Photo by James Gardner

Sunday, October 4, 2026

Culmore United Methodist Church

Welcome and Good Morning!

Me want cookies!

Happy Birthday!

Once again it's your birthday. Once again the time is here.
What a loving gift from Jesus, He has given you one more year.
Happy time is your birthday, happy time this year.
What a loving gift from Jesus, He has given you one more year.
Oh happy birthday to you, oh happy birthday to you.
For you have Jesus Christ everyday of your life.
Oh happy birthday to you, oh happy birthday to you.
The Lord bless and keep you.
Happy birthday to you. And to Jesus with you.
God bless you and keep you. Happy birthday to you.

Psalms 24 and 119 (selected verses)

One thing I ask from the Lord, this only do I seek:

that I may dwell in the house of the Lord

all the days of my life.

For in the day of trouble he will keep me safe in his dwelling;

He will hide me in the shelter of his sacred tent

and set me high upon a rock.

Turn my eyes away from worthless things;

Preserve my life according to your word.

For Your word is a lamp for my feet, a light on my path.

Save me, for I am yours.

.

Opening Prayer

Loving God,

You know how distracted and worried we can get when all of life's challenges come at us. They make it hard for us to stay focused on You. If we try to "go it alone" and soldier through all of our preoccupations, we can feel overwhelmed. What are we to do?

Our lives of discipleship call us to put our Christian values at the very center of all that we do. Instead, when faced with our daily concerns, we can find ourselves putting our own issues ahead of our service to Your kingdom.

Oh, if only we could remember to bring our troubles to You. What a weight that would be off our shoulders. You never told us to *go it alone.* You are always there. Thanks be to You. ***Amen***

God Will Take Care of You – UMH 130

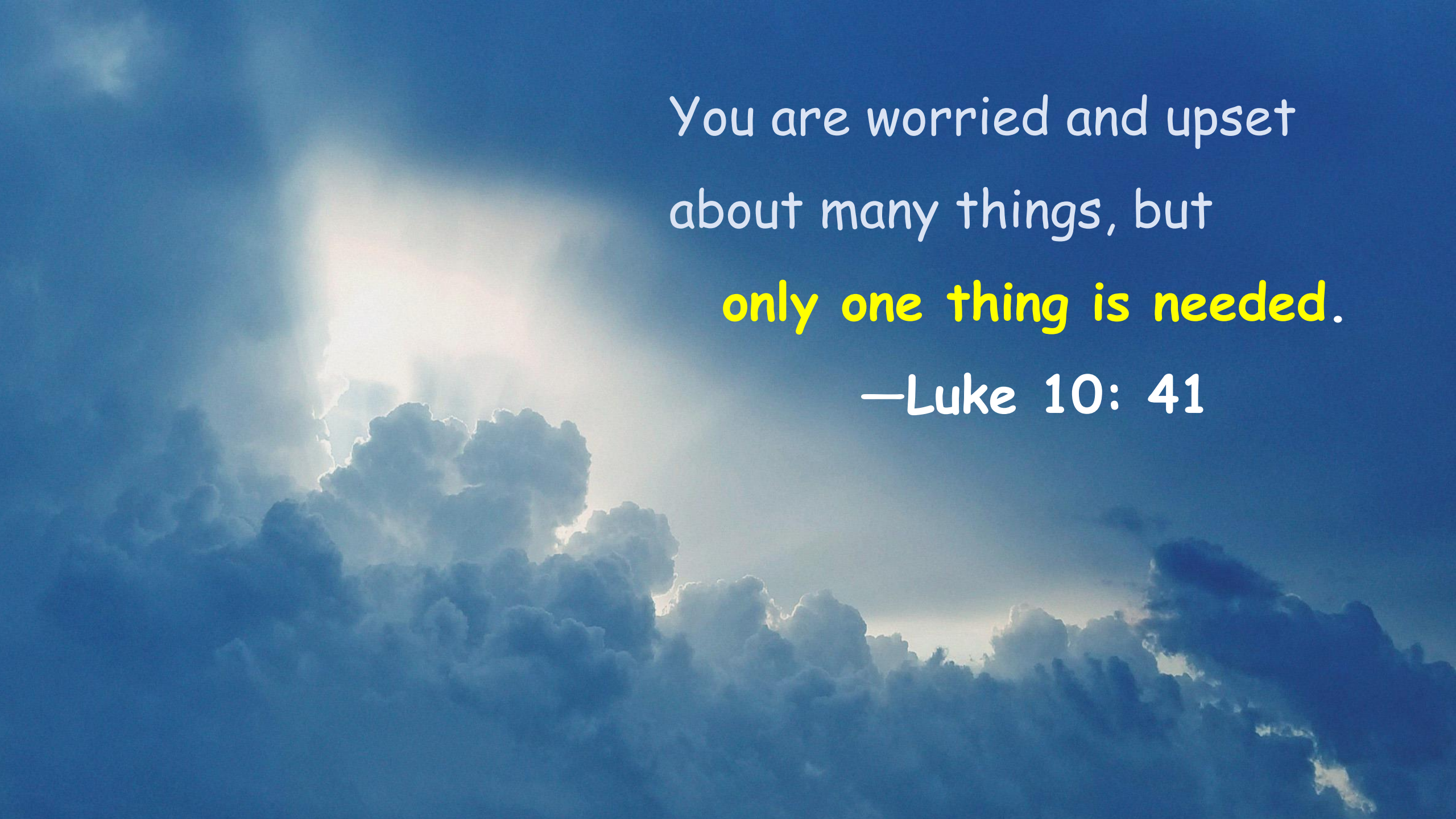
Be not dismayed whatever betide,
God will take care of you.
Beneath his wings of love abide,
God will take care of you.

