

# SIXTH SUNDAY AFTER PENTECOST

JULY 5, 2026  
8:30 A.M.



✠ Rise in body or in spirit.  
The congregation speaks/  
sings the text in **bold** type.

## ENTRANCE

Prelude Seoyoung Lee, *Pianist*

Welcome & Announcements Terrie Adkins, *Liturgist*

✠ Call to Worship

We gather to worship God with our full, imperfect selves.  
**We come to delight in the law of God, who is Love.**

We gather as people who don't always know what to do in the face of  
difficult and complex circumstances.  
**We come to delight in the law of God, who is Love.**

We gather as people who desire to follow God with our actions but  
struggle to connect what we want to do with what we actually do.  
**We come to delight in the law of God, who is Love.**

Whether you come to worship today wondering if there is anything  
good left in the world or rejoicing in the small moments of goodness  
that remind you grace is still at work among us, you are welcome here.  
**We come to delight in the law of God, whose grace shows us how to  
live, work, play, and rest as a community of faith woven together by  
Love. Amen.**

✠ Hymn 693 | *Come, Ye Thankful People, Come* – ST GEORGE'S WINDSOR  
(verses 1 & 2)



For information about the  
ministries, mission, and  
activities of Duluth First  
UMC, please visit  
[duluthumc.org](http://duluthumc.org).



Children are welcome in  
worship!

Children's activity sheets  
& crayons are available at  
the main entrance to help  
guide them in active  
participation of worship.

Children newborn through  
Pre-K are invited to go to  
**Childcare Corner**, near the  
Gathering Room.



Listening devices are  
available during all  
worship services. Please  
see an usher or greeter  
for assistance.

# WORD & RESPONSE

Common  
English Bible

✠ Scripture | Romans 7:15-25a

Jan Rawls

<sup>15</sup> I don't know what I'm doing, because I don't do what I want to do. Instead, I do the thing that I hate. <sup>16</sup> But if I'm doing the thing that I don't want to do, I'm agreeing that the Law is right. <sup>17</sup> But now I'm not the one doing it anymore. Instead, it's sin that lives in me. <sup>18</sup> I know that good doesn't live in me—that is, in my body. The desire to do good is inside of me, but I can't do it. <sup>19</sup> I don't do the good that I want to do, but I do the evil that I don't want to do. <sup>20</sup> But if I do the very thing that I don't want to do, then I'm not the one doing it anymore. Instead, it is sin that lives in me that is doing it.

<sup>21</sup> So I find that, as a rule, when I want to do what is good, evil is right there with me. <sup>22</sup> I gladly agree with the Law on the inside, <sup>23</sup> but I see a different law at work in my body. It wages a war against the law of my mind and takes me prisoner with the law of sin that is in my body. <sup>24</sup> I'm a miserable human being. Who will deliver me from this dead corpse?  
<sup>25a</sup> Thank God through Jesus Christ our Lord!

The Word of God for the people of God.

**Thanks be to God.**

Sermon | *Rescue Me!!!*

Rev. Dr. C. Kay Fuino, *Associate Pastor*

Prayer of Confession & Assurance of Pardon

Hymnal pg. 12

✠ Sharing of the Peace of Christ

Ministry Moment | *Murphy-Harpst Children's Center*

Receiving God's Tithe & Our Offering

Offertory | *From the First Hallelujah to the Last Amen* - arr. by Mosie Lister  
Pat Burden, Vicki McLemore, Jan Batson, *Vocalists*  
Susan Johnson, *Pianist*

✠ Doxology | *Praise God, from Whom all Blessings Flow* – OLD 100TH

**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.**



Your giving is the sole support of the ministries of Duluth First UMC.

For online giving, go to [duluthumc.org/online-giving](http://duluthumc.org/online-giving), or scan the QR code with your mobile device.



# THANKSGIVING

## ✕ The Great Thanksgiving

The Lord be with you. **And also with you.**  
Lift up your hearts. **We lift them up to the Lord.**  
Let us give thanks to the Lord our God.  
**It is right to give our thanks and praise.**

...

And so, with your people on earth and all the company of heaven  
we praise your name and join their unending hymn:  
**Holy, holy, holy, Lord, God of power and might,**  
**heaven and earth are full of your glory. Hosanna in the highest.**  
**Blessed is the One who comes in the name of the Lord.**  
**Hosanna in the highest.**

...

And so, in remembrance of these your mighty acts in Jesus Christ,  
we offer our ourselves in praise and thanksgiving,  
as a holy and living sacrifice, in union with Christ's offering for us,  
as we proclaim the mystery of faith.  
**Christ has died; Christ is risen; Christ will come again.**

...

