



LARCHMONT UNITED METHODIST CHURCH

*The Vision of Larchmont Church is to be a vibrant, engaging, and inclusive church that follows Jesus Christ.*

**June 21, 2026**

**Fifth Sunday after Pentecost**

†Please stand as you are able

Prelude

*How Firm a Foundation*

Michael Burkhardt

Announcements and Greetings

†Passing the Peace

†Bringing in the Light of Christ

†Processional Hymn

*How Firm a Foundation (vv. 1-4)*

No. 529

†Introit

*Stand by Me*

No. 512

*When the world is tossing me like a ship upon the sea,  
thou who rulest wind and water, stand by me.*

†Call To Worship based on the book of Jonah      David Lannetti Worship Leader

Leader:      The Lord is the maker of sea and dry land, and His compassions never fail.

**People:      Though we run from His presence, His mercy pursues us in the storm.**

Leader:      Let us cry out to the Lord in our distress, and He will answer.

**People:      With shouts of thanksgiving, we offer our lives to the One who saves!**

Leader:      Come, let us worship the God of grace and deliverance.

Prayer for the Day

**Holy Lord, You are a God of compassion, abounding in steadfast love and slow to anger. Lord, forgive me for the times I have run from Your calling, choosing my own path instead of the one You have laid out for me. When the storms of my own making crash over me, and I find myself sinking into the depths of my own distress, do not turn Your face away. Thank You for being a rescuer who meets me in the dark places. When my soul is overwhelmed, help me to remember You and to fix my eyes on Your grace. Free me from my stubbornness, my prejudices, and my desire to limit Your love for others. Give me a heart that beats in rhythm with Yours, eager to share Your message of redemption and willing to go wherever You call me. Amen.**

Scripture Lesson

Jonah 3:1-10; 4:1-3

Worship Leader

Leader: The Word of the Lord

**People: Thanks be to God**

Sermon

*“The Wideness of God’s Mercy”* (Jonah)

Rev. Fran Cooper

WORSHIP SERIES: Minor Prophets – Major Truths

Anthem

*What If I Could Tell You*

Heather Sorenson

*What if I could tell you no one has to walk alone?  
You can choose another pathway, one that feels like home.  
And what if I could tell you this was not your cross to bear,  
not your grief to hold, not your curse to wear?  
And what if I could show you how to lay your burdens down,  
How to dive into the deep, how to swim but never drown?*

*So, shine your light, and sing the songs you couldn’t sing before.  
Fly ‘till you’re safe on heaven’s shore.*

*What if I could tell you, you are seen, you are heard?  
You might think your voice is silenced, but we hear every word.  
And how can I convince you of the worth you cannot see?  
Shackles have a key. People can be free.  
What if I could tell you we’ll do better than before  
to see the ones we’re losing, and to give them wings to soar.*

*Shine your light and sing the songs you couldn’t sing before.  
Fly ‘till you’re safe on heaven’s shore.*

*What if I could tell you no one has to bow in shame?  
What if I could tell you that to God, we’re all the same?*

Prayers of the People

The Lord's Prayer

†Response Hymn

*Here I Am, Lord*

No. 593

Celebrating Our Offerings

Offering Prayer (unison)

**Dear Heavenly Father, as we build for the future today,  
may our gifts shine Your light and show Your way.  
Help us to serve as living stones,  
our work to be your vibrant home. Amen.**

Offertory

*Holy Spirit, Truth Divine*

Healey Willan

Doxology

*Praise God, From Whom All Blessings Flow*

No. 94

TUNE: LASST UNS ERFREUEN

*Praise God, from whom all blessings flow;  
Praise God, all creatures here below; Alleluia. Alleluia.  
Praise God, the source of all our gifts; Praise Jesus Christ, whose power uplifts,  
Praise the Spirit, Holy Spirit. Alleluia. Alleluia. Alleluia.*

†Closing Hymn

*Stand by Me* (vv. 1,2,3)

No. 512

†Benediction

†Benediction Response

*In the Meantime*

Ralph Ingraham

*In the meantime, we wish you happiness.  
Try to be perfect; Help one another;  
Be united; Live in peace.  
And the God of Love and Peace will be with you.  
Amen. Amen. Amen.*

†Postlude

*Let All Things Now Living*

Kristina

Langlois

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## **VBS 2026: Supplies and Volunteers Needed**

We are looking for adult size shoe boxes for craft activities. Any that you can donate would be greatly appreciated.

Additionally, adults and youth are needed for Crew Leaders, Monday - Thursday, July 13-16, 9:00-12:00. You will be responsible for leading a group of 6-8 children to their different Stations (crafts, games, story, memory verse, experiments, and snacks). Contact Cathy Hickman: 757-286-5671.

