



LARCHMONT UNITED METHODIST CHURCH

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

July 5, 2026

Seventh Sunday after Pentecost

Prelude

Monument

Brenda Portman

Announcements and Greetings

†Passing the Peace

†Bringing in the Light of Christ Mikey Levow (Acolyte); Thomas Shearin (Crucifer)

†Processional Hymn *'America's Faith' Medley* No. 697, 696, 698

***My Country, tis of thee** (No. 697, v. 1)
My country, 'tis of thee, sweet land of liberty,
Of thee I sing; land where my fathers died,
Land of the pilgrim's pride, from every mountain side
Let freedom ring.*

***America the Beautiful** (696, v. 1)
O beautiful for spacious skies, for amber waves of grain;
For purple mountains majesties, above the fruited plain!
America! America! God shed his grace on thee,
And crown thy good with brotherhood
From sea to shining sea.*

***God of the Ages** (698, vv. 1, 2)
God of the ages, whose almighty hand
leads forth in beauty all the starry band
of shining worlds in splendor through the skies,
our grateful songs before thy throne arise.*

*Thy love divine hath led us in the past;
in this free land with thee our lot is cast;
be thou our ruler, guardian, guide, and stay,
Thy Word our law, thy paths our chosen way.*

Thy Word our law, thy paths our chosen way. AMEN.

†Call To Worship

Jonathan Clark, Worship Leader

Leader: This is the anniversary weekend of our 250th American Independence Day.

People: We celebrate a time when our country declared its independence from foreign domination.

Leader: But many things still dominate our hearts: fear, apathy, intolerance, anger.

People: May God hear our celebrations and our cries for help.

Leader: Remember how God has blessed you and be a blessing to others.

People: Lord, keep our hearts and minds open to your word and your way. AMEN.

Prayers of the People

Solo

King of my Heart
Sarah Kingsley, soprano

John Mark and Sarah McMillan

Scripture Lesson

Nahum 2:11-13

Worship Leader

Leader: The Word of the Lord

People: Thanks be to God

Sermon

"The True Avenger"
WORSHIP SERIES: Minor Prophets – Major Truths

Rev. Fran Cooper

Invitation to Communion

Prayer of Confession

Words of Assurance

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

In Memoriam

Lani Smith

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.*

†Communion Hymn

For the Healing of the Nations
(Elements are brought forward during this hymn)

No. 428

The Great Thanksgiving

The Lord's Prayer

Receiving the Bread and the Cup

Please come forward to receive the elements as led by the ushers.

Music During Communion

Come, Ye Disconsolate

(Lyrics by Thomas Moore/Thomas Hastings; Music by Samuel Webbe)

Come, ye disconsolate, wherever ye languish;

Come to the mercy seat, fervently kneel.

Here bring your wounded hearts, here tell your anguish.

Earth has no sorrow that heaven cannot heal.

Joy of the desolate, light of the straying,

Hope of the penitent, fadeless and pure.

Here speaks the Comforter, tenderly saying,

"Earth has no sorry that heaven can not cure."

Here see the bread of life, see waters flowing,

Forth from the throne of God, pure from above.

Come to the feast of love, come, ever knowing,

Earth has no sorrow, but heaven can remove. Amen.

Improvisation on Cwm Rhondda (Will Pearson)

†Response Hymn

Holy, Holy, Holy (vv. 1,3)

No. 64

†Benediction

†Postlude

Toccata on Lift Every Voice and Sing

Mark A. Miller

THIS WEEK AT LARCHMONT UNITED METHODIST CHURCH

Sunday, July 5, 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, July 7, 2026

10:00 a.m. Staff Meeting
7:00 p.m. BSA Troop 24 (FH)

Wednesday, July 8, 2026

10:00 a.m. Fleece Throw Crafting
6:00 p.m. 835LIVE Band Rehearsal
6:00 p.m. Girl Scout Troop 444
6:30 p.m. Wednesday Night Prayer Group
6:00 p.m. Anchor Men

Sunday, July 12, 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
11:30 a.m. Congregational Care
5:00 p.m. VBS Family Night Supper and Study

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



Online Giving

MUSIC ON THE GREENSPACE 4th Sundays Through 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 **July 26th**, we are welcoming **Symphonic Artistry** (Concert Band)

August 23- Doorway Singers
September 20- Dixieland Band

LARCHMONT UMC NOTICES

July 5, 2026

FUNDAY SUNDAY IS AUGUST 30th – and YOU can help!! Are you a great party planner? Do you have fun ideas for kid/adult outdoor play? Can you suggest a craft/missions project for our event? What would you like us to include as we plan our community-wide picnic? Mark your calendars now, and email your ideas (and offers of help!) to us at events@larchmontumc.org



SPRC Staff Spotlight

The Staff Parish Relations Committee will be 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 July, we are recognizing our Children's Education Director, Cathy Hickman.

