

Mt. Vernon United Methodist Church

Where All the People are Ministers of Christ

Our vision is to seek to live and share the Gospel of Jesus Christ, to nurture persons of all ages and circumstances for faithful discipleship, and to transform faith into service to others.



“God’s Prescription for Anxiety”

July 26, 2026

Theresa Kaufman, Guest Speaker

7801 Church Lane, Toano, Virginia 23168

757-566-0162

Adult Sunday School begins at 9:15am.

Welcome to our worship service! Mt. Vernon has been worshipping our Lord and serving the Greater Williamsburg Community since 1887. If we can be of any assistance to you, please let us know.

*** Please stand, as you are able.**

Hearing Assistance Devices are available in the Narthex

Laity Sunday

July 26, 2026

10:15am

“God’s Prescription for Anxiety”

Worship Leader

Suzanne Latimer

*Please stand as you are able. Please read in Unison in **Bold**.

THE PEOPLE GATHER

Prelude & Meditation

Lila O’Sullivan, Guest Pianist

Guest Lay Leader Address

Welcome & Announcements

Centering and Reflection (Leader):

Let us quiet our minds and open our hearts. Hear God’s message of faith and healing. Let go of all worry that manifest from the chaos of the outside world. Fully embrace His gift of the Holy Spirit to guide us and fill our souls with hope and love. Know that God is with us right now in all of our struggles, doubts, and anxieties.

*Introit

UMH #393

“Spirit of the Living God”

*Call to Worship (responsive)

Leader: In a world of divisiveness, cruelty, violence, and pain.

People: Forgive us Lord, for sometimes losing our faith.

Leader: When we feel anxious and worry and become overwhelmed because our struggles seem too much to bear.

People: Forgive us Lord, for sometimes losing our faith.

Leader: Hear the Good News! God is with us and will heal us in our broken places!

People: Thank you, God for your steadfast love and faithfulness! AMEN

***Opening Prayer (unison)**

**Heavenly Father, you are the Great Physician,
Counselor, and Healer. Help us to have the courage and
faith to go to You in our time of trouble. Lord, let us be
disciples of your Word and resemble You in our deeds.
Let us be an example of You by embracing all of our
brothers and sisters with love, patience, and gentleness.
May we know Your peace during times of our grief,
anxiety, worry and pain. AMEN**

***Hymn of Praise**

UMH #374

“Standing on the Promises”

Children’s Message

PROCLAMATION OF THE WORD

New Testament Lesson

Theresa Kaufman

Philippians 4:1-7

Prayers of the People and the Church

***The Lord’s Prayer (unison)**

**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.**

Hymn of Meditation

UMH #382

“Have Thine Own Way, Lord”

The Message

Theresa Kaufman

“God’s Prescription for Anxiety”

RESPONSE TO THE WORD

Passing of the Peace:

As we have been restored through faith and made whole by the grace of God, let us offer signs of peace to our family of faith.

Offertory Prayer (unison):

Loving and Faithful God, You embrace the righteous and the sinner as one in the same. We bring these tithes and offerings to You today, acknowledging that everything we have belongs to You. AMEN

*Doxology:

UMH #95

“Praise God from Whom All Blessings Flow”

Praise God from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host; praise Father, Son, and Holy Ghost. AMEN

SENDING FORTH

*Hymn of Celebration

UMH #130

“God Will Take Care of You”

*Benediction:

Now go forth into the world with faith that God is a healing God. Spread the Good News that we do not need to be perfect to receive God’s grace. No thing is too big for Him! Give it to God! Amen.

Postlude

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The Abingdon Worship Annual 2026, Abingdon Press
The Spiritual Wisdom of the Gospel for Christian Preachers and Teachers, Liturgical Press
The Daily Study Bible commentary series, Westminster Press
The New Interpreter's Bible commentary series, Abingdon Press

Announcements/Missions

- **Kitchen Items:** There are several items in the kitchen (i.e. platters, plates, vases, etc.), that are available to those who would like them. After this Sunday, items will be donated.
- **Reception:** There will be a reception after the church service next Sunday, August 2, 2026 for our incoming pastor, Rev. Meghan Roth Clayton. Please join us in welcoming our new pastor to Mt. Vernon UMC!!
- **Volunteer(s) Needed:** Looking for someone that might feel led to head up a committee to prepare and serve a meal to the W&M Wesley Foundation on a Sunday evening during the upcoming school year. If you feel this might be something you would like to do, please contact Fran Delo and she will put you in touch with the pastor serving the Wesley Foundation.
- **Safer Sanctuaries Online Training:** This two-hour training provides a scriptural foundation for safeguarding our most vulnerable populations-children and the elderly. Participants will learn practical steps for creating safe environments and responding appropriately in the event of a safety concern. Held online Thursday, August 13th from 6:30-8:30 pm, the cost is \$5. Go to <https://bit.ly/4gBhFfA> to sign up.
- **Membership Directory:** We are still working on the updated membership directory. If you would like to be added or need to update your information please contact Ellyn in the office.
- **Bridge Group:** Bridge meets at 10 am and 6:30 pm, Tuesdays, Fellowship Hall all are welcome.

➤ **Cereal/Food Donations:** Food donations are encouraged year round! Food such as cereal are needed even more during the summer months as children don't have access to school provided breakfast/lunch. Consider picking up a box on your next shopping trip.