All honor and glory is yours, Almighty God, now and forever.  
**Amen.**

## 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.**

## Breaking the Bread, Receiving the Bread & Cup

## Prayer after Communion

**Eternal God, we give you thanks for this holy mystery in which you  
have given yourself to us. Grant that we may go into the world in the  
strength of your Spirit, to give ourselves for others, in the name of Jesus  
Christ our Lord. Amen.**

## Invitation to Christian Discipleship & Church Membership

For questions regarding  
membership, contact  
Rev. Dr. AnnaKate Rawles –  
arawles@duluthumc.org  
or 770.476.3776, x. 128.

Those who wish to join the  
church today are invited to  
come forward as we sing  
the final hymn.

## ALSO SERVING IN WORSHIP TODAY

*Audio/Visual Team:*  
Charlie Greene  
Ian Toole

*Usher Captains:*  
David Burleson  
Charlie Doerlich

*Flower Team:*  
James Dykes

## SENDING

✠ Hymn 92 | *For the Beauty of the Earth* (verses 1 & 2) – DIX

Reception of New Members (as applicable)

Hymnal, pgs. 34, 38

**We give thanks for all that God has already given you and we welcome you in Christian love. As members together with you in the body of Christ and in this congregation of The United Methodist Church, we renew our covenant faithfully to participate in the ministries of the church by our prayers, our presence, our gifts, our service, and our witness, that in everything God may be glorified through Jesus Christ.**

✠ Benediction

✠ Postlude

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### DULUTH FIRST UNITED METHODIST CHURCH

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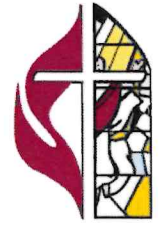
YouTube: [DuluthFirstUMCWorship](https://www.youtube.com/DuluthFirstUMCWorship)

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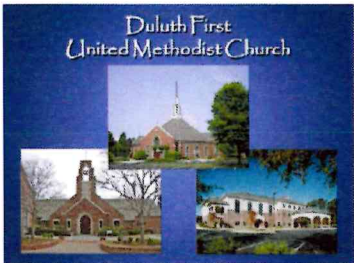
# The Sunday Supplement



JULY 5, 2026

## Welcome to Duluth First United Methodist Church!

We are glad that you came to worship with us today. The mission of Duluth First United Methodist Church is to make disciples of Jesus Christ. If you are looking for more information about Duluth First United Methodist Church and its ministries, Bible studies, and other programs and events, please be sure to visit our church's website at [www.duluthumc.org](http://www.duluthumc.org).



To join Duluth First United Methodist Church, please come forward as we sing the song that follows the Invitation to Church Membership.

If you have any questions regarding membership or you are visiting and would like additional information, please contact Rev. Dr. AnnaKate Rawles, Associate Pastor, by e-mail at [arawles@duluthumc.org](mailto:arawles@duluthumc.org), or call 770-476-3776, ext. 128.

## Prayer Concerns

- Ann Fleming • Jae Hallett
- Shamain Hallett • Cheryl Jackson
- Linton Jones • Luke Livingston
- Pam Logan • Barbara Martin
- Tom Martin • Bette Pickin
- Jeff Schulz • Pam Tuggle • ShiQuita Ward



## STEPHEN MINISTRY

### HELP — HOPE — HEALING

Stephen Ministers are here for you when life gets difficult.

*For more information or to request the support and care of a Stephen Minister, contact Rev. Dr. C. Kay Fuino by e-mail at [ckfuino@duluthumc.org](mailto:ckfuino@duluthumc.org).*



## This Morning's Communion Offering: Murphy-Harpst Children's Center

Any gifts left on the altar rail or communion table this morning will go toward the communion offering for the **Murphy-Harpst Children's Center**. Over the last 100 + years, the **Murphy-Harpst** has provided hope and healing to hundreds of Georgia's children.



**Murphy-Harpst**  
LIFE AND HOPE FOR CHILDREN

A related-agency of the North Georgia Conference of The United Methodist Church, **Murphy-Harpst** serves Georgia's most-vulnerable children, youth, and young people who have experienced abuse and neglect. **Murphy-Harpst** provides residential treatment, specialized foster care placements, and community programs that support at-risk children and their families. The stable environment of the Cedartown campus is a vital part of the recovery so that children can thrive and heal. For additional information about **Murphy-Harpst**, please visit their website at [murphyharpst.org](http://murphyharpst.org).

The communion offering is in addition to your regular giving to the Church.

