

**Today's Events: July 5**

8:45 am	Sunday School
10:00 am	Worship Service – <i>Sanctuary</i>
11:15 am	Children's Playtime - <i>Chapel</i> Table2Table Independence Day Celebration – <i>Fellowship Hall</i>
11:45 am	Reconciling Ministries Meeting – <i>Room 219</i>

**This Week's Events: July 6-14**

Mon., 7/6	5:45 pm	Theology Pub – <i>Village Pub</i>
Tues., 7/7	9:45 am	Staff Meeting – <i>Conference Room</i>
	2:00 pm	Dementia Partners AVL – <i>Library</i>
	5:00 pm	Church & Society Meeting - <i>Zoom</i>
Wed., 7/8	11:00 am	Centering Prayer – <i>Chapel</i>
	12:00 pm	Haywood St. Worship – <i>Haywood St. Sanctuary</i>
	6:00 pm	Unnamed Women's Circle – <i>Tupelo Honey</i>
Thurs., 7/9	8:00 am	Thursday Morning Prayer – <i>Zoom</i>
	10:00 am	Circle of Prayer – <i>Zoom</i>
	11:00 am	Social Principles Meeting – <i>Room 219</i>
Sun., 7/12	8:45 am	Sunday School
	10:00 am	Worship Service – <i>Sanctuary</i>
	11:00 am	New-ish to Central Coffee Hour - <i>Library</i>
	11:15 am	Children's Playtime – <i>Chapel</i> Young Parent Gathering – <i>Conf Room</i> Youth Sunday School – <i>Youth Arena</i>

**Sunday Rhythm for Children & Youth!**

Nursery	Elementary	Youth	Parents
9:30am-12:30pm	Worship 10:00-10:30 am	Worship 10:00-11:15 am	Worship 10:00-11:15 am
	Children's Church 10:30-11:45 am		
Children's Play Time 11:15-11:45 am		Youth Sunday School 11:15-11:45 am	Young Parent Gathering 11:15-11:45 am

**A Way Home Offering**

During the communion service today, you are invited to leave an offering on the altar rail. This offering, called "A Way Home," will go toward bus tickets and bus passes to help those in need and currently living on the streets to get to and from work or to reunite with family members outside Asheville. We invite you to give as you feel led to this offering of empowerment and reconciliation.

**ALL ANNOUNCEMENTS** for bulletins, social media, and newsletters are to be sent to [announcements@centralumc.org](mailto:announcements@centralumc.org).

**Ministry Staff:**

Rev. Dr. Mary Brown, Senior Pastor  
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Linda Haggard, Director of Choral Music  
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**Sermon Discussion Questions**

Continue to reflect on today's message by journaling or discussing the following questions:

- When have you felt overburdened by life?
- Have you ever felt overburdened by religious obligation? What was that like?
- What might you need to "unpack" and "repack" in your way of being with God?

**Daily Suggested Scripture Readings**

Continue to reflect on God's desire to lighten our burdens with these daily readings.

- Monday: Matthew 11:28-30
- Tuesday: Exodus 6:1-13
- Wednesday: Galatians 6:1-5
- Thursday: 1 John 5:1-5
- Friday: Exodus 18
- Saturday: Psalm 55

**Next Week in Worship...**

Why does God allow evil in the world? Why not pull the bad "weeds" out now? The parable in Matthew 13:1-9 invites us to think carefully before asking God to pull all the bad "weeds"... it might include us, as well. Join us with an open heart to consider God's justice and God's grace.

**For Pastoral Emergencies Contact:**

Rev. Lisa Rettew at 828-57+5-1257

OR

Rev. Dr. Mary Brown at 828-575-1261



Ordinary Time  
July 5, 2026  
10:00 a.m.

**WELCOME**

**CHIMES OF THE TRINITY**

**PRELUDE** "Come, Thou Fount of Every Blessing" arr. Diane Bish

**CALL TO WORSHIP:** based on Galatians 6:2 Rev. Lisa Rettew

We are here to bear one another's burdens;  
**When we do, we fulfill the law of Christ.**  
When we pray for one another  
**We fulfill the law of Christ.**  
When we stand by one another  
**We fulfill the law of Christ.**  
When we give to one another  
**We fulfill the law of Christ.**  
When we advocate for one another  
**We fulfill the law of Christ.**  
We are here to bear one another's burdens  
**And so fulfill the law of Christ.**

**\*HYMN 181** "Ye Servants of God" HANOVER

**SCRIPTURE READING** Matthew 11:28-30 Joey Hughes

The word of God for the people of God  
**Thanks be to God**

**SERMON** "A Lighter Burden" Rev. Dr. Mary Brown

**OFFERTORY** "It Is Well with My Soul" arr. Mark Hayes  
Karen Crutchfield, piano

While the choir makes their musical offering, the ushers will pass plates for those who wish to offer a financial gift or a prayer request. You may also use this QR code to make a financial gift. Whether you place something in the plate or not, you are invited to pause as you pass it and reflect on what you hope to offer God this week.



