

Happening today, 1/18:

8:45 AM Sunday School

10:00 AM Worship Service | *Sanctuary*

*See Children & Youth Activities below:

New Sunday Rhythm for Children & Youth!

Nursery	Elementary	Youth	Parents
9:30 AM-12:30 PM		Sunday School 8:45-9:45 AM	Sunday School 8:45-9:45 AM
	Worship 10:00-10:30 AM	Worship 10:00-11:15 AM	Worship 10:00-11:15 AM
	Children's Church 10:30 AM-11:45 AM		
		Youth Sunday School 11:15 AM-12:15 PM	Young Parent Gathering 11:15 AM-12:15 PM

Happening this week, 1/19-1/24:

MON, 1/19	All Day	Church Offices Closed for MLK Jr. Day MLK Parade & Worship Service
	5:45 PM	Theology Pub <i>Village Pub</i>
	6:30 PM	Brass Rehearsal
TUE, 1/20	1:00 PM	Wesley Singers
	2:00 PM	Dementia Partners AVL <i>Library</i>
WED, 1/21	10:00 AM	UMW Exec Comm Meeting <i>Library</i>
	11:00 AM	Centering Prayer <i>Chapel</i>
	4:30 PM	Stephen Ministry <i>Parlor</i>
	5:30 PM	NT 101 <i>Room 219</i>
	5:30 PM	Handbell Choir
	6:00 PM	Dementia Partners AVL <i>Haw Creek</i>
	6:30 PM	Chancel Choir
THU, 1/22	8:00 AM	Thursday Morning Prayer <i>Zoom</i>
	10:00 AM	Circle of Prayer <i>Zoom</i>
SUN, 1/25	8:45 AM	Sunday School
	10:00 AM	Worship Service <i>Sanctuary</i>
	11:30 AM	Prayer Shawl Meeting <i>Prayer Shawl Room</i>
	5:00 PM	Youth Group <i>Youth Acrean</i>

For more information about these activities, go to CentralUMC.org/Events.

Ministry Staff

Rev. Dr. Mary Brown, Senior Pastor

MBrown@CentralUMC.org

Rev. Lisa Rettew, Minister of Congregational Care

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Maggie Christy, Director of Children and Youth Discipleship

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Corey Powell, Organist & Director of Music Ministries

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Linda Haggard, Director of Choral Music

LHaggard@CentralUMC.org

Richard Provine, Director of Central Brass

Sermon Discussion Questions

John Wesley's General Rules provide a framework for Christian living – what kinds of actions should result when we are following Christ. We'll spend 3 weeks looking at all 3. Today we covered the 2nd of the three, "doing good; by being in every kind merciful after their power; as they have opportunity, doing good of every possible sort, and, as far as possible, to all [people]." To reflect on how this applies for you, review Wesley's list below. Which examples of "good" convict you the most? Which need to be adapted? What would you add to this list?

- To their bodies, of the ability which God giveth, by giving food to the hungry, by clothing the naked, by visiting or helping them that are sick or in prison.
- To their souls, by instructing, reproofing, or exhorting all we have any intercourse with; trampling under foot that enthusiastic doctrine that "we are not to do good unless our hearts be free to it."
- By doing good, especially to them that are of the household of faith or groaning so to be; employing them preferably to others; buying one of another, helping each other in business, and so much the more because the world will love its own and them only.
- By all possible diligence and frugality, that the gospel be not blamed. By running with patience, the race which is set before them, denying themselves, and taking up their cross daily; submitting to bear the reproach of Christ, to be as the filth and offscouring of the world; and looking that men should say all manner of evil of them falsely, for the Lord's sake.

Daily Suggested Scripture Readings

Continue to reflect on the first general rule of "doing good" with these daily Scripture readings:

- Monday: Matthew 5:21-26, 43-48
- Tuesday: Luke 6:27-36
- Wednesday: Romans 12:9-21
- Thursday: Matthew 19:16-30
- Friday: Acts 10:34-43
- Saturday: 3 John 1-15

Next week in worship...

We continue our series on Wesley's General Rules with a focus on the 3rd of the three: "stay in love with God" – or in John Wesley's original language, "attend to the ordinances of God." This refers to the spiritual disciplines we practice that keep us connected to God as a community of faith. Come and be inspired with new ideas and a fresh commitment! As always – bring a friend!