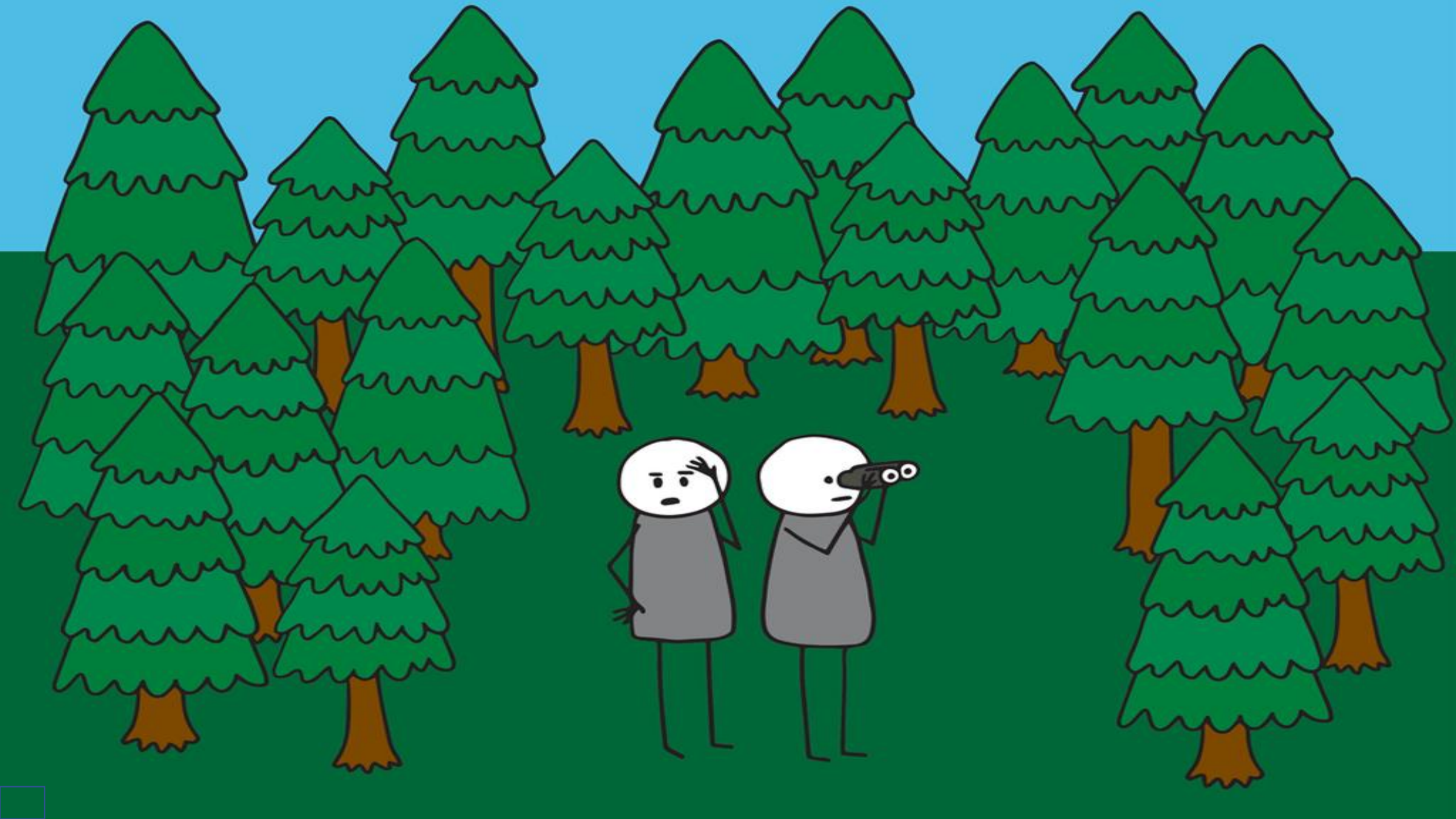
Through days of toil when heart doth fail,
God will take care of you.
When dangers fierce your path assail,
God will take care of you.

