



# Surviving Stress without Distress

July 31, 2022



The congregation of Washington Street UMC praises and serves God from the heart of the city in ways that reach our neighbors near and far. We welcome and affirm all who seek the love and mercy of Christ regardless of race, creed, age, gender, national origin, sexual orientation, gender identity, or economic status. We honor traditions as rooted in our history, our expression of worship, and our respect for theological curiosity. We nonetheless see vital change and ongoing renewal as essential for spiritual growth.



# WASHINGTON STREET UNITED METHODIST CHURCH

July 31, 2022 | 8th Sunday after Pentecost | Liturgical Color: Green

*(As our worship begins, please silence any electronic devices.  
Portable hearing devices are available in the Narthex. Please ask an usher for assistance.)*

## GATHERING IN THE NAME OF CHRIST

PRELUDE

THE RINGING OF THE BELL

WELCOME & ANNOUNCEMENTS

\*CALL TO WORSHIP

One: The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all.

**All: And also with you.**

One: Give thanks to the Lord - the maker of heaven and earth.

**All: We gather to give God thanks and praise.**

One: Love the Lord your God with all your heart, and all of your mind, and all of your strength and all of your soul.

**All: We are here because our desire is to know and to serve God, freely and completely, both now and forevermore. Amen.**

\*HYMN #102

*Now Thank We All Our God*

NUN DANKET

Words: Martin Rinkart, 1663; trans. by Catherine Winkworth, 1858 (Sir. 50:22-24)

Music: Johann Cruger, 1647; harm. by Felix Mendelssohn, 1840

OPENING PRAYER

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.**

SOLO

*Like Him We Rise*

Tom Trenney

Soloist: Gabriel McFarlan

CHILDREN'S MOMENTS

Rev. Becky Shirley

*(After the Children's Moments, children 2 yrs. to first grade may be dismissed to Children's Church.)*

OFFERTORY

*Be thou my vision*

Bob Chilcott

Soloist: Cody Lidge

*(Giving is easy! Place your gift in the offering plate; text the word "CONNECTIONS" to the number 73256; donate through Realm Connect; visit us online at [wsmethodist.org/giving](http://wsmethodist.org/giving); mail a check to WSUMC, 1401 Washington St., Columbia, SC 29201; or scan the QR code on the back of the bulletin.)*

\*DOXOLOGY #95

OLD 100th

Words: Thomas Ken, 1674  
Music: Attr. to Louis Bourgeois, 1551

\*AFFIRMATION OF FAITH #884 (A Statement of Faith of the Korean Methodist Church)

\*THE GLORIA PATRI #70

MEINEKE

Words: Lesser Doxology, 3rd-4th cent.  
Music: Charles Meineke, 1844

SCRIPTURE LESSON

Psalm 121:1-3

SERMON

“Surviving Stress without Distress”

\*HYMN #66

*Praise, My Soul, the King of Heaven*  
Words: Henry F. Lyte, 1834 (Ps. 103)  
Music: John Goss, 1869

LAUDA ANIMA

\*BENEDICTION

\*POSTLUDE

*\*Congregation standing. If standing is uncomfortable, please remain seated and continue your participation.  
When our worship ends, our service begins!*

## IN SYMPATHY

*Rev. Becky Shirley and the entire Washington Street Church family express our deepest sympathy to Steve Brown and his family on the passing of his father, Jack Brown, on July 20.*

## **Methodism 101**

The Lutheran Theological Southern Seminary is holding a workshop retreat entitled Methodism 101, Sept. 22-24.

Experience an immersion in what it means to be Methodist through an engaging retreat at LTSS with space for spiritual renewal and holy experiences of community. The retreat will be led by the Rev. Dr. Melanie Dobson, assistant professor of Methodist Studies at LTSS.

Learn key aspects of Methodist history and theology, including:

- The founder of Methodism, John Wesley, and the earliest Methodists
- The importance of the theology of grace
- The contributions and leadership of African Americans in Methodism
- The organization and functioning (polity) of the United Methodist Church

Cost: \$125/person (Includes all meals and retreat materials.)

To learn more: email [lifelonglearning@lr.edu](mailto:lifelonglearning@lr.edu) or call 803.461.3228.

Registration for “Methodism 101” is now open. This weekend intensive is designed to address the SC Annual Conference’s priority of developing lay and clergy leaders. Space is limited to 30 participants.

**Reverend Becky J. Shirley**  
Senior Pastor  
rjshirley@umcsc.org

**Reverend Alston Lippert**  
Associate Pastor for Nurture &  
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**Louis Shirer**  
Organist  
louis@wsmethodist.org

**Rick Frierson**  
Pianist

## PRAYER THOUGHT

The first purpose of prayer is to know God.

## PRAYER LIST

Martha Boynton  
David Byrum  
Laura Collins  
Heidi Conte  
Mickey Epting  
Rev. Paul Harmon  
Bud Harrelson  
Karen Horne

Lisa Johnson  
Debby Joyner  
Rev. Judy King  
Martha Helen King  
Mike LeFever  
Paul McClanahan  
David Middleton  
Genie & Ron Quinn

Frances "Tut" Robertson  
Rick Rowe  
Boyd Saunders  
Stephanie Saunders  
Sarah Threatt  
Edee Vaughan  
Jim Ward  
Our homebound

## SERVING TODAY

Director of Music	Nicholas Todd Shumate
Organ	Louis Shirer
Piano	Dr. Rick Frierson
Ushers	Tommy Betenbaugh, Lee Smith
Sound/Video	Keith Murphy/Spencer Stevens
Visitor Cards	Suzanne Joye
Pew Maintenance	Sarah Jones
Nursery	Holland Hathaway, Carter Vaughan
Children's Church	Mackin Wall
Online Service Moderator	Ed McClain

## STEWARDSHIP REPORT

**(YTD as of 7-28-22):**  
**Church Budget: \$865,000**  
Church \$308,397  
SC \$43,345  
Found \$17,930

**SCAN TO GIVE**



# Summer VBS Nights!

(PARENTS' NIGHT OUT)

**AUGUST 3 (LAST ONE!)**

**BRING YOUR BATHING SUIT!**

**IT'S GOING TO BE WET!**

Ages 4 to 12

**5:00-8:00 pm**

Music | Games | Bible Stories

Food & Fun!

Nursery available for newborn to 3 yrs.



**Attendance on 7/24/22: 72 (in-person); 111 (online as of 7/28/22); TOTAL = 183**

1401 Washington Street • Columbia, SC 29201 • 803-256-2417 • wsmethodist.org