



October 18, 2026 | 11:00 | Traditional Worship

ENTER INTO GOD'S PRESENCE

WELCOME

Assisted listening devices are available in the sound booth.

PRELUDE

Kids Ringers 2-3

Jesus Shall Reign

Music by Erin MacGorman

† CALL TO WORSHIP

† Indicates the congregation should stand.

L: God calls us to be people of love.

P: God doesn't mean the sentimental notion of love portrayed in movies and novels.

L: Truly loving can sometimes be difficult.

P: Yet we are called to reach beyond the difficulty with compassion.

L: In all of this, God is with us, guiding and helping us.

P: Thanks be to God for His faithful presence.

L: Let us worship God.

† PROCESSIONAL HYMN 170

O How I Love Jesus

O HOW I LOVE JESUS

† PRAYER

Lord of light and hope, be with us this day as we gather to hear Your word. Help us open our hearts to the commandments to love, even when loving is difficult. Give us the courage to be people who will commit our whole lives in Your service. We ask this in Jesus' name. Amen.

† PASSING THE PEACE OF CHRIST

Welcome each other. Welcome the stranger. Welcome all who come. As Christ welcomes everyone, let us open our hearts and homes and lives. Let us be Christ to everyone we meet. Now greet one another as a sign of God's peace.

L: The peace of Christ is here among us.

P: **Thanks be to God.**

ANTHEM

Covenant Choir

Be of Good Cheer

Music by John Purifoy

Be of good cheer for I have overcome the world and all that is in it. I have said this to you that in Me you may have peace, For in the world you will find tribulation all around. Be of good cheer, I have overcome the clouds that gather 'round you. Let the light break through and find Me there.

LISTEN TO GOD'S WORD

CALL TO THE WORD

The whole notion of self-care has really become popular in secular, humanistic thought. However, the concept of tending to your mental, spiritual, emotional, social and physical needs is founded in the Bible. The goal of self-care is not to indulge in and fulfill selfish desires. The time you spend refreshing and refueling is time well spent. When life becomes hard, relationships erode and stress builds, but you are facing it with a full tank because you've spent time refueling. Today's Gospel passage compels us to live out the great commandment urging us to love one another as we love ourselves.

† GOSPEL LESSON

Matthew 22:36-40

³⁶ "Teacher, which commandment in the law is the greatest?" ³⁷ He said to him, " 'You shall love the Lord your God with all your heart and with all your soul and with all your mind.' ³⁸ This is the greatest and first commandment. ³⁹ And a second is like it: 'You shall love your neighbor as yourself.' ⁴⁰ On these two commandments hang all the Law and the Prophets."

The Gospel of the Lord.

Praise to You, Lord Jesus Christ!

SERMON

The Five Pillars of Self-Care

Rev. Stephanie Tunison

RESPOND TO GOD'S WORD

HYMN OF RESPONSE 337

Only Trust Him

STOCKTON
vv. 1, 3

LIFE OF THE COMMUNITY

OFFERTORY

Covenant Ringers

For the Beauty of the Earth

Music by Kevin McChesney

† DOXOLOGY

Praise God, from Whom all blessings flow; praise Him, all creatures here below; praise Him above, ye heavenly host; praise Father, Son, and Holy Ghost. Amen.

† PRAYER OF DEDICATION

With what You see before us, God, we demonstrate our deepest love. Receive our gifts – our very best – as sweet offerings before You. May they be the blessing to others as we seek to bring Your love into the world. We ask this in the name of Christ who taught us to pray:

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, and 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.

GO FORTH WITH GOD'S BLESSING

† RECESSIONAL HYMN 384

Love Divine, All Loves Excelling

BEECHER

† BENEDICTION

† POSTLUDE

Recessional in C Major

Music by Colin Mawby

Music and Streaming Licenses: CCLI #2501769 | OneLicense #A-735406

Scripture readings are New Revised Standard Version Updated Edition (NRSVUE) unless otherwise noted.

IN WORSHIP TODAY

ALTAR FLOWERS

Today's altar flowers are given by Susan and Sam Varghese, thanking God and praising Him for this church and for reaching and surpassing our Capital Campaign goals. "Great is His Faithfulness."

WORSHIP LEADERS

Rev. Markus Wegenast, *Senior Pastor*

Rev. Stephanie Tunison, *Guest Preacher*

Natalie and Russell Woeste, *Acolytes*

Caroline Reinke, Les Sper, *Lay Readers*

Joe Galyon, *Director of Worship and Arts*

Moyue Zhou, *Staff Pianist*

Kids Ringers 2-3, Christina Guggenberger (director), Barbara

Risk (director), Covenant Choir, and Trinity Ringers, *Musicians*

David Eberhardt, *Director of Contemporary Worship*

Rev. Stephanie Tunison is a Licensed Professional Clinical Counselor with a Master of Arts degree in Community Counseling from the University of Cincinnati. Ordained in the United Methodist tradition with course work from United Theological Seminary, her secondary appointment is at Hyde Park Community United Methodist Church.

TELL US YOU'RE HERE

Thank you for worshiping with us. Please use the yellow communication sheet or this QR code to tell us you are here and to share prayer requests. If worshiping online, use [this link](#).



See www.cos-umc.org for more information about our ministries