All you may need he will provide,
God will take care of you.
Nothing you ask will be denied.
God will take care of you.

No matter what may be the test,
God will take care of you.
Lean, weary one, upon his breast,
God will take care of you.

God will take care of you, through every day, over all the way
He will take care of you, God will take care of you.


You are worried and upset
about many things, but
only one thing is needed.
—Luke 10: 41

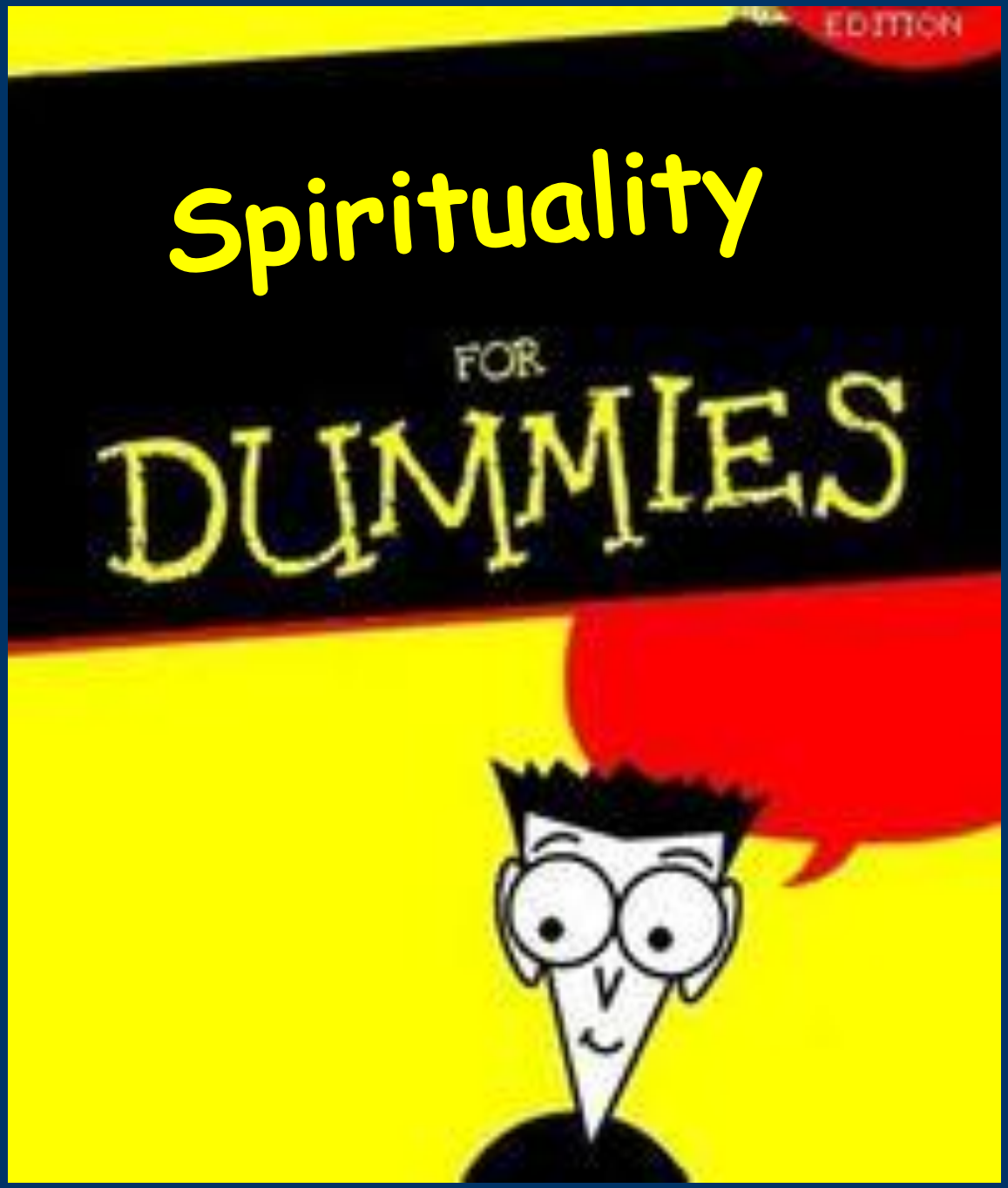


Art by Sue Carroll
art2liftspirits.com

We're anxious about so many things, and faith, prayer and searching for God are not excepted. ...Probably the best thing we can do is to relax, take a deep breath, and stop thinking about what we want or need...

