



# St. Paul's

United Methodist Church

*Journeying Together Since 1885*

## ASCENSION SUNDAY

9:00 AM & 10:30 AM

MAY 17, 2026

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**Thank you for worshiping with us today.**

*Wherever you are on your spiritual journey, we welcome you to St. Paul's, a Reconciling congregation of the United Methodist Church. All are celebrated here and all are safe. This bulletin will guide our service today. More helpful information can be found following the order of worship.*

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(\* - please stand in body or spirit)

### Gathering for Worship

Announcements

Rev. Joey Heath-Mason

Prelude (10:30 AM)

*I Am Thine, O Lord*

Emma Lou Diemer

\*Call to Worship

Lay Reader

Leader: Look to the heavens, people of God.

**People: See the power of the Most High God.**

Leader: Christ ascends to heaven in glory.

**People: Shout to God with cries of joy.**

Leader: Clap you hand, children of Love incarnate.

**People: Sing praises to God, our king.**

\*Hymn #526

*What A Friend We Have In Jesus*

Opening Prayer

Lay Reader

**God Most High, as Christ ascended into the heavens, may our hearts ascend to you. Open our eyes to the power of your Spirit, and open our lives to the fullness of your power, that we may be clothed with power on high. Help us wait patiently for the baptism of your Spirit that we may be found worthy of your great gifts. Amen.**

Pastoral Prayer

Rev. Joey Heath-Mason

The Lord's Prayer (10:30 AM)

UM Hymnal, #895

**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.**

### **Proclamation of the Word**

1 Peter 4:12-14, 5:6-11 (NRSVUE)

Lay Reader

Pew Bible – New Testament page 235

<sup>12</sup>Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. <sup>13</sup>But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. <sup>14</sup>If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

<sup>6</sup>Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you in due time. <sup>7</sup>Cast all your anxiety on him, because he cares for you. <sup>8</sup>Discipline yourselves; keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. <sup>9</sup>Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. <sup>10</sup>And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. <sup>11</sup>To him be the power forever and ever. Amen.

Leader: This is the Word of the Lord.

**People: Thanks be to God.**

## Response to the Word

\*Hymn #512

*Stand By Me*

Sermon

Rev. Sheridan Allmond

Invitation to Discipleship & Giving

Rev. Sheridan Allmond

*Offerings by check may be made out to St. Paul's UMC. Scan the QR code to see one-time and recurring online giving options at [stpaulsk.org](http://stpaulsk.org). Thank you for supporting St. Paul's work engaging in meaningful worship and vibrant ministry in our community.*



Offertory (10:30 only)

*Blessed Assurance*  
Sanctuary Choir

arr. Joel Raney

*One thing I'm sure of, one thing I know.  
God walks beside me wherever I go.  
He'll never leave me, he's there to stay.  
God holds my hand; he lights my way.*

*God's love is perfect, his arms are strong.  
He's right here with me, I'm not alone.  
When my heart's broken, he's there to mend.  
He is my Savior. He is my friend.*

*Blessed assurance, Jesus is mine!  
O, what a fore-taste of glory divine!  
Watching and waiting, looking above,  
Filled with his goodness, lost in his love.*

*This is my story, this is my song,  
Praising my Savior all the day long;  
This is my story, this is my song,  
Praising my Savior all the day long.*

\*Doxology #94

LASST UNS ERFREUEN

\*Prayer of Dedication

Rev. Joey Heath-Mason

*The Great Thanksgiving and Communion (9:00 AM)*

*The Invitation, Confession & Pardon (9:00 AM)*

UM Hymnal p. 12

***Merciful God, we confess that we have not loved you with our whole heart. We have failed to be an obedient church. We have not done your will, we have broken your law, we have rebelled against your love, we have not loved our neighbors, and we have not heard the cry of the needy. Forgive us, we pray. Free us for joyful obedience, through Christ Jesus our Lord. Amen.***

*Passing the Peace (9:00 AM)*

*The Great Thanksgiving (9:00 AM)*

UM Hymnal p. 13-14

***Leader: The Lord be with you.***

***People: And also with you.***

***Leader: Lift up your hearts.***

***People: We lift them up to the Lord.***

***Leader: Let us give thanks to the Lord our God.***

***People: It is right to give our thanks and praise.***

*The pastor gives thanks, remembering God's acts of salvation and concludes:*

***L: And so, with your people on earth and all the company of heaven we praise your name and join their unending hymn:***

***P: 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.***

*The pastor continues the thanksgiving and concludes:*

***L: And so, in remembrance of these your mighty acts in Jesus Christ, we offer 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.***

