

Rediscovering our United Methodist

Roots

WEEK 5: HOLY
COMMUNION

1 CORINTHIANS 11:23–26

**THIRD SUNDAY
AFTER PENTECOST**

JUNE 9, 2024
10:30 AM

OUR VISION

To be a church that
is creative, fearless,
diverse, and vibrant,
where everyone is
welcome regardless
of where they are in
their faith journey.

WELCOME!

*"Whoever welcomes you welcomes me,
and whoever welcomes me welcomes
the one who sent me."*

(Matthew 10:40)

At Community of Faith, we believe each individual is of sacred worth and dignity as part of God's creation and as demonstrated by the life and ministry of Jesus Christ. We celebrate the beautiful diversity of all races, nationalities, and ethnicities. We welcome and affirm you whether you are rich or poor; love the Church, have never been to Church, or have been wounded by spiritual communities; gay, straight, or whatever your gender identity, expression, and sexual orientation may be; married or single; a person with children or without children; able-bodied, differently-abled, or challenged with mental or emotional health issues; certain of many things or full of questions. We vow to be a safe community truly open to everyone to grow in faith - God's love has no bounds.

Getting Connected

We are truly glad you are here! We invite you to look over this week's announcements. Feel free to participate in any upcoming activities that interest you. Pastor Abi, staff, or greeters are happy to answer any questions.

Check out **cofumc.org** for information about:

- ◆ Children & Youth
- ◆ Adult Learning & Small Groups
- ◆ Choir & Music Ministry
- ◆ The Food Pantry
- ◆ Local Mission & Outreach

Prayer Ministry

You may submit prayer, concerns, and praises online at pastor@cofumc.org at any time. These prayers are then collected and shared on Mondays with a small, faithful prayer team who commits to praying over all needs within the community.

Holy Communion

As a United Methodist congregation, we practice an open Communion Table. This means that **all** are welcome to participate. For those with allergies, gluten free elements are available upon request.

Guest Wi-Fi

To access wi-fi during worship, the guest password is: [Godlovesyou](#)



Giving

No cash today but still want to give? No problem. To give online by credit card or EFT transfer, please scan the QR code. Thank you!

WORSHIP GUIDE

Welcome! We are glad we could worship with you today!

May you experience God's blessing upon you.

** Please stand as you are able.*

PRELUDE

Oh For a Thousand Tongues, M. Miller
St. Paul's UMC Youth Choir

Allison Nguyen
Acolyte

WORDS OF WELCOME

Rev. Abi Foerster

MINISTRY MOMENT

Strategic Priorities

Video

*PASSING THE PEACE

*CALL TO WORSHIP

We come to worship and gather around God's table.

We come to remember God's grace.

We come to remember the story of God's love.

We come to be strengthened to share God's story.

We come to be reminded that all are welcome here.

We are all made in the image of God,

and are called to be one with Christ, one with each other,

and one in ministry to all the world!

*OPENING HYMN

I Come With Joy

UMH #617

*OPENING PRAYER

God, we thank you for all the ways you nourish us in this life – our bodies, our spirits, and our minds. We especially thank you today for the gift of Communion, the bread and cup Jesus promised would be his presence with us. Though this is a mystery to us, we trust it, we receive it, and we are grateful for the way it connects us to you and one another. In Jesus' name we pray. Amen.

SCRIPTURE LESSON

1 Corinthians 11:23—26

Joe East

At the conclusion of the reading:

May God add a blessing to the reading of this Word.

Praise be to God!

