



COMMUNITY
OF FAITH UMC

**SIXTH SUNDAY
AFTER PENTECOST**

**JUNE 30 2024
10 AM**

A vibrant photograph of a picnic basket. The basket is woven and filled with a variety of items: a large bunch of ripe red grapes, a wedge of white cheese, a small basket of fresh strawberries, and several bright yellow sunflowers. A blue and white checkered cloth is draped over the side of the basket. The background is a soft, out-of-focus green, suggesting an outdoor setting.

Feasting on Faith

**Exploring Hunger and Abundance
in God's Kingdom**

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

Here I Am To Worship

Praise Team
Genevieve Mihalak, Acolyte

WORDS OF WELCOME

Rev. Abi Foerster

*PASSING THE PEACE

*CALL TO WORSHIP

A table is set before us. A feast is prepared for us.

A meal of bread and wine, of meat and bitter herbs.

The Lord calls us to this supper of remembrance.

The Lord calls us to serve and to be served.

As we break the bread and share the cup,

our understanding may fail us.

But we will never forget Christ's example.

We will never forget the full extent of his love.

*OPENING HYMN

Come! Come! Everybody Worship

TFWS #2271

*OPENING PRAYER

On this day of rejoicing, O God of our ancestors, as we gather to break the bread, we remember that through the blood of the Lamb you redeemed us and made us pass over from death to new life. Grant that, as we celebrate your mighty deeds, we may be one with Jesus in offering you this sacrifice of praise and worship. Amen.

SCRIPTURE LESSON

Exodus 13:3-10 (NRSV)

Sandy Baron

At the conclusion of the reading:

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

Praise be to God!

CHILDREN'S MESSAGE

Miracle Ryder

*SONG OF PREPARATION

Glorious Things of Thee Are Spoken

UMH #731

WITNESS TO THE WORD	<i>Obedience</i>	Rev. Abi Foerster
*AFFIRMATION OF FAITH		UMH # 883
*DOXOLOGY	<i>Now, Thank We All Our God, v. 1</i>	Screens
PRAYERS OF THE PEOPLE		Hannah Godfrey
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>Love Divine, All Loves Excelling</i>	UMH # 384
*CLOSING HYMN	<i>Great Is the Lord</i>	TFWS # 2022
*BENEDICTION		Rev. Abi Foerster
*SUNG BLESSING & DISMISSAL	<i>Go Now in Peace</i>	UMH # 665
*POSTLUDE	<i>Holy Is the Lord, Prince</i>	Kelly Nam

WAYS TO CONNECT, GROW & SERVE



Stay & Play Engagement Hour This Week:

This summer, we're doing a DEEP dive into the Bible around hunger-focused texts during worship at 10 AM and then followed by a hands-on engagement hour for all ages at 11:15 AM!

Escape Room Game & "On the Go" Bags (Narthex Area)

While the Mission Team is setting up the Hands-On Mission Project ("On the Go" Bags for you to keep in your car to be able to give to someone experiencing homelessness or food insecurity), we are going to have some fun trying to escape from the "ticket booth" at our local High School! There are 5 challenges for teams to work through and each one has 5 trivia questions. Put your cell phones away and solve the mystery to escape.

Before we head home for the week, the Mission Team will also share more about our upcoming "Christmas in July" campaign for an Angel Shop later this year.

SOSA Giving Box Challenge: Save your change over the summer and bring back your donation on Serve Sunday, September 1.



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.

VBS is coming to Vale UMC (our partner in ministry)! VBS will take place July 30 - August 1 from 9:30-11:30 AM and all CoF children are encouraged to participate. Please register to attend and invite your friends and neighbors! Youth/Adults who would like to serve and be part of the team providing spiritual growth for children in our community, please talk to Miracle or email valedcym@gmail.com.

Ways To Connect, Grow, & Serve



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.