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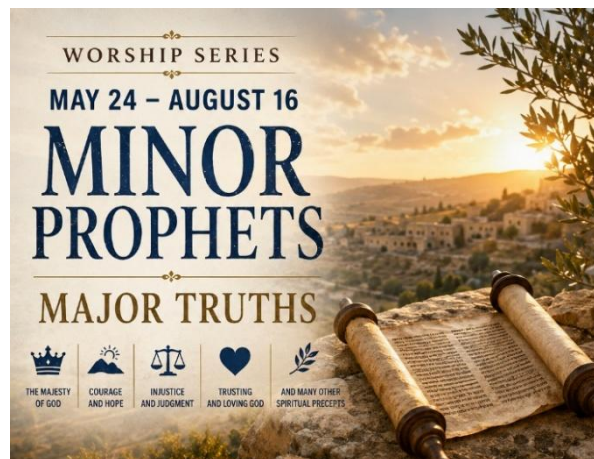
## **Confirmation classes are about to begin here at Larchmont UMC**

Students, rising 6th grade and up, are invited to take part in this process and celebration of this wonderful faith event. Pastor Fran will teach/lead these sessions. Confirmation is often the first opportunity a young person has to publicly make a public profession of faith in Jesus Christ. If your student is interested in taking part, contact Pastor Fran at [pastor@larchmontumc.org](mailto:pastor@larchmontumc.org).

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**Acolytes and Crucifers:** Children in 2nd grade - High School are invited to become Acolytes and Crucifers. Training will be provided at your convenience. We schedule Acolytes and Crucifers for Communion Sundays (the first Sunday of each month). They may also be scheduled for special services during Lent and Advent. We look forward to your participation. Please contact Cathy Hickman, 757-286-5671 or [education@larchmontumc.org](mailto:education@larchmontumc.org).

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## **Worship Series: Minor Prophets--Major Truths: Lasting Truths from the OT Minor Prophets**

For many Christians, the Minor Prophets can seem distant and incomprehensible. Twelve Voices for Truth shows how these ancient prophets still speak to believers today. By exploring each book's theme in the context of history and revelation, you'll learn how the prophets speak to you today. Though the books may be minor in length, they are major in

the truths they teach, including: the majesty of God, courage and hope, injustice and judgment, trusting and loving God, and many other spiritual precepts. This study helps you discover Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah and Malachi.

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## **Larchmont United Methodist Church Foundation 2026 Request for Grant Proposals**

The Larchmont United Methodist Church Foundation is an incorporated entity separate from but affiliated with the Church. Our mission is to financially support and enhance the Christian ministries of Larchmont United Methodist Church (LUMC). Each year the Foundation awards grants in support of ministries within and outside of our church for evangelism, community service, education, benevolence, and all forms of Christian outreach. Grants are funded from assets owned by the Foundation.

The Foundation is currently accepting grant proposals from within LUMC as well as community groups and organizations outside the LUMC family. The grant proposal **must** be in writing, for a purpose other than to supplement a regular LUMC budget item, and include the following:

- A clear statement of the purpose(s) of the proposed grant and the specific amount requested.
- A summary of how the requested funds will be spent within the twelve months following approval of the grant proposal.
- For groups outside of LUMC, descriptive information about the requesting group or entity.
- A point of contact, including name, organization, phone number(s), mailing address and email address.

Grant proposals may be submitted electronically or by mail.

- Email submissions are encouraged. Please attach your proposal as a PDF or Word document and send to [wina.giddens@gmail.com](mailto:wina.giddens@gmail.com)
- Alternatively, submission may be mailed to:  
Larchmont United Methodist Church Foundation  
Attention: Grants Committee  
1101 Jamestown Crescent  
Norfolk, VA 23508

All applications must be received by **July 26, 2026**. Funding decisions are scheduled to be finalized in mid-August. All applicants will be notified of the outcome of their application.

For more details, contact Wina Giddens at [wina.giddens@gmail.com](mailto:wina.giddens@gmail.com).

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## THIS WEEK AT LARCHMONT UNITED METHODIST CHURCH

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### Sunday, June 21, 2026

8:15 a.m. Heavenly Grounds  
8:30 a.m. Nursery  
8:35 a.m. Worship Service  
9:30 a.m. Sunday School Classes  
10:30 a.m. Worship Service

### Tuesday, June 23, 2026

10:00 a.m. Staff Meeting  
6:30 p.m. Night at the Ball Park  
7:00 p.m. BSA Troop 24 (FH)

### Wednesday, June 24, 2026

6:00 p.m. 835LIVE Band Rehearsal  
6:30 p.m. Wednesday Night Prayer Group

### Sunday, June 28, 2026

8:15 a.m. Heavenly Grounds  
8:30 a.m. Nursery  
8:35 a.m. Worship Service  
9:30 a.m. Sunday School Classes  
10:30 a.m. Worship Service  
noon Beacon Youth—Noon Crew  
5:00 p.m. Confirmation Class  
6:00 p.m. Beacon Youth Volunteers  
6:00 p.m. Music on the Greenspace

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Use this QR code to give online using your phone. →



Online Giving

### Thank You from Our Missions Committee

Thanks to the generosity of our congregation, we successfully assembled **100 UMCOR Hygiene Kits!** Through donations of supplies and pre-made kits, our church came together to support individuals and families affected by disasters and hardship around the world. We are grateful to everyone who contributed items, packed kits, and helped make this mission project a success. Your kindness and commitment to serving others will make a meaningful difference in the lives of those in need.