***P: Christ has died; Christ is risen; Christ will come again.***

*The pastor continues and concludes:*

***L: All honor and glory is yours, almighty Father, now and for ever.***

***P: Amen.***

*The Lord's Prayer (9:00 AM)*

UM Hymnal, #895

***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 and Giving the Bread & Cup (9:00 AM)*

*All communion bread is gluten-free.*

*Prayer of Thanksgiving (9:00 AM)*

***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.***

## Sending Forth

\*Hymn #354

*I Surrender All*

\*Benediction and Dismissal

Rev. Sheridan Allmond

Postlude (10:30 AM)

*Look Up, My Soul, to Christ Thy Joy*

Robert Elmore



### SANCTUARY FLOWERS

The flowers are given today by **Bill & Kathleen Stephens**  
in celebration of their 31<sup>st</sup> wedding anniversary.

### WORSHIP NEXT WEEK

**Sunday, May 24, 2026**

9:00 AM – Worship with Communion

10:30 AM – Worship with Sanctuary Choir



## ANNOUNCEMENTS

**Weekly News** – Visit [stpaulsk.org/community/epistle-weekly-news](http://stpaulsk.org/community/epistle-weekly-news) or scan the QR code to find all the announcements, links, and event details shared in our Weekly News. You can also find the submission buttons to share news and announcements.



**Welcome!** – **Restrooms** including a family restroom with changing table can be found past the church office, near the water fountain. **Large-print Bibles and Hymnals** are available from our ushers. **T-coil hearing aids** work in our Sanctuary. **Sign in!** Please use the attendance pads in the pews to share your name and note your attendance with us today. Read more at [stpaulsk.org/worship](http://stpaulsk.org/worship).

**Weekday Hours** – The office is typically open for drop-in visits and phone calls Monday-Thursday, 10:00 AM to 3:00 PM. We encourage appointments since staff hours vary! If you have a pastoral emergency when the office is closed, please call the emergency line for Rev. Sheridan Allmond (410-205-5568) and she will be notified of your call.

**Sunday School News** – *May 17*. All children in grades K-5 are invited to attend Sunday School during the 10:30 worship hour. Parents & guardians should drop off and pick up children at their classrooms immediately following worship. Grades K-2 meet in Room 200; Grades 3-5 meet in the Parlor. Nursery care is available for children pre-K and younger. For children in worship, Busy Bags with quiet children's activities are available at the Welcome Desk near the front doors.

### Events, Activities, and Information

- **Last Chance! VBS Registration** – *sign ups due by May 24!* Vacation Bible School camper enrollment numbers are currently too low to make a meaningful VBS experience so we are encouraging everyone to sign up by May 24. If you've already signed up for VBS, consider inviting a friend! This fun mini-camp for kids in pre-K through rising-5<sup>th</sup> grade will take place at Bethesda UMC (8300 Old Georgetown Rd, Bethesda MD 21704), June 22-26, 9:00 AM – 12:00 noon. We're using the new Cokesbury program "Snowball Mountain Challenge!" Visit <https://obspro.events/pl/events/6ca1be> to register. We never want a young person to miss out on a camp experience because of financial worries. Members and friends of St. Paul's interested in campership funding should contact Rev. Joey Heath-Mason ([joeyhm@stpaulsk.org](mailto:joeyhm@stpaulsk.org)) for a confidential discussion.
- **New! Summer Kick-Off with Bluegrass and Picnic-Inspired Lunch** – *Sunday, June 14, 10:30 AM*. We'll kick off the start of our summer schedule with a special Bluegrass Sunday, featuring our Sanctuary Choir and some toe-tapping bluegrass gospel from guest musicians. After worship, head up to the fellowship hall for a picnic-inspired community lunch – picnic lunch tickets coming soon! Proceeds will benefit our Music

Ministry. From June 14 through the summer months, we will worship together at a single Sunday service at 10:30 AM, and will return to our regular schedule of two services in September.

