



The Senior Pastor's Letter

Holy Disruptions and the Women Who Changed the Story...

.... But First, a Word of Thanks

I want to take a moment to SHOUT OUT our SPY Squad. The Squad are the adult leaders who ensure that St. Paul's Youth (middle to high school) can gather for food, fun, fellowship, and diving deeper into God's word.

After a few well-deserved weeks off, they will continue through our "Holy Disruption" curriculum. In these weeks after Easter, they are invited to slow down and notice the surprising ways God moves through people who don't fit the expected mold.

Scripture is full of these moments — times when God chooses the overlooked, the underestimated, or the socially unacceptable to carry the good news forward. And nowhere is this more evident than in the New Testament's portrayal of women who step boldly into roles their culture never intended for them.

Mary of Nazareth stands at the beginning of the story, a young girl from an unimportant town, yet she becomes the first to proclaim the gospel. Her Magnificat is not a quiet prayer but a revolutionary announcement: God is overturning the world's power structures and lifting up the lowly. Before Jesus ever preaches a sermon, Mary models what it means to speak God's truth with courage.

Then SPY will encounter the Samaritan woman at the well — doubly marginalized by ethnicity and gender. Yet Jesus chooses her as the first evangelist in John's Gospel. After encountering the living water, she runs back to her community, becoming the spark that ignites belief in an entire town. Her testimony reminds us that God often uses those we least expect to open doors others cannot.

Mary Magdalene, too, disrupts expectations. In a world where women's voices were often dismissed, she becomes the first witness to the resurrection — the central truth of our faith. Jesus entrusts her with the message that changes everything: "Go and tell." Her calling is not an accident; it is a declaration that the kingdom of God does not operate by human rules.

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The Senior Pastor's Letter

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These women — and many others like Priscilla, Phoebe, and Lydia — show us that the Holy Spirit consistently pushes against the boundaries we create. They remind us that discipleship is not about fitting into cultural expectations but about responding faithfully when God calls.

Pray with me that as they enter this study, our youth open themselves to the same holy disruptions. May they learn to see God at work in unexpected people, unexpected places, and unexpected moments. Pray they are willing to let God stretch their assumptions about who can lead, who can speak, and who can carry the good news.

The Holy Spirit is inviting all of us to listen more closely to voices we have overlooked. Perhaps God is nudging us to step into roles we once thought were “not for us.” Or perhaps the disruption God is stirring is simply a renewed openness to being surprised.

The New Testament women remind us that God delights in rewriting the script. God still calls unlikely disciples. God still disrupts. And God still invites us — every one of us — into the unfolding story of grace.

~ Pastor Sheridan

Welcoming Statement

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.



SCAM Reminder



Scammers use public information (like the pastor's name) to create fake email addresses and pose as church leaders, asking for money or gift cards.

Contributions should only be made through stpaulsk.org/giving or sent to the church's physical address at 10401 Armory Avenue, Kensington MD 20895.

Contact Us

SENIOR PASTOR

Rev. Sheridan Allmond
sallmond@stpaulsk.org
301-933-7933 ext. 101

ASSOCIATE PASTOR

Rev. Joey Heath-Mason
joeyhm@stpaulsk.org
301-933-7933 ext. 103

DIRECTOR OF MUSIC

Mr. N. Thomas Pedersen
tpedersen@stpaulsk.org

ORGANIST

Mr. Marvin Mills
mmills@stpaulsk.org

DIRECTOR OF
COMMUNICATIONS &
ADMINISTRATION

Dr. Erin Bone Steele
stpaulsunited@stpaulsk.org
301-933-7933 ext. 100

FACILITIES MANAGER
& BOOKKEEPER

Ms. Tracey Furman
tfurman@stpaulsk.org
301-933-7933 ext. 106

Visit us online at
[stpaulsk.org/community/
meet-the-staff](http://stpaulsk.org/community/meet-the-staff)

Office Hours

**Drop-in and Telephone Hours
Monday - Thursday
10:00 AM to 3:00 PM.**

To meet with specific clergy or staff, or for access to the building outside these hours, please make an appointment. Individual availability varies!

St. Paul's is closed on federal holidays and the week between Christmas & New Year's.