Instead, we might wait, and begin to silently ponder the ways in which God may already have been seeking us, all along, in the faulty scary stuff of our ordinary lives.

–Kathleen Norris, *Amazing Grace*


EDITION
Spirituality
FOR
DUMMIES

Matthew 26: 36-44

Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled.

Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

He went away a second time and prayed,

"My Father, if it is not possible for this

cup to be taken away unless I drink it,

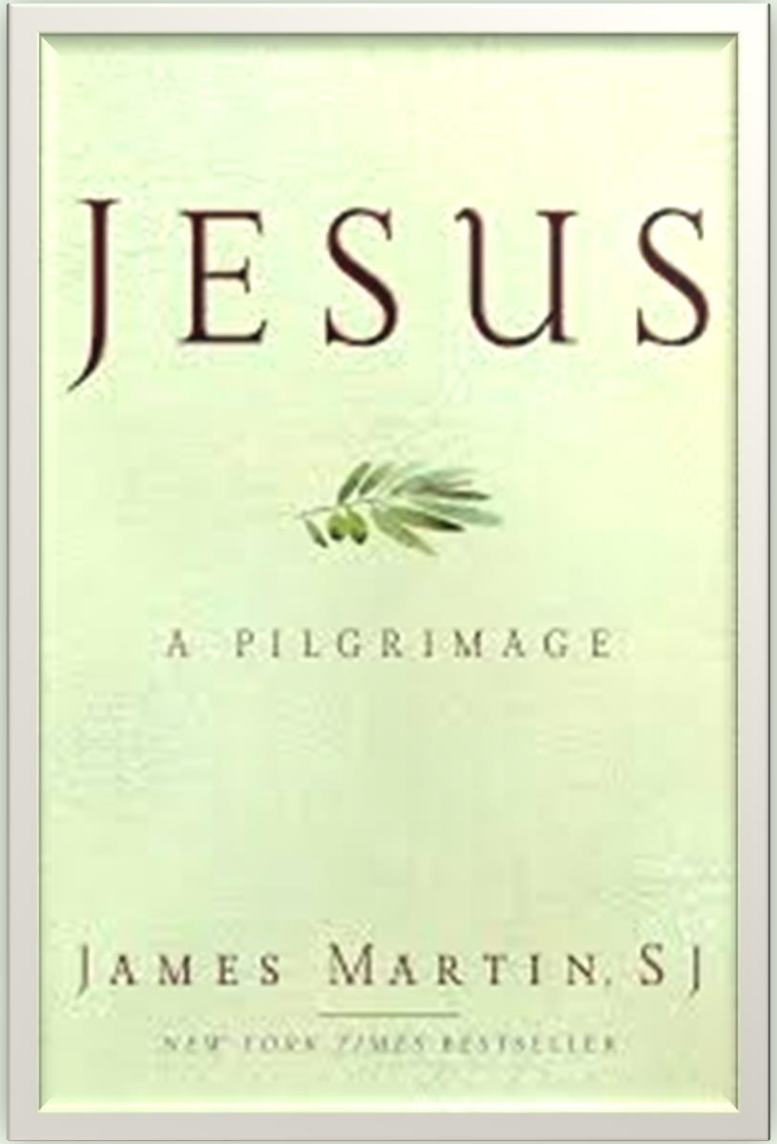
may your will be done."