Her job includes:

- Overseeing the engaging curriculum for our children's Sunday school classes,
- Planning bulletins, children's messages, and other ways to involve children in the Sunday morning services,
- Planning and overseeing VBS, which not only serves the children of LUMC, but the entire Larchmont community, caring for the children and their families of LUMC by providing supplemental readings, lessons, and actives to do at home, and
- Planning dinners and fellowship time for families with children.

Outside of LUMC, Cathy enjoys:

- Spending time with her family and attending her grandkids' sporting events and programs,
- Walking
- Working jigsaw puzzles, and
- Taking care of Brinkley, the family's golden-doodle.

Women's Fellowship:

Thursday July 16, 6pm: Women's Supper Club meets at Chicken Salad Chick.

Anchor Men's July Breakfast

Join the Anchor Men for breakfast and fellowship at Biscuit Belly on Hampton Blvd at 9am on Saturday, July 18. Please contact Jonathan Clark, clarkjon1058@gmail.com, if you plan to attend so that we have an accurate headcount. Invite a friend!

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
- 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.



Larchmont UMC Nags Head Vacation!

This is your opportunity to bid on a week in Kitty Hawk, North Carolina, which has again been generously donated with proceeds to go to the Music Ministries of LUMC by G.M. Ziller.

To view this wonderful resort, you can go to www.beachwoods.com. It is located right across the bridge going into Southern Shores, turning right towards the sound. There is a shuttle that regularly transports you to private beach parking on the Atlantic Ocean.

The rental starts on the afternoon of July 27th, and includes two adjoining condos, each with kitchen, bedrooms, living room and deck. You could spend time at the beach, the pools (they boast the largest pool on the Outer Banks, and an Indoor Water Park), paddle boats, the tennis and pickleball courts, or exercise room (not to mention the rest of Kitty Hawk, Nags Head and the Outer Banks.)

We will be taking offers until July 7th, so start planning now!

Email your bid to Pastor Fran pastor@larchmontumc.org and spend a week relaxing in Nags Head.

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 show 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 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.

Assisting in Worship

	This Sunday July 5, 2026	Next Sunday July 12, 2026
Worship Leader	Jonathan Clark	Chris Burge
Media Tech	Wina Giddens	Sara Morris
		Lucas Seymour
Sound Tech	Bill Huber	Stephen Croffie Djan
Camera Tech	Stephen Croffie Djan	Jeff Paiste
Security Trustee	Chris Calvert	Gene Levow
Sunday Stewards	Brian Casey	Linda Dunn
	Jonathan Clark	Pris Peake
Monday Counters	Watt Jones	Pris Peake
	Robert King	Laura Fitzwilliam
Bus Driver	Dave Lannetti	Rob Baxter
Ushers	Jonathan Clark	Traci Shepard
	Laura Calvert	Rob Baxter
	Chris Calvert	Ben Hatcher
	Monica Levow	William Lehew

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

Lead Pastor	Rev. Fran Cooper; pastor@larchmontumc.org
Administrative Assistant	office@larchmontumc.org
Pastor of Visitation	Dave Loughery; pov@larchmontumc.org
Music Director	Karla Robinson; music@larchmontumc.org
Organist	Will Pearson; wpearson@odu.edu
Financial Secretary	Rita Turner; giving@larchmontumc.org
Bookkeeper	Amber Pickrell, bookkeeping@larchmontumc.org
Preschool Director	Meg Ditty; lumps@larchmontumc.org
Children's Ministry Director	Cathy Hickman; education@larchmontumc.org
Youth Director	youth@larchmontumc.org
835LIVE Worship Leader	Dai Poole; worshipleader@larchmontumc.org
Digital Communications	Ron Pionk; CommunicationsSpecialistLUMC@gmail.com
Housekeeper	Robert Ragland