UNITED METHODIST CHURCH

Second Sunday after Epiphany

January 18, 2026

10:00 AM

WELCOME

Rev. Dr. Mary Brown

CHIMES OF THE TRINITY

VOLUNTARY

"The Peace May Be Exchanged"

Dan Locklair

Prayer cards and name tags are available in the attendance pad at the end of each pew. You can also find prayer cards in the pew rack in front of you.

CALL TO WORSHIP

Rev. Lisa Rettew

Adapted from the Wesley Covenant Prayer

God, we are no longer ours, but thine.

Put us to what thou wilt; rank us with whom thou wilt.

Put us to doing, put us to suffering.

Let us be employed for thee or laid aside for thee, exalted for thee or brought low for thee.

Let us be full, let us be empty.

Let us have all things, let us have nothing.

We freely and heartily yield all things to thy pleasure and disposal.

O glorious and blessed God, Father, Son, and Holy Spirit,

Thou art ours and we are thine.

Thou art ours and we are thine.

So be it.

***HYMN 188**

"Christ Is the World's Light"

CHRISTE SANCTORUM

PASTORAL PRAYER

Rev. Lisa Rettew

Ending with the Lord's Prayer: *Hymnal 895*

MINISTRY MOMENT:

Cindy Oak

Congregational Care

OFFERTORY

"Christ, Whose Glory Fills the Skies" arr. Robert J. Powell

Chancel Choir

While the musicians make their musical offering, the ushers will pass plates for those who wish to offer a financial gift or prayer request. You may also use this QR code to make a financial gift. As you pass the plate—whether or not you give—we invite you to pause and reflect on what you hope to offer God this week.



***DOXOLOGY**

"Praise God, From Whom All Blessings Flow"

Hymnal 94

SCRIPTURE READING Matthew 5:21-26, 43-48

Wadi Rahim

CHILDREN'S TIME

Maggie Christy
After Children's Time, children in kindergarten–5th grade are invited to continue worship in Children's Church in the Chapel. Children ages 5 and under may go to the nursery (Room 309, across from the church offices) with our childcare staff. For safety, all children must wear a name tag. Name tags are available near the Library.

ANTHEM "Create in Me a Clean Heart, O God" Carl F. Meuller
Chancel Choir

SERMON Rev. Dr. Mary Brown
"3 Simple Rules: Do Good"

AFFIRMATION OF FAITH: World Methodist Social Affirmation
Hymnal 886

***HYMN 420** "Breathe on Me, O Breath of God" TRENTHAM

***BENEDICTION** Rev. Dr. Mary Brown

CHIMES OF THE TRINITY

VOLUNTARY "Toccat in F Major" Dietrich Buxtehude

**Please stand, if you are able.*

A livestream of the worship service is available in the library for families. Nursery is available for children ages 0-5.

The flowers in the Chancel are given by Cecelia Ward in honor of those who keep this beautiful church comfortable and secure.

We extend our sympathies to the family of Jim Ballard, father of Ron Ballard, who died January 3, 2026.

We extend our sympathies to the family of Loretta Joplin, mother of Tim Lane, who died January 5, 2026.

The white rose on the altar today is placed in memory of Micki Cabaniss who died January 6, 2026.

The red rose on the altar today is placed in honor of William Henry DeRusso, son of John and Sterling DeRusso, who was born on January 8, 2026.

If you are interested in providing flowers for the Chancel, please contact Mary Margaret at marymargaretingle@gmail.com, especially for the weeks of March 29, April 12, and April 26.

Plainclothes law enforcement officers are present during our services so that all may feel welcome, secure, and free to worship, fellowship, and experience God's grace freely. Our staff members are in direct communication with the officers should you feel the need to ask for assistance or voice a concern.

ANNOUNCEMENTS

Adult Sunday School OPEN HOUSE! | JANUARY: Why not make trying out a Sunday School class one of your New Year's resolutions? A small group experience helps our faith grow deeper and our connections grow stronger. We have **9 great options**, each with its own vibe—and during January, all are ready to welcome visitors!