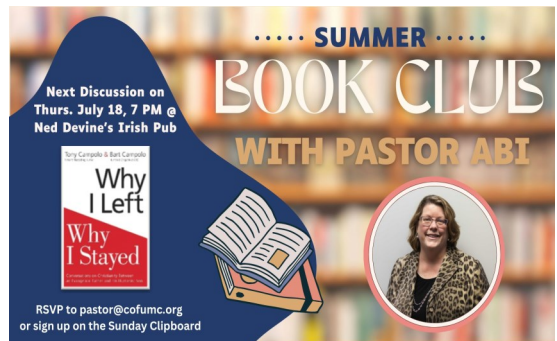


Let's Celebrate 25 Years of Our Food Pantry Ministry! Don your favorite Hawaiian shirt or Luau appropriate attire and come out for a festive evening under the stars. RSVP by Friday, July 12 (<http://evite.me/ndm97MuUy9>). Here's the schedule for the evening:

- 7:00 p.m. for Appetizers, Mingling, Moon bounce & Yard Games
- 7:30 p.m.- Welcome & Entertainment by our Choir and the Food Pantry Kid's Club

- 7:45 p.m.- Dinner provided by Uncle Fred's BBQ (pulled pork, pulled chicken, baked beans, coleslaw & options for kids)
- 8:30 p.m. Cake Cutting & Sno-Cones

Please RSVP by Friday, July 12 (<http://evite.me/ndm97MuUy9>). This event is free, but folks are encouraged to donate a toy for this year's Angel Tree (more info will be provided later). This event is outdoors on the front lawn, or for inclement weather will move indoors.



July Book Club: *Why I Left, Why I Stayed: Conversations on Christianity Between an Evangelical Father and His Humanist Son.* A dialogue between an evangelical pastor and his humanist son: "Rarely are questions of faith genuinely debated with [such] sincerity, insight, and compassion." —Bryan Stevenson, *New York Times*—bestselling author of *Just Mercy*. Email pastor@cofumc.org to RSVP or sign up on the Clipboard.

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

- Dhana, Chris, Gail, Marcia, Bobby, Violet & Dave, Rob Lynn, Carl, David, Skip, Nancy Drake, Brian & Eddie, Steve, Kerry, Tracy, & Patty for health
- For Food Pantry donations and volunteers, especially leading into the 25th anniversary celebration later this summer.
- Our COF congregation is troubled by the theft of our sanctuary sound system. Please lead us to a fair settlement from the insurance company. Guide the thief to mend his life of crime and come to a relationship with Christ.

For our parents and families

- Daniel Machado (Bonnie's grandson) for health.
- Canaan (Don & Debbie's grandson), as he recovers from two broken legs.
- Sharon DiBattista (Sara wood's mom), as she recovers from emergency surgery.
- Karen (Rolanna Bell-Lindell's sister) , for comfort and strength.
- Larissa Peppler's best friend is in the last stages of bone cancer. Surround both of them with your love and comfort. Give the friend a peaceful passing and be compassionate with Larissa in her grief.
- 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

- Harry (Son of Gail's friend), improved health.

For our state, nation, and world

- Lead and inspire the youth of CoF and Vale to get involved in special youth events this summer.
- Wildfires are raging throughout many of our states. Help the firefighters and keep them safe. Rescue the people impacted.
- There is so much war and violence throughout our world today that we ask that you guide us where hate and fear divide us and heal our strife-torn world.
- In solidarity with the Ecumenical Prayer Cycle, this week we pray for the people, resources, and leadership of **Sudan, South Sudan, & Uganda**. [The Ecumenical Prayer Cycle | World Council of Churches \(oikoumene.org\)](http://oikoumene.org).

Expression of Christian Sympathy

- Please send comfort for the Larsen Family on the loss of one of their members, Michael Goodchild. May his rest be peaceful.
- Prayers of healing for the family and friends of Joshua Plante (owner of the Fermented Pig at Wolf Trap and in Oakton) who are now grieving this loss.

WHAT'S HAPPENING & UPCOMING DATES

SUNDAY, June 30

Sunday School, 8:30 AM

In-Person & Live Stream Worship, 10 AM

Engagement hour, 11:15 AM

MONDAY, July 1

Food Prep, 11 AM

Choir Rehearsal, 7:30 PM

Choir Rehearsal, 7:30 PM

TUESDAY, July 2

Food Prep, 11 AM

FP Kids Club, 3:30 PM

Food Distribution, 4 — 6 PM

Vespers, 7 PM

WEDNESDAY, July 3

Boy Scouts Meeting, 7 PM

THURSDAY, July 4—OFFICE CLOSED

In honor of Independence Day Holiday

SUNDAY, July 7

Ministry Huddle, 4 PM

MONDAY, July 8

Food Prep, 11 AM

TUESDAY, July 9

Food Prep, 11 AM

FP Kids Club, 3:30 PM

Food Distribution, 4 — 6 PM

Vespers, 7 PM

WEDNESDAY, July 10

Boy Scouts Meeting, 7 PM

THURSDAY, July 11

Choir 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 & Angelica Magne

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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