## Youth Ministry Sunday Night Gatherings

Students in the 6<sup>th</sup> through 12<sup>th</sup> grades are invited to join us on Sunday nights for **Sunday Night Gatherings** from 5:30 to 7:30 p.m. in the Youth Center ("The Fish Tank"), located on the 1<sup>st</sup> floor of the Sheldon Family Life Center. **Sunday Night Gatherings** include great dinners, fun games, amazing worship, inspirational and relevant messages and life-changing small groups.

The **Sunday Night Gathering** schedule for July is:

- **Sunday, July 5<sup>th</sup>:** Hang out at the **Duluth Town Green**. Meet at LR Burger for dinner at 5:30 p.m. Please bring \$20 for dinner and dessert. Pick up time will be at 7:30 p.m. at the Town Green.
- **Sunday, July 12<sup>th</sup>:** **Sunday Night Gathering** at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, July 19<sup>th</sup>:** **2026 FIFA World Cup Final Watch Party** at 3:00 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, July 26<sup>th</sup>:** **Sunday Night Gathering** at 5:30 p.m. in the Youth Center ("The Fish Tank").

Please visit the Youth Ministry's website at <https://dfumcstudents.org> for more information. If you have any questions, please contact Rev. Min Lee, Director of Youth Ministries, by e-mail at [mlee@duluthumc.org](mailto:mlee@duluthumc.org), or call 770-476-3776, ext. 119.



## Pack a Backpack with School Supplies for a Child at Seneca Street UMC

Over the last six years it has been a joy for our congregation to be part of the **Summer Reading Camp** at Seneca Street UMC in Buffalo, NY, by packing backpacks here in Duluth with school supplies for the children in Buffalo. After being shipped to Buffalo, backpacks are distributed to children at the end of the two-week camp for use in the upcoming school year. A portion of the backpacks will be processed as we have done in the past, while for the rest of the backpacks we will buy and collect school supplies and have a packing party for filling them with collected school supplies.

If you would like to pack a backpack:

- **Grades 1 – 8:** Select one or more school supply cards to be used to buy supplies with. School supply cards will be available for pickup in the Veterans Memorial Gathering Room. Please return all school supplies **by today, Sunday, July 5<sup>th</sup>**. The packing party will be held **on Saturday, July 11<sup>th</sup>**, beginning at 10 a.m. in Hinton Hall, where you can come and fill backpacks with collected school supplies.
- **Kindergarten and grades 9 – 12:** Select an empty backpack which will include a school supplies list and note on the return process. Backpacks will be available for pickup in the Veterans Memorial Gathering Room. Shop for school supplies to fill it with and return completed backpacks **no later than Sunday, July 12<sup>th</sup>**.

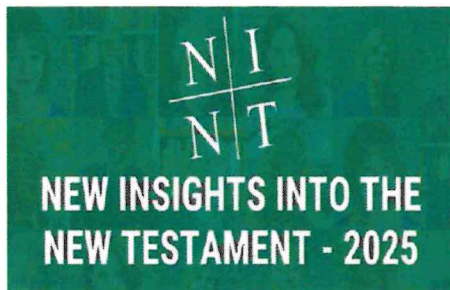


This approach was very successful last year as it allowed a greater number of our members to participate in the ministry. Backpacks and school supplies can be left in the collection areas located on the Dorothy L. Rainey Fellowship Hall stage, and outside of room F145, located on the 1<sup>st</sup> floor of the Sheldon Family Life Center.

If you have any questions, please contact Charlie Doerlich by e-mail at [chaz3d@gmail.com](mailto:chaz3d@gmail.com) or 678-662-2215. Thank you for your continued support of this important ministry.

## **A New Small Group Class, *The Quest for the Historical Jesus*, Begins July 7<sup>th</sup> and 8<sup>th</sup>**

A new small group class, utilizing Bart Ehrman's **New Insights into the New Testament Seminar for 2025**, will be offered at the church on Tuesday mornings and Wednesday evenings beginning July 7<sup>th</sup> and 8<sup>th</sup>. This class, led by Pete Fleming, features videos of ten New Testament scholars' lectures on various aspects of the **Historical Jesus Quest**.



**NEW INSIGHTS INTO THE  
NEW TESTAMENT - 2025**

2025 Theme.

**THE HISTORICAL JESUS**

Classes will meet twice weekly for ten weeks:

- Tuesdays from 10:00 to 11:30 a.m.;
- Wednesdays from 5:45 to 7:15 p.m.

**Participants may attend either class.**

Video presenters include Amy-Jill Levine, Dale Allison, Elaine Pagels, Paula Fredriksen and others. Each class will view one 40-minute lecture, followed by a time of discussion. Participants are encouraged to read E.P. Sanders's book, **The Historical Figure of Jesus**, which presents the basic outlines of the Historical Jesus scholarship. The book can be purchased for under \$10.