- **Spiritual Gifts** – Spiritual gifts are given to build up the body of Christ. Each of us is equipped by the Spirit to serve in unique ways. In the United Methodist tradition, leadership is a calling rooted in service, humility, and faithfulness. The Church Leadership Team encourages you to discern your gifts, and respond to God’s call to lead! Take the UMC Spiritual Gifts quiz! <https://www.umc.org/en/content/exploring-your-spiritual-gifts> Please reach out to Anne Dean at [annepdean@gmail.com](mailto:annepdean@gmail.com) or speak to one of the pastors about ways to share your spiritual gifts.
- **Today: SPY** – *Sunday, May 17, 7:00-8:30 PM.* St. Paul’s Youth will gather for our regular Sunday meeting. All friends of St. Paul’s in grades 6-12 are welcome in the Multi-Purpose Room for fellowship, fun activities, Bible study, and food! Contact Pastor Sheridan at [sallmond@stpaulsk.org](mailto:sallmond@stpaulsk.org) with questions. Go to [stpaulsk.org/community/youth](http://stpaulsk.org/community/youth) for the full meeting schedule.
- **This Week: Taste & Sing** – *Tuesday, May 19, 12:00-1:30 PM.* This will be the last Taste & Sing of the season before we take a summer break! Come to the Octagon for a casual hymn sing (feel free to request your favorites!), stay for a short program about the stories behind our worship songs, then enjoy fellowship over a tasty lunch prepared by Ginny Hagberg (\$5 donation).
- **This Month: Children’s Choir Rehearsal** – *Sundays May 17 & June 7, 11:45-12:30.* Children in grades K-6 will meet in the MPR to prepare music! Children will share their anthems in worship on June 14, then take a break for the rest of the summer. Email Ms. Christina Griffin, director, at [childrenschoir@stpaulsk.org](mailto:childrenschoir@stpaulsk.org), for up to date schedules and info
- **This Month: Educational Awards & Senior Recognition Day** – *Sunday, May 31.* During the 10:30 worship service on May 31, we will recognize St. Paul’s graduating high school seniors, and present the Jim Smith Educational Awards for 2026. We never intentionally leave out a member of the graduating class, but sometimes our records are incomplete. If you haven’t received an email invitation from one of our volunteers, please contact Erin Steele in the church office at [stpaulsunited@stpaulsk.org](mailto:stpaulsunited@stpaulsk.org) to update a graduating senior’s name and contact info.
- **This Month: Sweets for SPY Fundraiser** – *Sunday, May 31, serving 11:30-12:45.* The SPY spaghetti lunch fundraiser will be the last Sunday in May! Support youth activities by dining in the fellowship hall after worship! Can you do something sweet to help us even more? If you can donate a dessert, contact Megan Montgomery ([megan.w.montgomery@gmail.com](mailto:megan.w.montgomery@gmail.com)). Please buy lunch tickets in advance - \$10 each -

at [stpaulsk.org/community/youth](http://stpaulsk.org/community/youth). The youth families will be serving spaghetti with vegetarian sauce or meatballs, salad, garlic bread, dessert, tea, coffee, and lemonade.

- **This Month: Book Drive and *The Librarians* Film Screening** – *Sunday, May 31, 12:00 noon*. We are holding a book drive collecting gently used books to benefit Friends of the Library, Montgomery County. Please place books on the collection table in the Narthex from now until May 31. On May 31, come to the Octagon following worship for a special screening of the award-winning documentary *The Librarians*. This film explores the critical role librarians play in protecting access to information and intellectual freedom in their communities. (Yes, you can bring your plate of spaghetti downstairs and eat while you watch the film!) Contact Rachel Stalcup with questions: [rachelstalcup@gmail.com](mailto:rachelstalcup@gmail.com).
- **This Month: Hunger Ministry Cooking Oil** – Our Hunger Ministry currently feeds 170 households. We gratefully receive all kinds of nonperishable pantry staples. This month we are asking for help with donations of Cooking Oil (canola oil, vegetable oil, etc.) in plastic bottles. Pick up a flyer with a list of the other items we need every month by the donation bin in the Narthex or online at [stpaulsk.org/service/hunger-ministry](http://stpaulsk.org/service/hunger-ministry). We are thankful that our congregation provides generously so we can serve those in our ZIP code facing food insecurity. Email [hunger@stpaulsk.org](mailto:hunger@stpaulsk.org) to find out about volunteer opportunities!
- **Next Month: Summer Schedule Changes!** – Many groups adjust their schedules or take a break during the summer months. We will post a list of activities on “summer break” here and at [stpaulsk.org](http://stpaulsk.org) as we learn about them. We encourage everyone to check directly with group leaders to confirm changes in meeting hours!
- **Next Month: Pancake Breakfast** – *Saturday, June 6, serving 8:00-10:30 AM*. Join friends and neighbors at St. Paul’s fellowship hall for pancakes, scrambled eggs, sausage, grits, fruit, beverages, and a specialty treat. Suggested donation is \$20 for a family of four; cash at the door with proceeds to benefit local charities. This is the final breakfast of the season! We take a summer break in July and August, but plan to return in September!
- **Next Month: Kensington House & Garden Pilgrimage** – *Sunday, June 7, 10:00 AM – 5:00 PM*. Enjoy the historical architecture, gardens, and vibrant activity in Kensington on this self-guided tour. The Town of Kensington Tour will take place on Sunday, June 7, rain or shine. Ticket holders receive exclusive access to properties and private interior spaces, including Warner Mansion, that are only open on the day of the tour. The tour also includes studios at the Compass Arts Center and the Kensington Train Station (with restroom facilities), and an optional add-on boxed lunch perfect for a picnic in the park. No pets, please. Recommended for children age 10 and older.