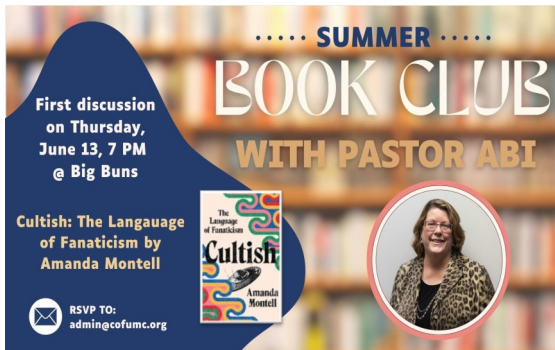
GRADUATE RECOGNITION

Graduates

*SONG OF PREPARATION	<i>Let Us Break Bread Together</i>	UMH # 618
A TIME OF CENTERING	<i>Roots</i>	Video Clip
WITNESS TO THE WORD	Root #5: Holy Communion	Rev. Abi Foerster
INVITATION TO GENEROSITY		Hannah Godfrey
OFFERTORY PRAYER		
*OFFERTORY	<i>By Invitation Only</i> , Lee Dengler	Sanctuary Choir
DOXOLOGY		UMH # 94
HOLY COMMUNION		Rev. Abi Foerster
<p><i>When you come forward to receive Holy Communion, please bring your tithes and offerings and place them in the brass plate on the altar. Or you may give electronically through our website https://cofumc.org/mycof-donate/. Thank you for your generosity.</i></p>		
THE LORD’S PRAYER		UMH # 895
SHARING THE MEAL	<i>Taste and See</i>	Screens
*CLOSING HYMN	<i>Now Let Us All from this Table Rise</i>	UMH #634
*BENEDICTION		Rev. Abi Foerster
*SUNG BLESSING & DISMISSAL	<i>Go Now in Peace</i>	UMH # 665
*POSTLUDE	<i>I Have the Joy</i> , Peterson	Kelly Nam



WAYS TO CONNECT, GROW & SERVE



Our first book club gathering is **THIS Thursday** at the Big Buns (7 PM) across the street to discuss the impact our language has on including and excluding others from the community of faith. Join the conversation even if you haven't read the book but are interested in the topic! RSVP on the clipboard or email Pastor Abi.



Ice Cream Social & Game Night: Help us kick off the summer with an old fashioned ice cream social and game night. We'll provide the ice cream — you bring your favorite topping to share and a board game (or two). Fun for all ages on Saturday, June 15, 6 — 7:30 PM.



Summer Schedule Update: Our new Summer schedule begins **Sunday, June 16** (Father's Day). Please mark your calendar now and plan to join us for worship at 10 AM, with discipleship opportunities before and after worship. Nursery available from 10 AM—Noon.



Calling All Youth! CoF and Vale Youth are gathering once a month over the summer and the first event is Sunday, June 23 from 5—7 pm at Vale UMC for dinner & Water Balloon Games. Save the date for a Pool Party at the Mihalaks' on Sunday, July 28. RSVP to Miracle Ryder at nextgen@cofumc.org.

New Access Panel: We installed a new access panel for our front doors for better security and functionality. The new system uses an APP and/or a code. Keys will no longer work. Please talk with our Receptionist, Tierra Whitlow, if an access code is needed. Thanks!

Ways To Connect, Grow, & Serve



Take Me Out to the Ball Game this Summer!
Join the family fun of minor league baseball on Saturday, July 13 for a 7 p.m. game in Fredericksburg, VA, between the Fredericksburg Nationals and the Carolina Mudcats. Tickets are just \$17 and you're close to the action! Sponsored by UMM, all are welcome! RSVP on the clipboard or email lacylusk@yahoo.com.

Join the Community of Faith group at the Washington Nationals' 4:05 p.m. Faith Day game on Aug. 31 against the Chicago Cubs. After the game, stay in your seats to hear some players and staff give their testimonies of faith. Tickets are \$31. Sponsored by UMM, all are welcome! RSVP on the clipboard or email lacylusk@yahoo.com.



Food Pantry Volunteers: To help support the Pantry, volunteers are needed to make food pick ups, sort groceries, and to distribute food to our neighbors (Tuesdays from 4—6 PM). To volunteer, contact Hannah Godfrey, Food Pantry Director, food@cofumc.org.



Part-Time Position: We are seeking an additional part-time (2-4 hours per week) Nursery Worker for Sunday mornings this summer. This position is often the first point of contact for new families with very young children and works collaboratively with our Children & Youth Ministry Director. For more information, please go to our website, "Employment Opportunities." Must be 18 years old or older.