Thoughts from Pastor Joey

Isaiah 1:15 says, “When you stretch out your hands, I will hide my eyes from you; even though you make many prayers, I will not listen; your hands are full of blood.” That may sound familiar because Pope Leo recently paraphrased it in a sermon that caught international attention. It is a curious verse. On first read, it can feel counterintuitive, even harsh. The “I” is God, and God refusing to hear prayer seems to run against everything we believe about a loving and attentive creator.

Isaiah, however, is speaking to the people of Judah and Jerusalem. He is warning them that calling on God’s name alone is not sufficient, and more than that, that doing so after committing violence leaves us with blood on our hands and God’s ears closed. It is a reminder that faith is not just what we say, but how we live. We are called to practice what we preach in every area of our lives.

The UMC *Book of Discipline 2020/2024* ¶ 163F states, “The church deplures war and all other forms of violent conflict and urges the peaceful settlement of all disputes... and insists that every peaceful and diplomatic means of resolution be exhausted before the start of armed conflicts.” This echoes both Isaiah’s warning and the spirit of Pope Leo’s message. War, in this framework, is never the goal; and it is only ever to be considered under the most serious moral constraints.



What we often call “Just War” is not simply a war that serves our interests. It is a moral framework that insists war can only be considered as a last resort and only in the face of a greater injustice that must be restrained. Its roots go back to the earliest Christian traditions, where many believers embraced pacifism and wrestled with questions like, “Can a Roman soldier faithfully follow Christ?” Over time, the Church affirmed that no one was beyond God’s grace, even as those tensions around being one who wages war remained unresolved.

The real turning point came in 380 CE, when the Edict of Thessalonica made Christianity the official religion of the Roman Empire. A faith that had once stood at the margins was now tied to imperial power. In that new reality, leaders like St. Ambrose of Milan, and later his student St. Augustine of Hippo, wrestled deeply with the question of war. Augustine did not claim that war was good. Instead, he argued that it could, under certain conditions, be morally justified as a tragic necessity. His central concern was love: how to protect the innocent and restrain wrongdoing without abandoning the command to love one’s neighbor.



I could go on with the history, but I don’t want to lose the heart of what I’m trying to say. “Just War” is not about what benefits us. It is a careful, demanding moral tradition that asks whether violence is ever truly necessary and, if so, under what conditions it might be restrained and held accountable.

That question still matters. Even as the theory has continued to develop, its purpose remains the same: to ask, when is war a necessary evil, and when is it just evil? That question is not abstract. We live in a complex world, where violence has sometimes been defended as necessary. And yet, we follow the Prince of Peace, who told Peter, “Put your sword back in its place; for all who take the sword will perish by the sword.”

Still, the question Isaiah asked Judah and the question Augustine asked the empire is the same one the Prince of Peace leaves with us: when we hear war defended as necessary, are we willing to ask whether that is actually true? May we have the courage to ask, and the patience to keep asking.

– Pastor Joey

Worship Schedule

Sunday, May 3

Scripture: Acts 7:55-60

9:00 AM Worship with Communion

10:30 AM Worship with Communion & Sanctuary Choir
Rev. Sheridan Allmond, preaching

Sunday, May 10

Scripture: Acts 17: 22-31

9:00 AM Worship with Communion

10:30 AM Worship with Sanctuary Choir
Rev. Joey Heath-Mason, preaching

Sunday, May 17

Scripture: 1 Peter 4:12-14, 5:6-11

9:00 AM Worship with Communion

10:30 AM Worship with Sanctuary Choir
Rev. Sheridan Allmond, preaching

Sunday, May 24 - Pentecost

Scripture: John 7: 37-39

9:00 AM Worship with Communion

10:30 AM Worship with Sanctuary Choir
Rev. Joey Heath-Mason, preaching

Sunday, May 31 - Fifth Sunday, One Community

Educational Award & Senior Recognition Day

Scripture: Matthew 28:16-20

10:30 AM Worship with Sanctuary Choir
Rev. Sheridan Allmond, preaching

Worship Livestreams each Sunday at 10:30 AM
stpaulsk.org/worship/worship-at-home

Stephen Ministers



Three new Stephen Ministers were commissioned during the 10:30 worship service on April 19. Having recently completed the 50 hours of training, Kristen Moe, Marie Muller, and Denise Viau now join the Stephen Ministry team at St. Paul's. Kristen and Marie offered their remarks during the service, and Denise shared a prayer she wrote for the occasion. In addition, Betsey Katiti spoke of her experience having a Stephen Minister, and other members of the Stephen Ministry team – Martha Lipscomb, Beth Pierce, and Meg Baker – offered remarks as well. They also expressed gratitude for Virginia Bickford's decades of leadership. We are grateful for our newly commissioned Stephen Ministers, and for their commitment to serve in this way! Stephen Ministers are trained lay people who offer confidential, one-to-one care to those going through life changes or difficult times. If you or someone you know could benefit from having a Stephen Minister, please contact Stephen Leader Martha Lipscomb at 301-518-1642.