Expect to be greeted with smiles and name tags—and maybe even some special treats. You might even try a different class each week to explore all the options available. **To see a full list of our Adult Sunday School classes, go to CentralUMC.org/Adults, or simply scan the QR code.**



Habitat Work Day | FRI, JAN 30 | 8:30 AM – 12:00 PM

Join us for a meaningful morning of service with **Habitat for Humanity** on Friday, January 30, from 8:30 AM to noon. This Habitat Work Day is a wonderful opportunity to put faith into action by helping build safe, affordable housing right here in our community. No construction experience is necessary—volunteers of all skill levels are welcome, and tasks will be provided for everyone who is willing to serve. Come ready to work alongside others, build community, and be part of a project that offers hope and stability to families. To sign up or to learn more, please contact **Pastor Mary**. We would love to have you join us for this impactful morning of service.

Youth Group Super Bowl Party | SUN, FEB 8 | 6:00 PM – Halftime

Join us for a fun night of football, food, and friends! Bring a friend and a snack to share as we cheer, laugh, and hang out together.

Valentine's Parents' Evening Out | FRI, FEB 13 | 4:30-7:30PM

Parents, enjoy a night out while we take care of the kids! Children **3rd grade and below** are invited to join us for a fun, safe, and love-filled evening of activities while parents enjoy a Valentine's break. Students in **4th and 5th grade** are invited to **assist**, and **youth and adults** are welcome to help make the evening special! This is a great opportunity for families to enjoy some time together—or parents enjoy a date night!  More details and sign-ups coming soon. Contact **Maggie** for questions.

Youth Lock-In | FRI-SAT, FEB 13-14 | 1:00 PM-9:00 AM

The winter lock-in is back! Come for games and dinner, stay for sleep deprivation and candy. It will be a night of fun for all! Contact Maggie for more details or to sign up.

Eco-Tip:  You already know **Reduce, Reuse, Recycle**. You may even have added **Refuse, Repair, and Rot (compost)** .

Here's one more **R** to remember: **Remember** First, remember who you are, and **Whose** you are! When we focus on God's call to care for **creation** and **justice** it becomes easier to live out all the other R's.

Central.Congregational.Care. News

January 2026 marks the **5th anniversary** of Central's Congregational Care Council (CCC).

What has this meant for Central? The leaders of our church's 10 care ministries gather monthly to share updates and plan ways to support our church family. This coordination has resulted in more comprehensive responses to the needs that arise.

How have these ministries impacted you? Our prayer is that you have experienced CCC's impact by seeing Central become a more caring congregation—one where no one has to walk through life's challenges alone.

Your CCC has been intentional in its work. We strive to be compassionate and respectful, and we are committed to connecting with you through unconditional love. Thank you, Central, for allowing us the privilege of walking alongside you.

If you would like more information about our different ministries, check out our bulletin board by the Library and pick up a flyer!!!



Central's **Circle of Prayer** group meets on Thursday mornings both In-Person and by Zoom. A ministry of caring, concerns and joys submitted are prayed over and followed-up upon. If you feel called to care for people in this way, please contact Pastor Lisa and join this dedicated group of prayers. If you need prayerful support, please make your request by clicking on the **Prayer Request Prompt** on Central's website or by filling out a pew card. YOU are important to us!



Well-Being Community Resource List: Looking for a community well-vetted community resource? Try clicking on Central's website for Congregational Care Ministries! Scroll down to **Well-Being Community Resource List** (CentralUMC.org/Well-Being) to find information about community agencies under 12 categories. Brief summaries of services and contact information are provided!



United Women in Faith

UWF Corner

United Women in Faith Worship Service Choir | SUN, FEB 1: All women are warmly invited to participate in a **special combined choir** for the United Women in Faith worship service on Sunday, February 1! Women interested in singing are welcome to join the **Women of the Chancel Choir and the Wesley Singers** for this meaningful service.

Rehearsals: You may attend **any** of the following rehearsals—come to one or as many as you're able:

- **Tuesdays, JAN 6, 13, 20, or 27 at 1:30 PM or**
- **Wednesdays, JAN 7, 14, 21, or 28 at 7:15 PM**

Please note: choir participants will not wear robes for this service. Questions? Contact **Linda Haggard** for more information.

Central.Giving.

Financial Update through 12/28/2025, including "year-end" gifts:

- Year to Date Offering: \$ 1,596,256.40
- Total Annual Budget: \$1,550,000