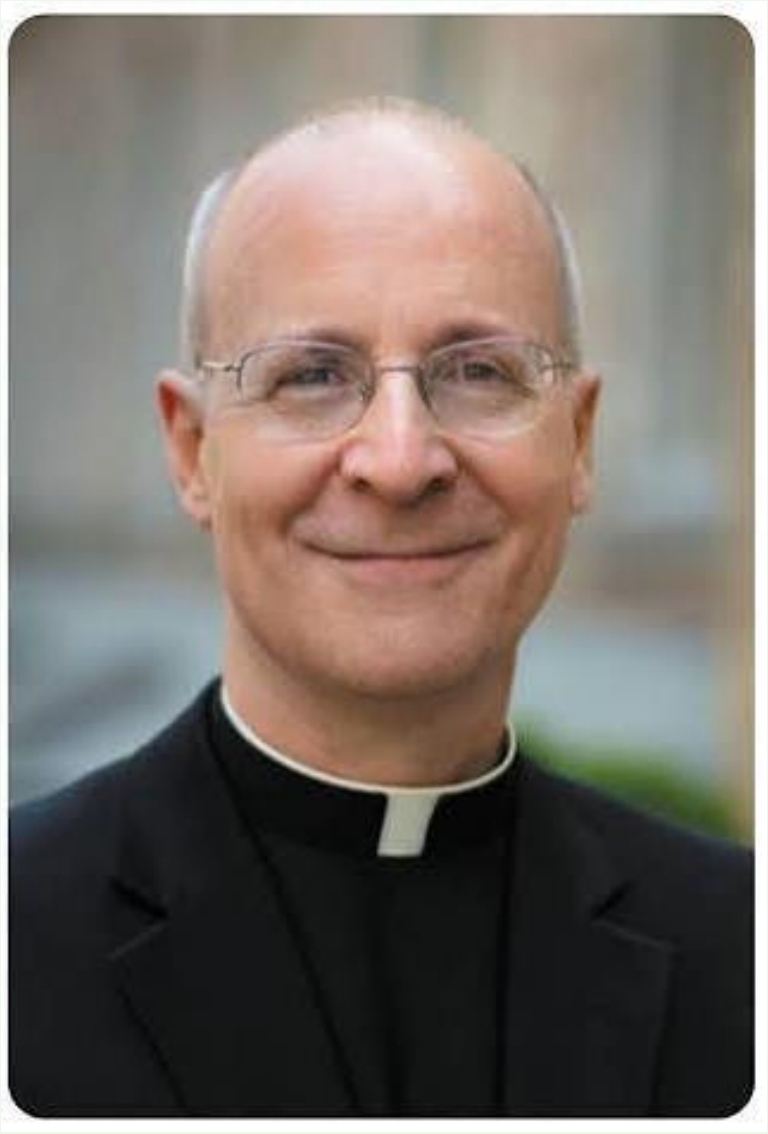
When he came back, he again found them sleeping, because their eyes were heavy. So he left them and went away once more and prayed the third time, saying the same thing.