PRAYERS

*Do you have an immediate prayer request?
There is an intercessory prayer team that prays
for all submitted prayer requests each week.
Please email any prayer requests to Pastor Abi.*

For our members

- Bonnie, Dhana, Chris, Gail, Marcia, Bobby, Violet & Dave, Rob Lynn, Carl, David, Nancy, Skip, Nancy Drake, Brian & Eddie, Steve, Kerry, Tracy, & Patty for health
- For Food Pantry donations and volunteers



**Our Delegates are
Heading to Annual
Conference in
Hampton, VA
June 19 - 22**

*Please keep them
in your prayers!*



For our parents and families

- Karen (Rolanna Bell-Lindell's sister) , for comfort and strength
- Parents of Lara Fries (Shelby), Jeff Mowery (Fred), Chris Gohrband (Virginia), Terri Orvis, Di Hannum (Dottie) Don & Debbie Fultz (Dorothy), (Beth) Joanna Dietz
- Tom (Gail's brother-in-law) & Ken Jones

(Rolanna's brother-in-law) as they recover from surgery.

For our friends & neighbors

- Food pantry volunteers, Slav & Nelly, as they prepare to move into their new apartment.

For our state, nation, and world

- Give patience and perseverance to the educators and students as they wrap up the year.
- Guide our new graduates on their next steps on their road to the future!
- Strengthen and comfort the victims of natural disasters across the world. Help them rebuild their lives, homes, & communities.
- Support Israel and Gaza in negotiations, give hope and freedom to the hostages, and an end to the war.
- Send tools to Ukraine that will help them retain their autonomy.
- US Military who are being deployed.
- Remember the lonely, the lost, the marginalized, the unemployed. Guide them to the help they need.
- In solidarity with the Ecumenical Prayer Cycle, this week we pray for the people, resources, and leadership of **Botswana & Zimbabwe**. [The Ecumenical Prayer Cycle | World Council of Churches](http://TheEcumenicalPrayerCycle.org) (oikoumene.org).

Expression of Christian Sympathy

- ♦ Comfort for the family and friends of Cynthia D'vanzo. Please give strength and support to her daughter, Jade.

WHAT'S HAPPENING & UPCOMING DATES

SUNDAY, June 9

Leadership Board, 3 PM

Boy Scouts Meeting: Court of Honor, 3:30 PM

MONDAY, June 10

Food Prep, 11 AM

TUESDAY, June 11

Food Prep, 11 AM

FP Kids Club, 3:30 PM

Food Distribution, 4 — 6 PM

Vespers, 7 PM

WEDNESDAY, June 12

Kentucky Youth Choir Departs, 8 AM

Boy Scouts Meeting, 6:30 PM

THURSDAY, June 13

Summer Book Club (Big Buns), 7 PM

Music Ministry Rehearsal, 7:30 PM

SATURDAY, June 15

Ice Cream Social & Game Night, 6 PM

SUNDAY, June 16—NEW SCHEDULE BEGINS!

Sunday School, 8:30 AM

In-Person & Live Stream Worship, 10 AM

Engagement hour, 11:15 AM

MONDAY, June 17

Food Prep, 11 AM

TUESDAY, June 18

Food Prep, 11 AM

FP Kids Club, 3:30 PM

Food Distribution, 4 — 6 PM

Vespers, 7 PM

WEDNESDAY, June 19

Annual Conference in Hampton, VA begins

Boy Scouts Meeting, 6:30 PM

THURSDAY, June 20

Music Ministry Rehearsal, 7:30 PM

LEADERSHIP & CONTACT INFORMATION

Ministers - The Entire Congregation

Leadership Board 2024

Gwen Zanin, chair | Terri Orvis | Jocelyn Gabriel (Lay Leader) | Greg Carter | Larry Gittings
Gina Lindquist | Sandra Baron | Bill Huff | Carol Larsen | Abi Foerster

Music Director: Dr. Mary Ann East | *Music Accompanist:* Dr. Kelly Nam

Food Ministry Director: Hannah Godfrey | *Children & Youth Ministry Director:* Miracle Ryder

Bookkeeper — Di Hannum Beatty | *Receptionist* — Tierra Whitlow

Nursery Care — Ali Greenberg

Resident Deacon — Joanna Dietz (revjodietz@gmail.com)

District Superintendent — Sarah Calvert | Bishop — Sue Hauptert-Johnson

Community of Faith United Methodist Church

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