



# FIRST CHURCH

FIRST UNITED METHODIST CHURCH  
of SAN DIEGO

JUNE 28, 2026 – 9:00 AM



First Church is a community growing in grace and reaching out with love.

## FIFTH SUNDAY AFTER PENTECOST

### THE COMMUNITY GATHERS

*With joy we welcome your presence today, wherever you are.  
Please join us as we prepare our hearts and minds for worship together.*

Register Your Attendance

Welcome

Words of Inspiration

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable.  
When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”  
~ Fred Rogers



Prelude . . . . . Sarah Amos, Director of Music Ministries

*Fanfare on “Olivet”*  
David Blackwell (b. 1961)

**Worship Guide Notes:** • is an invitation to rise in body or spirit; **bold words** indicate congregational response



*Assistive listening and transcription available in First Church Sanctuary.  
See pew card or usher to connect to Listen EVERYWHERE or transcript service.*

- **Call to Worship** . . . . . Garrett Ganucheau, Liturgist

Ezekiel had strange visions he thought were real, and heard voices he obeyed.

**He was eccentric, dramatic, and lived in his mind.**

God’s prophets are not emotionally distant messengers.

**They were misunderstood, outside social norms and conventional behavior.**

These biblical stories are not about another world’s experiences.

**They are experiences we all encounter in some form.**

So then, can we learn from them?

**We can learn how to survive, even thrive, in God’s grace.**

## TO OFFER OUR PRAISE AND PRAYERS

- **Hymn of Celebration, UMH #475: *Come Down, O Lord Divine***

**Pastoral Prayer** . . . . . Rev. Dr. Brittany Juliette Hanlin

### 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.**

### A Time with Children

## TO HEAR THE WORD

**Anthem** . . . . . Summer Choir; Brian Woods-Lustig, Director

### *God Be in My Head*

John Rutter (b. 1945)

God be in my head and in my understanding.

God be in mine eyes and in my looking.

God be in my mouth and in my speaking.

God be in mine heart and in my thinking.

God be at mine end and in my departing.

### Prayer for Illumination

**Holy God,**

**In the reading of the scriptures, may Your Word be heard.**

**In the meditations of our hearts, may Your Word be known.**

**In the faithfulness of our lives, may Your Word be shown.**

**Amen.**

### Scripture Lesson: *Ezekiel 4:1-8*

The Word of God for the People of God: **Thanks be to God.**

**Sermon: *Taking Care of Mental Health*** . . . . . Rev. Trudy D. Robinson

- **Hymn of Faith, UMH #463: *Lord, Speak to Me***

## TO RENEW COMMITMENT

### Faith in Action

Offertory, scan QR code or visit [fumcsd.org/egive](http://fumcsd.org/egive) to give online



### Offertory

*Prelude on "Down Ampney" (Homage to Ralph Vaughan Williams)*

David Blackwell (b. 1961)

- Doxology

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!

- Prayer of Thanksgiving

God of us all,  
You care for us in all our particularity,  
for every weakness, around each emotion, without exception.  
In Your knowledge of us,  
You provide strength and guidance, comfort and mercy.  
For all of this and so much more, we thank you.  
May these gifts bring health and wholeness to others. Amen.

## TO DISPERSE IN MISSION

- Hymn of Commitment, UMH #452: *My Faith Looks Up to Thee*

- Benediction . . . . . Rev. Trudy D. Robinson

### Postlude

*Fanfare in D*

Jacques-Nicolas Lemmens (1823-1881)

## FIRST CHURCH WELCOMES YOU IF . . .

*You are single, married, divorced, gay, transgender, filthy rich, dirt poor, o no habla inglés,*

*You are a crying newborn, skinny as a rail or could afford to lose a few pounds,*

*You can sing like Aretha Franklin or cannot carry a tune in a bucket,*

*You're "just browsing", just woke up, or you just got out of jail,*

*You've been a Methodist your whole life or haven't been in church except for your little niece's baptism years ago,*

*You've got an AARP card but have yet to grow up, or you're a teenager growing up, too fast.*

*We welcome soccer moms, NASCAR dads, tree huggers, latte-sippers, vegans, junk-food eaters.*

*We welcome those who are in recovery or struggling with addiction.*

*We welcome you if you're having problems, or if you're down in the dumps, or if you don't like "organized religion."*

*This church is for you, we've all been there.*

*If you blew all your money in Vegas, you're welcome here.*

*We offer a special welcome to those who think the Earth is flat, those who work too hard,  
those who don't work, can't spell, or found us because Grandma wants you to go to church.*

*We welcome all those who are inked, pierced or both.*

*We welcome you if your ancestors arrived in chains, below the decks, captained those ships, or have been on this land since the beginning of time.*

*We offer a special welcome to those who could use a prayer right now (all of us could use a prayer right now).*

*We'd also like to welcome you if you had religion shoved down your throat, or you got lost on YouTube somehow and ended up here by mistake.*

*We welcome tourists, seekers, doubters, bleeding hearts...and you!*

## KEEP IN TOUCH

Connect with the First Church community at [fumcsd.org/welcome!](http://fumcsd.org/welcome!)

Worship online: Each week at [fumcsd.org/watch-live](http://fumcsd.org/watch-live) or subscribe to our YouTube channel: [fumcsd.org/youtube](http://fumcsd.org/youtube).

Drop in early or stay online late to catch upcoming events in our pre- and post-worship announcements loop.

Stay up to date with all the happenings via the weekly eNEWS. Subscribe: [fumcsd.org/enews](http://fumcsd.org/enews)



FIRST CHURCH  
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Radical Grace, Extravagant Love  
& Divine Justice for All



FIRST UNITED METHODIST CHURCH OF SAN DIEGO • IN MISSION SINCE 1869

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REV. TRUDY D. ROBINSON, LEAD PASTOR

REV. DR. HANNAH KA, PASTOR OF DISCIPLESHIP

REV. DR. BRITTANY JULIETTE HANLIN, PASTOR OF CONNECTION AND CARE

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A RECONCILING CONGREGATION