Purchase tickets at <https://www.mhgp.org/kensington> – proceeds from the Kensington Tour will benefit Noyes Children's Library, a place for young book lovers since 1893!

- **Next Month: Bible & Brews** – *Saturday, June 13, 5:00-6:00 PM*. Gather for casual interfaith conversations with Pastor Joey, Rabbi Adam, and friends from Temple Emanuel. All our meetings are family friendly! We meet at local restaurants offering food and drink that you can purchase as you like. For May we will be at BabyCat Brewery (10241 Kensington Pkwy). Contact Pastor Joey at [joeym@stpaulsk.org](mailto:joeym@stpaulsk.org) with any questions.
- **Musical Theatre Camp Registration Open** – *now open!* Musical Theatre Camp runs July 13-17, 9:00 AM - 3:00 PM at St. Paul's UMC. Kids in rising-4<sup>th</sup> through rising-8<sup>th</sup> grades should register now! Campers learn an entire musical in just five days. This year's presentation will be "A Technicolor Promise," a musical re-telling of the story of Noah and the Ark. All campers will be in the presentation! Auditions for specific roles are usually held in June. Registration is open to the first 18 campers! This is an annual highlight for many families throughout the Kensington area! Visit [stpaulsk.org/community/musical-theatre-camp](http://stpaulsk.org/community/musical-theatre-camp) for the registration form and payment options. Contact camp director Mrs. Robin Mayhew ([robin\\_mayhew@comcast.net](mailto:robin_mayhew@comcast.net)).
- **Sanctuary Flower Sponsors Welcome** – The flower chart for 2026 is available in the church office! The flower cost is \$45 and you may dedicate them for memory, honor, or celebration, and take the flowers home following the 10:30 worship service if you wish. Please add your name to the chart to reserve a date, then fill out a yellow form with dedication information.
- **Ongoing Activities** – *Please contact group leaders directly to confirm meeting times!*
  - **Sanctuary Choir** – *Most Sundays*. Open to grade 7 and up and adult singers. We rehearse each week at 9:30 AM on Sundays in Room 211 and sing for the 10:30 service. Contact Tom Pedersen ([tpedersen@stpaulsk.org](mailto:tpedersen@stpaulsk.org)).
  - **Children's Choir** – *Most Sundays, 11:45-12:30*. Children in grades K-6 will meet in the MPR to prepare music to share in worship. Email Ms. Christina Griffin, director, at [childrenschoir@stpaulsk.org](mailto:childrenschoir@stpaulsk.org), for up to date schedules and info.
  - **Yarn Ministry** – *Mondays twice a month, 7:00-8:30 PM*. Bring your knitting, crochet, or other craft project and craft alongside friends in the church library. The last meeting before Summer Break will be on May 25. Contact Karen Codner for meeting info: [KDC811@gmail.com](mailto:KDC811@gmail.com).
  - **Joyful Ringers** – *Wednesdays, 7:00 PM*. A handbell choir for adults that offers fun and fellowship! Contact Tom Pedersen: [tpedersen@stpaulsk.org](mailto:tpedersen@stpaulsk.org)
  - **Prayerwaves** – *Wednesdays, 10:00-10:30 AM*. To pray together by phone, dial 425-436-6326 then enter access code 774042 followed by the # sign. To receive the prayer list by email, please contact Erin at [stpaulsunited@stpaulsk.org](mailto:stpaulsunited@stpaulsk.org).

