. UMYF

### Monday, June 29

11:00 a.m. Snack Pack Distribution  
6:30 p.m. Centering Prayer

### Tuesday, June 30

7:00 a.m. Men's Daybreak  
9:45 a.m. BFC Staying Strong  
11:00 a.m. BFC Variety Mix  
6:30 p.m. Celebrate Recovery  
7:30 p.m. Young Adult Bible Study

### Wednesday, July 1

11:00 a.m. Youth Summer Meet-Up  
4:15 p.m. Richard Andrews' Bible Study  
6:30 p.m. Praise Band

### Thursday, July 2

11:00 a.m. Snack Pack Distribution  
11:00 a.m. BFC Variety Mix  
12:15 p.m. BFC Staying Strong  
6:00 p.m. BFO Pickleball

### Friday, July 3

#### PRESCHOOL/OFFICE CLOSED

10:00 a.m. Friday Study Group  
10:45 a.m. Breakfast for Grace Mission

*On Sunday, July 5, we will have one worship service at 11:00 a.m. in the sanctuary.*

*The BFC Flex on the Floor class that meets Tuesdays at 12:10 p.m. is taking a short summer break and will resume again on August 18.*



# *What the Body Does*

A Personal Bible Study

Rev. Dr. Matthew M. Williams

June 28, 2026

## A Bible Study

Romans 6:12-23 / Matthew 10:40-42

### The Body Keeps Score

Read Romans 6:12–14.

Paul's opening command is physical before it is spiritual. Most of us carry in our bodies the memory of moments when we were not welcomed. The slight constriction in the chest. The eyes that don't quite land anywhere. The involuntary calculation of how quickly you could leave. We also carry the memory of when the welcome came. These are emotional and bodily memories.

Recall a specific moment when you were not welcomed. What happened in your body? What did you do with that feeling?

Recall a moment when the welcome came. Recall when someone crossed the room, learned your name, made space for you. What did that do to you?

Where do you notice the difference between those two memories right now, as you sit with them?

### The Either/Or

Read Romans 6:15–23.

Paul frames this passage around a binary that is meant to produce clarity rather than anxiety: your body is either in service of sin or in service of righteousness. There is no neutral position as the body is always doing something. The word he uses for “members” — *melē* in Greek — means limbs. Literal body parts. He is not asking a philosophical question but a concrete one: what are your hands actually doing? This is Paul's great insistence throughout Romans 6: we are not merely victims of the forces that have claimed us. We are agents who can, by the power of grace, present ourselves otherwise. The baptized life is not passive. It is a daily, embodied choosing.

Where in that ordinary week do you see your body functioning as an instrument of righteousness? Where do you sense a gap between what you believe and what your body is actually doing in the world?

What would it mean, practically, to “present your members to God” at the beginning of this week? What would change?

### The Welcome That Runs in Both Directions

Read Matthew 10:40–42.

Notice the structure of what Jesus says. He does not simply say go and welcome others. He says whoever welcomes you welcomes me. The disciples are being sent out to be received. They go without gold, without bag, without extra tunic and are dependent on others. The welcome of Christ, it turns out, runs in both directions. We are both hosts and guests. Sometimes the most faithful thing the church can do is to enter a community not as the ones who have the answers but as the ones who have been sent, willing to discover Christ in the receiving as much as in the giving.

This is harder than it sounds for people who are accustomed to being the ones who serve. Receiving requires vulnerability. It requires admitting need. It requires letting someone else have the grace of being the one who gives.

Is it easier for you to be the one who welcomes, or the one who is welcomed? What does that tell you about yourself?

Think of a time when someone served you and gave you something you needed. Think of someone who showed up when you could not ask. What made it hard or easy to receive? Where is God currently inviting you to be the guest rather than the host? Is this in a relationship, a community, a season of life?

## **The Expansive Welcome of Christ**

Read Matthew 10:40–42 again, then Luke 10:1–12.

Jesus keeps sending people. He sends the Twelve. He sends seventy others. He sends them without resources and without a safety net, promising that their reception or rejection is his own. The welcome of Christ has been moving through history ever since: reaching women at wells and tax collectors in trees, reaching the Roman Empire and sub-Saharan Africa, reaching the holiness movement and the civil rights movement, reaching circuit riders on horseback and women who preached when they were told they could not. It has never stayed where it was put.

The Wesleyan tradition has always understood this. John Wesley's insistence that the whole world was his parish was a theological claim that the welcome of God in Christ could not be contained by ecclesiastical walls or social convention or the comfort of those who had already been received. That conviction built schools and hospitals and freedom movements. It is still building.

Where do you see the welcome of Christ actively at work in the world right now?

Where in your city, your neighborhood, or your workplace might Christ already be present and moving, waiting to be recognized and welcomed?

Who are “the little ones” in your daily orbit — the people to whom even a cup of cold water, the smallest possible gesture of care, would reach?

## **What This Body Does**

Read Romans 6:12–14 and Matthew 10:40–42 together, as a single thought.

Paul says: present your members to God as instruments of righteousness. Jesus says: whoever welcomes you welcomes me. Read those together and something comes into focus: the body that has been offered to God becomes a carrier of Christ's welcome into the world.

Jesus ends the Matthew 10 passage with an image so small it is almost easy to miss: a cup of cold water, given to someone who is thirsty. It reaches all the way to heaven.

What is one specific, ordinary act of welcome your body could carry out this week?

Is there a person, a community, or a place you have been avoiding or simply overlooking?

What would it mean to turn toward them?

If the way you lived your ordinary week were a sermon preached to your neighborhood, what would that sermon say about the welcome of Christ?

## Closing Prayer

Lord, you welcomed us before we knew we needed welcoming. You came to us first.  
You always come to us first.

So we offer you what we have: these hands, these feet, this ordinary week. Make us carriers of the welcome we have received. Teach us to cross the room, to learn the name, to carry the cup, as an act of faith that you are already there in the face of the one we are moving toward.

Where we have withheld welcome, forgive us. Where we have grown comfortable inside these walls, send us out as you have always sent your people: dependent, open, and expectant.

May what this body does look something like you.

*Amen.*

