



GATHERING TOGETHER

Welcome to Worship. We are so glad that you are joining us today. We invite you to open your spirit to this time of worship, song, prayer, inspiration and challenge.

In consideration of others, please silence electronic devices.

“+” indicates to stand in body or spirit as you choose.

STATEMENT OF INCLUSION



All people are welcome at First United Methodist Church. We are proudly part of the Reconciling Ministries Network and welcome all persons, regardless of sexual orientation, gender identity, race, ethnicity, age, physical or mental capacity, and education, socio-economic or marital status.

CHILDREN ARE WELCOME HERE!

Nursery Care

(Infant–4 years old)

Nursery care is available every Sunday from 9:00 a.m.–12:00 p.m.

‘Ohana Sunday School

(PreK–6th Grade)

Children age 3 yrs. through 6th grade are invited to one room Sunday School (rm 104) after the Children's Sermon in Worship. Pickup time is 11:00 a.m.

Questions? *Early Pick Up?* See the Children's Ministry Superintendent in the Children's Ministry Office.

INDIGENOUS LAND

ACKNOWLEDGEMENT

We, acknowledge that the land upon which we worship was the ancestral homeland of the Tongva People for thousands of years. Approximately two thousand Tongva people still live in the Los Angeles area. We honor their connection to this region and give thanks for the opportunity to live, work, worship and learn on this sacred land.



PRELUDE

"Intrada" from *Miniature Suite for Organ* John Ireland (1879-1962)

+ CALL TO WORSHIP

Gather us in, the brokenhearted and the joyful.

Gather us in, the weak and the strong.

Gather us in, the fearful and the brave.

Gather us in, the young and the old.

Gather us in, to sing of God's works.

Gather us in, to praise Jesus Christ.

Gather us in, to worship and wonder.

Gather us in, to know of God's love.

+ OPENING HYMN *What a Friend We Have in Jesus* UMH 526

+ WELCOME AND SHARING THE PEACE OF CHRIST

The peace of Christ be with you, **and also with you.**

COMMUNITY OPPORTUNITIES

TIME FOR YOUNG CHRISTIANS

Lord, Listen to Your Children Praying TFWs 2193

*Children are invited to come forward or remain seated.
As the children gather, we sing together.*

Lord, listen to your children praying,
Lord, send your Spirit in this place;
Lord, listen to your children praying,
send us love, send us power, send us grace.

GATHERING OUR HEARTS IN PRAYER

CENTERING SONG *Live in Charity* TFWs 2179

Live in charity and steadfast love,
live in charity; God will dwell with you.

Live in charity and steadfast love,
live in charity; God will dwell with you.

Moment for Silent Meditation

IN OUR PRAYERS...

As a community of faith, let us hold these persons in our prayers:

For Healing: Ruby Alcantara, Ronan Bessler, Sharon Ann Brown, Carol Browne, Joey Cooper, Fred Copeland, Nicholas Cukurs, Willa Dalrymple, Albert Davis, Mary Davis, Arlene Duncan, Melissa Giles, Suanne and Eric Dewey-Hoffman, Family of Ann Dougherty, Family of Eric and Darla Dyson, John Evans, Cameron Fernandez, Cosette Fester, Chris Gillmon, Tom Griffith, Nathan Hahn, Brett Hain, Sofia Hain, Cindy Heckman, Efren Hernandez, Family of Larry Jaffe, Lisa Jaffe, Norman Jensen, Stephen Kastner, Lori Ketterling, Laurie Strathdee King, Julie-Ann Kosakowski, Rachel Lang, Milika Laulile, Meredith Lyon, Michael McRae, Judith Mueller, Carol Nunemaker, Katherine Olivas, Leslie Parham, Tommy Parham, Jonathan Poutney, Sarah Rudchenko, Irv Seidman and family, Kathleen Sesplaukis, Hazel Slaughter, Frances Smith, Tim Snider, Jim and Amy Sommerville, Jeffrey Stephens, Marge Strand, Tim Sun, Keno Sy and family, David T., Karen Thompson, Carolyn Tokunaga and family, Crystal Ward and family, Deb and Gary Webster, Jan Wentz, Gordy Wenzel, Nadine Wittry and family, Sonia Wittry, Ann Zeiss

Prayer requests may be shared via connect@fumcpasadena.org and we will gladly add them.

LET'S CONNECT!

Connect cards are located at the back of the chapel. Please use a Connect Card to provide or update your contact information, for information on church programs, make a prayer request or communicate a message to our pastors. Place completed cards in the offering box near the back of the chapel. If you are part of the Connected (Online) Campus, send an email to connect@fumcpasadena.org.