**\*DOXOLOGY** Hymnal 94  
"Praise God, From Whom All Blessings Flow"

**SERVICE OF WORD AND TABLE** (Hymnal pages 12, 15-16)

**\*HYMN** "Blest Be the Tie that Binds"

**\*BENEDICTION** Rev. Dr. Mary Brown

**CHIMES OF THE TRINITY**

**POSTLUDE** "Rigaudon" Andre Campra

*\*Please stand, if you are able.*

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**A livestream of the worship service is available in the library for families. Nursery is available in Room 309 for children ages 0-5.**

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**Large print bulletins and hymnals** are available from the Ushers.

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**The flowers in the Chancel** this morning are given in loving memory of Ronnie Steward Williams and Tracey Williams Graham by Cecilia Williams and family.

**Our thoughts and prayers** are with the family of Bob and Carol Roberts upon the death of their granddaughter, Ellie Roberts, on June 27, 2026. Ellie is the daughter of Bobby and Annie Roberts of Jonesborough, TN.

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**Plainclothes law enforcement officers** are present during our services so that all may feel welcome, secure and free to worship, fellowship and experience God's grace freely. Our staff members are in direct communication with the officers should you feel the need to ask for assistance or voice a concern.

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**Central.Giving.**

**Financial Update through May 2026:**

2026 Year to Date Tithes & Offerings: \$645,833

Total Annual Budget: \$1,550,000

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**For name tags:** <https://centralumc.org/adults#name-tag>. The cost is \$15 payable to Central UMC.

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**ECO-Tip:** Alternatives to single-use plastics include tableware items made out of bamboo, sugarcane (bagasse), palm leaves, clamshells or corn. These sustainable, compostable, environment-friendly items may cost a bit more to purchase, but they do not harm Creation and they do not add to the landfill. Look for them online or in major big box stores. Make your next picnic earth-friendly!



We all face difficult challenges in life. Sometimes having someone listen without judgement, show understanding, and compassion helps us keep our footing. Central has Stephen Ministers who commit to being this confidante. Even when it is hard to admit out loud our struggle to handle a life challenge, "asking for help could be the bravest thing you can do" (C. Mackesy)



Central's Pastors also are available to support you through phone calls, visits, and serving Communion. Please notify them if you are homebound, facing surgery, and/or any other medical treatment. Whether you may desire a Stephen Minister or pastoral care, please contact Pastor Lisa for a conversation to see how we can wrap our arms around you.

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### **ANNOUNCEMENTS**



Join us at 11:15 a.m. today for our **Table2Table Independence Day Celebration**. Please join us even if you didn't bring food!

**The Reconciling Ministry Group** will meet in Room 218 today at 11:15 a.m. This is a LGBTQ+ friendly group with mission projects.

**We have openings on the flower calendar** for **July 19** and **August 3**. If you are interested in placing flowers in the sanctuary on either date, please contact Mary Margaret Ingle at 828-691-1998. The cost is \$117.70 (for both arrangements) and you will be billed directly by the florist.



On Friday, July 24, join your Central UMC friends for a morning volunteering with **Habitat for Humanity!** The job site will be confirmed the week before. Jobs can vary and will be assigned that day. No experience or tools needed, but you may want sunscreen, sunglasses, a water bottle, gloves, and/or your own tools. Meet at 8:30 for instructions; work until noon; then join us afterward for lunch if you can!

Use the QR Code to register. Questions? Email Robin Smith at [drsmith@gmail.com](mailto:drsmith@gmail.com).



### **ANNOUNCEMENTS (Cont.)**

**Backpacking with Wilderness Trail** – rising 7<sup>th</sup> graders through graduating seniors are invited to join us July 13-18. No experience necessary! Just a desire to spend time in nature with God and good friends. Scholarships available! Sign up now on Realm. For more information, email [mchristy@centralumc.org](mailto:mchristy@centralumc.org).



**Calling EVERYONE** – are you 18 or older, able to pass a background check, and willing to share God's love by supervising, teaching, or feeding our young friends? We need your help! We need more safe adults to volunteer for Children's Church, after worship Children's Playtime or Kids with Purpose, Youth Group, providing youth meals and special events.

**We Are Hiring!** – We need a Nursery Supervisor, Nursery Staff and Nursery Substitutes. If this is something you might be interested in doing, please contact Maggie Christy at [mchristy@centralumc.org](mailto:mchristy@centralumc.org).



This summer, our neighbors are facing increasing challenges in finding healthy, affordable food to stock their pantries. With children home from school and prices soaring, the impacts of Helene continue to be felt in our community. We are partnering with ABCCM and the Churches of our community to ensure our neighbors are fed. The ABCCM Box is in the foyer on the second floor (outside the Fellowship Hall).

#### **Items Needed:**

Breakfast Cereal	Canned Veggies (green beans)	Sugar
Peanut Butter	Boxed Mac & Cheese	Jelly
Vegetable oil	Dry beans	Grits
Hearty soups	Oatmeal	Snacks

If you would like to contribute cold foods (to be delivered on Mondays), please bring:

Butter

Yogurt