

Prelude

Welcome

Musical Call to Worship

Total Praise

Opening Litany

Worship Leader: Eric Schoute

One: We gather as God's beloved children –

All: **However glad we are, however out of sorts we are.**

One: Whether we are joyful or angry, sad or fearful, envious or anxious.

All: **We come together as a people whom Jesus calls into community –**

One: So this becomes a place where all are welcome.

All: **We come as we are, holding all of who we are, offering it to God.**

One: We come to give thanks, to pray and sing, to be with each other –

All: **Together, let us worship God.**

Opening Hymn

My Hope Is Built

UMH #368

Children's Story Time *(Children ages 3-5 may leave for Sunday School after this.)*

Prayer for Illumination

Calm us now, O Lord, into a quietness that heals and listens.

Open wounded hearts to the balm of your Word.

**Speak to us in clear tones so that we might feel our spirits leap for joy
and skip with hope as your resurrection witnesses. Amen.**

Scripture Reading

Jonah 4:1-5 O.T. p. 861 Mark 3:1-6 N.T. p. 37

For the word of God in scripture, for the word of God among us,
for the word of God within us. **Thanks be to God.**

Special Music

The Storm Is Passing Over

Arr. Barbara Baker

Aldersgate Choir

Sermon

Mark Garrett

Serenity Prayer

written by Reinhold Niebuhr

One: God, grant me

All: **the serenity to accept the things I cannot change,**

One: the courage to change the things I can,

All: **and the wisdom to know the difference.**

One: Living one day at a time, enjoying one moment at a time;

All: **accepting hardship as a pathway to peace;**

One: taking, as Jesus did, this sinful world as it is, not as I would have it;

All: **trusting that you will make all things right if I surrender to your will;**

One: so that I may be reasonably happy in this life

All: **and supremely happy with you forever in the next. Amen.**

Passing of the Peace

Communion

Invitation to Holy Communion TFWS p .2257 a - d

Lord's Prayer

UMH #895

Holy Communion

All are welcome to come forward to receive the sacrament.

Gluten free options are available.

Music Ministry

Speak to Me, Lord

by John Ness Beck

Aldersgate Choir

Offering and Answering God's Call

Your financial giving supports many wonderful ministries and partnerships.

Please prayerfully consider your giving to UUMC. Place your gifts in the front basket, the box in the back of the sanctuary, or make a gift electronically at www.uumcp.org/electronic-giving, or texting an amount to: 301-364-9236

*Doxology

UMH #94

Opportunities to Serve

*Closing Hymn

Great Is Thy Faithfulness

UMH #140

*Benediction

Postlude

**Please stand in body or spirit.*

Who is Mark Garrett? Mark Garrett pastored in the Church of the Nazarene for nearly twenty years and then felt God's call to a different type of ministry, that of professional counseling. After completing a master's degree in social work (MSW) and passing the licensing examination, Mark started a new career in mental health therapy two years ago. Mark's specialization is in a form of behavior therapy known as Dialectical Behavior Therapy (DBT).

Fellowship Today We invite you to take a few minutes to chat with others after worship while enjoying a snack at our hospitality table! It's located in the lobby of the sanctuary.

Have You Heard? We are so excited that we will have an addition to our pastoral staff beginning on July 1! Pastor Will Newton has been appointed to UUMC as a part-time associate pastor. We hope you can be here on July 7, Pastor Will's first Sunday with us, when we plan to welcome him in worship, followed by a potluck lunch and fellowship.

Get-to Know-You To help Pastor Will feel at home and to help him get to know us, we would like to have in-home gatherings - dinners/cookouts/brunch/dessert night/etc. this summer. Would you be willing to host a get-together with Pastor Will, his wife Jenny and a few others from church in July or August? If so, please let the church office know so that we can help everyone be host or guest at our get-to-know-you gatherings! office@uumcp.org

MD Food Pantry Donate feminine hygiene products and cinnamon in June.

Road Closure Soon – around June 15, you will be able to access UUMC only through the University of Maryland or Mowatt Lane – not from Adelphi Road.

For Your Calendar:

- TODAY Communion; Movie and light lunch following worship
- June 8 Pride March in D.C.; 3:00
- July 7 Welcome Potluck for Will Newton, our part-time associate pastor

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Prayer Requests: prayers@uumcp.org

Michelle Mejia, Pastor: revmichelle@uumcp.org

Millicent Scarlett, Music Director: musicdirector@uumcp.org

Dana Scott, Pianist/Organist: dananscott@gmail.com



UNIVERSITY UNITED
METHODIST CHURCH



June 2, 2024

Inside Out: Emotional Wellbeing - Anger