- **Sermon Safari** – *Wednesdays, 4:00-5:00 PM*. In this drop-in Zoom study, we watch a video of a sermon by a notable speaker, and then discuss it. Contact Dr. Meg Baker at [megbaker@verizon.net](mailto:megbaker@verizon.net) for the Zoom link.
- **Still Wednesday** – *Wednesdays, 7:00-8:00 PM*. Still Wednesday gathers in either the Sanctuary or the Octagon for a guided time of poetry, scripture, music, and about 20 minutes of silent prayer. Text/call Marty Bartley at 301-873-6630.
- **Lydia Circle Sisters** – *Wednesdays once a month, 2:30-4:00 PM*. All ladies are welcome at Lydia Circle gatherings, usually on the first Wednesday of the month. Contact Susan Schwarz at 301-339-8242 or [susan10748@aol.com](mailto:susan10748@aol.com).
- **Bible & Brews** – *Saturday or Sunday, once a month*. Join us at a local restaurant for family-friendly interfaith conversations with Rabbi Adam and neighbors from Temple Emanuel. Contact Pastor Joey: [joeyhm@stpaulsk.org](mailto:joeyhm@stpaulsk.org).
- **Pancake Breakfast** – *First Saturday each month, Sept.-June*. Enjoy pancakes, scrambled eggs, sausage, grits, fruit, beverages, and a specialty treat, served 8:00-10:30 AM in the Fellowship Hall. \$20 for a family of four.
- **Stephen Ministers** – Move through difficult seasons of life with a Stephen Minister by your side. Contact Martha Lipscomb (301-518-1642) to be connected to a trained Stephen Minister.
- **Sanctuary Flower Sponsors** – The flower chart for 2026 is available in the church office! Please add your name to the chart to reserve a date, then fill out a yellow form with dedication information. The cost is \$45.
- **Sipping Ministry** – To host this fellowship time with coffee and snacks, sign up on the office bulletin board and take a “how to host” guide.
- **St. Paul’s Leadership** – St. Paul’s leaders will be meeting on the fourth Monday of the month throughout the year to attend to the mission, ministry, and wellbeing of the church. All meetings are open to the public. To confirm meeting times, contact Chairperson Bill Stephens ([wtstephens@verizon.net](mailto:wtstephens@verizon.net)). To learn more, go to [stpaulsk.org/community/meet-the-staff](http://stpaulsk.org/community/meet-the-staff) and scroll down to the Leadership Team section.



## SOURCES AND LICENSING

Livestreaming each week at 10:30 AM at [stpaulsk.org/worship/worship-at-home](http://stpaulsk.org/worship/worship-at-home).

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Call to Worship & Opening Prayer: *The Abingdon Worship Annual 2026*, ed. Mary Scifres & B. J. Beu (Nashville TN: Abingdon Press, 2025). Used by permission.

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\*\* Doxology: *Praise God, from Whom All Blessings Flow (LASST UNS ERFREUEN)*. Words: Thomas Ken (1674), adapt. Gilbert H. Vieira (1978). Music: *Geistliche Kirchengesänge* (1623), harm. Ralph Vaughan Williams (1906). Adapt. copyright 1989, The United Methodist Publishing House.

Hymn: *I Surrender All*. Words: J. W. Van Deventer (1896). Music: W. S. Weeden (1896). Public domain.

\*\* Postlude: *Look Up, My Soul, to Christ Thy Joy*; by Robert Elmore from *Three Meditative Moments based on Moravian Hymns*, copyright 1958 Harold Flammer, Inc. All rights reserved.





## LEADING AND SERVING

**Senior Pastor:** Rev. Sheridan Allmond, [sallmond@stpaulsk.org](mailto:sallmond@stpaulsk.org)

**Associate Pastor:** Rev. Joey Heath-Mason, [joeyhm@stpaulsk.org](mailto:joeyhm@stpaulsk.org)

**Music Director:** Mr. N. Thomas Pedersen, [tpedersen@stpaulsk.org](mailto:tpedersen@stpaulsk.org)

**Organist:** Mr. Marvin Mills, [mmills@stpaulsk.org](mailto:mmills@stpaulsk.org)

**Bookkeeping & Facilities:** Ms. Tracey Furman, [tfurman@stpaulsk.org](mailto:tfurman@stpaulsk.org)

**Communications & Administration:** Dr. Erin Bone Steele, [stpaulsunited@stpaulsk.org](mailto:stpaulsunited@stpaulsk.org)

**A/V Team:** Mr. & Mrs. John & Biljana Regan

**Children's Choir Director:** Ms. Christina Griffin

**Lay Leader:** Mrs. Anne Dean

**Usher Coordinator:** Mr. Nathan Bazawada

**Lay Readers:** Deanna Hodgson (9:00 AM), Martha Lipscomb (10:30 AM)



*We, the community of St. Paul's United Methodist Church, Kensington, welcome you in love. Jesus Christ accepts all, excluding none. So we welcome and affirm you who are gay, straight, lesbian, bisexual, transgender, or queer. We welcome you without regard to your sexual orientation, gender identity or expression, national origin, culture, race, ethnicity, ability, education, or age. We welcome you no matter your immigration, marital, or economic status. Wherever you are on your spiritual journey, we welcome and affirm you as one of God's children into our community of God's unbounded love. All are celebrated here and all are safe.*