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## LARCHMONT UMC NOTICES

June 21, 2026

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Today's alter flowers are given to the Glory of God  
and in celebration of Father's Day and June birthdays by Jack and Sue Meservey.

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We welcome as our guest organist Ms. Lisa Smith. Thank you, Lisa.

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### Night at the Ball Park:

**June 23, 6:35 pm:** The Anchor Men's group are arranging for this "outing" as a Full-Family-Fun and church-family outing. The game begins at 6:35pm. Regular ticket prices are \$21, but if we get 20 or more people, tickets are only \$14. The church bus and other cars that are carpooling will leave the church parking lot at 5:35 p.m. Please contact Jonathan Clark, clarkjon1058@gmail.com, by June 18 to reserve your tickets and reserve a spot on the bus. Or you can just meet us at the game. There will be fireworks after the game.

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### MUSIC ON THE GREENSPACE IS BACK:

**4<sup>th</sup> Sundays June-Sept, 6:00 p.m.**

Get out your lawn chairs and coolers, we are back for another season of Music on the Greenspace! Join us for a free outdoor concert. We'll have free hot dogs and all are welcome (even your well behaved dogs on a leash). On **June 28<sup>th</sup>**, we are welcoming back Caribbean Steel - soothing and invigorating sounds of the islands.

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### SPRC Staff Spotlight

The Staff Parish Relations Committee is highlighting a member of the LUMC staff each month in 2026. Our staff is very important to the ministries of our church and the committee felt it was important to recognize them. For June, we are recognizing our Digital Communications Specialist, **RON PIONK**.

Ron began assisting with church audio/visual needs in 2023, and has since become our Digital Communications Specialist, where he posts announcements to Facebook, Instagram, and the church website and generally manages the LUMC online presence. Outside of LUMC, Ron enjoys playing soccer and spending time with his pug. He holds a Bachelor of Science degree in Communications. Thank you, Ron

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## Assisting in Worship

	<b>This Sunday</b> <b>June 21, 2026</b>	<b>Next Sunday</b> <b>June 28, 2026</b>
<b>Worship Leader</b>	Dave Lannetti	Monica Levow
<b>Media Tech</b>	Wina Giddens	Sara Morris
	Lucas Seymour	Lucas Seymour
<b>Sound Tech</b>	Jeff Paiste	Stephen Croffie Djan
<b>Camera Tech</b>	Stephen Croffie Djan	Jeff Paiste
<b>Security Trustee</b>	Ben Hatcher	Gene Levow
<b>Sunday Stewards</b>	Dave Lannetti	Sandra Clark
	Robert King	Brian Casey
<b>Monday Counters</b>	Robert King	Gordon Glover
	Watt Jones	Gary Chiaverotti
<b>Bus Driver</b>	Jonathan Clark	John Fitzwilliam
<b>Ushers</b>	Traci Shepard	Brian Casey
	Monica Levow	Bill Lehew
	Rob Baxter	Rob Baxter
	Ben Hatcher	Kami Lannetti

**Larchmont United Methodist Church**  
**1101 Jamestown Crescent**  
**Norfolk, VA 23508**  
**757-489-8168 office/ 757-489-1267 fax**

Lead Pastor  
Administrative Assistant  
Pastor of Visitation  
Music Director  
Organist  
Financial Secretary  
Bookkeeper  
Preschool Director  
Children's Ministry Director  
Youth Director  
835LIVE Worship Leader  
Digital Communications  
Housekeeper

Rev. Fran Cooper; [pastor@larchmontumc.org](mailto:pastor@larchmontumc.org)  
Becky Whitlow; [office@larchmontumc.org](mailto:office@larchmontumc.org)  
Dave Loughery; [pov@larchmontumc.org](mailto:pov@larchmontumc.org)  
Karla Robinson; [music@larchmontumc.org](mailto:music@larchmontumc.org)  
Will Pearson; [wpearson@odu.edu](mailto:wpearson@odu.edu)  
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Meg Ditty; [lumps@larchmontumc.org](mailto:lumps@larchmontumc.org)  
Cathy Hickman; [education@larchmontumc.org](mailto:education@larchmontumc.org)  
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Dai Poole; [worshipleader@larchmontumc.org](mailto:worshipleader@larchmontumc.org)  
Ron Pionk; [CommunicationsSpecialistLUMC@gmail.com](mailto:CommunicationsSpecialistLUMC@gmail.com)

Robert Ragland