Please contact Pete Fleming by e-mail at [lfleming3832@att.net](mailto:lfleming3832@att.net) or Rev. Dr. AnnaKate Rawles by e-mail at [arawles@duluthumc.org](mailto:arawles@duluthumc.org) to register and also letting them know

which day you will attend. Once the size of each class has been determined, participants will be notified of the classroom location.

## **Food Drive for Hands of Christ Duluth Co-Op: Sunday, July 12<sup>th</sup>**

Thank you for your outstanding **Food Drive** support during the Wednesday Night Dinners, as your weekly donations enabled **Hands of Christ Duluth Duluth-Co-Op** to serve an increasing demand for food. However, during the Spring and Summer months, a slowdown in donations is experienced. **Hands of Christ's food inventory is at very low levels.** It's not a crisis but is something we need to be attentive of, as more individuals are being served than ever before.



Over 60% of the food distributed by **Hands of Christ** comes from donations. Their current need is based upon the increase in the number of clients served each week. On a typical week, over 125 clients are served, resulting in a weekly distribution of over 4000 pounds of canned and dry products.

**Duluth First UMC will be holding a Food Drive for Hands of Christ Duluth Co-Op on Sunday, July 12<sup>th</sup>, during service hours for the donation of the following items: canned peas, canned fruit, canned tomatoes (diced, whole, stewed), spaghetti/pasta, and jelly (plastic squeeze bottles are preferred).** There will be multiple locations around the Sanctuary and in the Sheldon Family Life Center to receive your food donations.

Thank you for your continued support of **Hands of Christ Duluth Co-Op**. If you have any questions, contact Charlie Doerlich by e-mail at [chaz3d@gmail.com](mailto:chaz3d@gmail.com) or call 678-662-2115.

## **Popsicles on the Playground: Monday, July 13<sup>th</sup>**

The summer is too long to go without seeing our friends! Preschool-aged children, their siblings, and their grown-ups are invited to come play at the church **on Monday, July 13<sup>th</sup> from 10:00 to 11:00 a.m.** We will have popsicles for the kids and iced coffee for the grownups!

Join us on the playground if the weather is nice, and if it is raining or way too hot, we will be in the Dorothy L. Rainey Fellowship Hall. If you have any questions, please contact Rev. Dr. AnnaKate Rawles, Associate Pastor, by e-mail at [arawles@duluthumc.org](mailto:arawles@duluthumc.org).

Be on the look out for other meet up opportunities this summer by following us on:

- Our church's website – [www.duluthumc.org](http://www.duluthumc.org);
- Facebook – <https://www.facebook.com/DuluthFirstUMC>;
- Instagram – <https://www.instagram.com/duluthfirstumc>.



## **Senior Adult Coffee Hour: Wednesdays, July 15<sup>th</sup>, and August 12<sup>th</sup>**

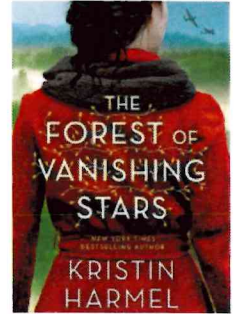
Senior adults are invited to join us once a month this summer for a time of coffee, conversations, and fellowship. Bring a game, something you want to discuss, or just show up to enjoy time together!

We will meet on Wednesdays, July 15<sup>th</sup>, and August 12<sup>th</sup>, at 9:30 a.m. in the cul-da-sac area outside of the offices on the 1<sup>st</sup> floor of the Sheldon Family Life Center. If you have any questions, please contact Rev. AnnaKate Rawles, Associate Pastor, by e-mail at [arawles@duluthumc.org](mailto:arawles@duluthumc.org). We look forward to seeing you there!

## **Library Book Club to Discuss "The Forest of Vanishing Stars": Monday, July 20<sup>th</sup>**

The **Library Book Club** will meet on Monday, July 20<sup>th</sup>, at 10:00 a.m. in room F145, located on the 1<sup>st</sup> floor of the Sheldon Family Life Center, to discuss **The Forest of Vanishing Stars** by Kristin Harmel.

The **Forest of Vanishing Stars** is a World War II historical fiction novel about a young woman, Yona, who was kidnapped as a child and raised in the forests of Eastern Europe, learning to survive off the land. After her kidnapper dies, she encounters Jewish refugees fleeing the Nazis and uses her wilderness skills to help them survive, while they teach her about love and community, all while she grapples with her past and identity. The story is inspired by true accounts of Jewish partisans and survival groups during the war.



# Duluth First United Methodist Church



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