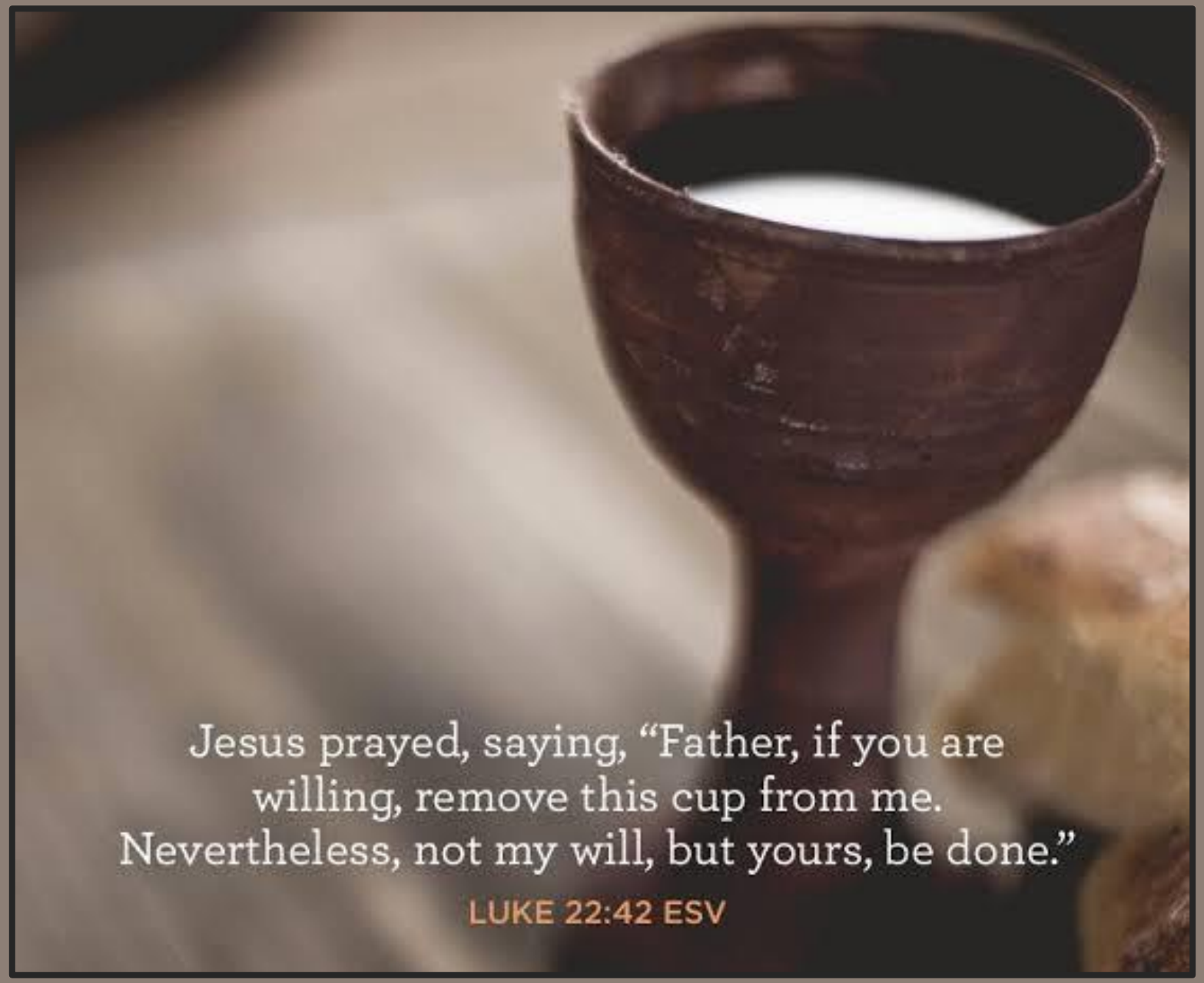
Then he returned to the disciples and said to them,

"Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners.

The word of God for the people of God.


JESUS
A PILGRIMAGE
JAMES MARTIN, SJ
NEW YORK TIMES BESTSELLER




Jesus prayed, saying, “Father, if you are
willing, remove this cup from me.
Nevertheless, not my will, but yours, be done.”
LUKE 22:42 ESV

Pride
FEAR
frustration
Isolation
JAKE

Bidden, Unbidden: Worship& Song 3019

Whether I cry out your name
or I feel all alone, ashamed
You are not gone, you are there!
Whether I notice your hand,
in all the stars, the sea, the land,
Whether or not, you are there!

If I don't feel you around,
there is no picture and no sound,
I will believe you are there.
Even on my darkest days
I will still sing a word of praise,
I will believe you are there!

Bidden, unbidden, I know you are there.
You are present always, again and again.
If I forget you, or join you in prayer,
You are present always forever. Amen

Community Prayer

LORD Jesus, we certainly live in interesting and challenging times, full of all sorts of opportunities and ways to keep ourselves occupied.

The Apostle Paul acknowledged that he was frustrated when he did things he did not want to do, and did not do the things he did want to do, and it is the same for us.

Our lives are full of important and not so important activities and it is up to us to make choices of all kinds on a daily basis. Many times things that are not so important overtake our use of time, and crowd out the most important things needing our attention if we let them.

LORD, help us to keep our ears, hearts and minds so tuned toward You, that what You would have us to do is what we do our best to accomplish on a priority basis. LORD, we want to be like You! *AMEN*

Offering and Doxology
UM Hymnal 95

We give thanks for this wonderful,
generous community of faith.

Doxology - UM Hymnal 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 uplifts!

Praise the Spirit, Holy Spirit!

Alleluia! Alleluia! Alleluia!

Art by Sue Carroll

Benediction