PRAYERS OF THE PEOPLE

Lord, in your mercy, **hear our prayer.**

THE LORD'S PRAYER

**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**

LISTENING FOR GOD'S WORD

NEW TESTAMENT READING

Isaiah 40: 28-31

Have you not known? Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
He gives power to the faint
and strengthens the powerless.
Even youths will faint and be weary,
and the young will fall exhausted,
but those who wait for the Lord shall renew their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.

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

ANTHEM

Prayer

David W. Guion

Carrah Stamatakis, alto

SERMON

Be Still and Give It A Rest

Rev. Mina Nau-Mahe

RESPONDING TO GOD'S WORD AMONG US

INVITATION TO THE OFFERING

+PRESENTATION MUSIC *Praise God, from Whom All Blessings Flow* UMH 94

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 up-lifts!
Praise the Spirit, Holy Spirit!
Alleluia! Alleluia! Alleluia!

+PRAYER OF DEDICATION

We work for you, God, in whatever we do. Paid labor, volunteer work, our home life—all our time we spend for you. Thank you for jobs which provide us with an income or pensions that support us. We share the fruit of our labor with you, knowing that you are the Great Provider. Use these offerings in your kingdom work, as you provide good news, healing and hope to all people. Amen.

GOING INTO THE WORLD TO LOVE AND SERVE

+CLOSING HYMN

May You Run and Not Be Weary

TFWS 2281

+BENEDICTION

+POSTLUDE

Improvisation on "Be Still My Soul" Aaron Shows (b.1989)

OFFERING TO GOD OUR HEARTS, OUR LIVES AND OUR GIFTS

Giving supports all of the ministries of the church, making it possible for us to offer ministries of hope, hospitality, service and compassion in Pasadena, and around the world.

If you'd like to partner with us and make a financial gift today, you may use your phone to scan the QR code below.



REVISED SOCIAL PRINCIPLES

Capturing the Wesleyan spirit of social holiness and ethical action, over 4,000 United Methodists from around the world participated in an eight-year process to review and update the United Methodist Social Principles. Completed in 2020, this new draft document reflects the United Methodist response to today's most pressing social issues and was adopted at The General Conference 2024.



UPCOMING OPPORTUNITIES @ FIRST UMC

For more information, email us at connect@fumcpasadena.org

TODAY

Centered Sundays, at 11:30 a.m. in the Church Library - Today Janet Logan will share The Four Gifts of a Process Group. After a brief description of what a process group offers, she will lead us in a meditation that centers us in God's character and God's promises to us.

Hospitality Ministry Training, after worship in Room 206 -

Come join us for a hospitality ministry training after worship. Learn how to greet and welcome new visitors so that they feel at home in our community. Training lasts about an hour.

Movie Night at 5:00 p.m. in the Church Lounge -

We will be viewing "Nyad" starring Annette Bening and Jodie Foster. The film follows the remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. All are invited to attend.

COMING UP

Save the Date for our Ministry Fair Fiesta, September 15 - We will be having our annual ministry fair on September 15 after worship on our Colorado Patio. This is a great opportunity to ask questions about the church, learn about our ministries, become a volunteer, and deepen our relationship with each other through fellowship—tacos included!

Celebrate Willa Dalrymple's Birthday With Us! - We are inviting everyone to come celebrate Willa Dalrymple's 90th birthday here at the church on August 31st at 2:00 p.m. Refreshments will be served. Please RSVP with Cheri Ehrlich (cheriehrlich@sbcglobal.net) to attend.

TODAY AT FIRST UMC

- 11:00 a.m. - Coffee Hour (Fellowship Hall)
- 11:00 a.m. - Hospitality Ministry Training (Room 206)
- 11:30 a.m. - Centered Sundays (Church Library)
- 1:00 p.m. - Children's Ministry Staff Meeting (Church Lounge)
- 5:00 p.m. - Movie Night (Church Lounge)

SERVING IN MINISTRY

The entire congregation shares in offering the ministries of this church. Some of the people who help lead our ministries include:

Pastor
Rev. Dr. Amy Aitken

Associate Pastor:
Rev. Mina Nau-Mahe

Liturgist:
Kelly Ma

Director of Music Ministries:
Scott Lehmkuhl

Organist:
Aaron Shows

Ministry Coordinator:
Dori Fotsch

Facilities & Office Manager:
Aisha Williams

Interim Business Manager:
Jami Carrera

Communications Director:
Ashley Slade

Leadership Council Chairperson:
Kevin Lussier

Lay Leader for Finance & Generosity:
Mikala Rahn

Lay Leaders for Missions:
Pam Marx & Rosalie Niemann

Chair of Trustees:
Paul Audley

TO SIGN UP FOR NEWS@FIRST VISIT
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