PEACE WITH JUSTICE SUNDAY

Sunday, May 31, 2026

One of our denomination's six Special Sundays, Peace with Justice Sunday calls the church to strengthen its capacity to advocate publicly and care for underserved communities throughout the world. Half of the funds collected stay in the local conference and half are administered by the worldwide UMC. To donate, use the envelope in the worship bulletin on Sunday, May 31, or give online at stpaulsk.org/giving.

When you give to the UMC Peace with Justice Sunday, you support programs like these:

- *Helping Our Neighbors (HON)* at First United Methodist Church in Kalamazoo, MI used a 2022 grant to cover the cost of phones for homeless individuals to make appointments and schedule job interviews.
- *Book Blessings*, founded by the youth group at Calhoun First UMC in Calhoun, GA in 2019, distributes children's books to those learning English as a second language and those who receive free tutoring within the school system.
- *The Northeast District, East Mindanao Philippines Conference* used a 2019 grant to establish 10 agricultural plots, teaching sustainable agricultural practices AND providing the community with healthy, organic foods.
- *The Summer Arts Camp* of The United Methodist Church of the Redeemer, in Temple Hills, MD, received a Peace with Justice grant from the Baltimore-Washington Annual Conference in 2021. The camp lets children unleash their creative energy in a positive safe space throughout the summer, a peak time kids are at risk for juvenile offenses.

Sympathy

The St. Paul's community offers our deepest sympathies for those who have lost loved ones recently.



Meg Baker and family,
following the death of her brother

Ken Dinger

Marie Powell and family
following the death of her brother

Nick Powell

Send a Card or Note

The following St. Paul's members are currently limited in their abilities to participate in the life of the church in-person, and appreciate your thoughts and expressions of care.

Mrs. Mabel Baker
3616 Littledale Rd
Apt 302B
Kensington MD 20895

Mrs. Dorothea Depenbrock
6602 Greyswood Road
Larmax Home
North Bethesda MD 20817

Dr. Jo Campa
301 Russell Ave
Wilson Building, #219
Gaithersburg MD 20877

Mrs. Carol MacIntyre
2100 Merrifields Dr.
Silver Spring MD 20906

Mrs. Mary Lou DeHaven
900 N. Taylor St.
Apt. 421 West Tower
Arlington, VA 22201

Mrs. Darlene Rice
Kensington Park
3616 Littledale Road
#G312
Kensington, MD 20895

Mrs. Marybelle Waldroff
9901 Capitol View Ave
Silver Spring MD 20910



We celebrate the birth of

**Ruth
Emery
Higgins**

daughter of Kelcie Mack & Tim Higgins
granddaughter of Marge & Rich Higgins

We celebrate the birth of

**Jolene
Michelle
DaSilva**

daughter of Patrick & Katie DaSilva
granddaughter of Rebecca DaSilva

Making a Joyful Noise

Sanctuary Choir – *Most Sundays*. Open to Grade 7+ and adult singers. We rehearse each week at 9:30 AM on Sundays in Room 211 and sing for the 10:30 service.

Joyful Ringers – *Wednesdays, 7:00 PM*. A handbell choir for adults that offers fun and fellowship! If you've never played bells, we can teach you! Contact Tom Pedersen, Director of Music, at tpedersen@stpaulsk.org

Children's Choir - *Most Sundays after worship*. Open to kids in grades K-6 under the direction of Ms. Christina Griffin. For the most current schedule, email childrenschoir@stpaulsk.org

Lay Leader Reflections

From Anne Dean, Lay Leader

You are spiritually gifted, I guarantee it. Your gifts are beautiful and important and welcome. In the United Methodist Church, we note 20 such gifts from Romans 12, Ephesians 4, and 1 Corinthians 12–13. These gifts are lifted up in Scripture as the gifts of the Spirit, given specifically for the upbuilding of the body of Christ.

Romans 12:6 and 1 Corinthians 12:4-7 are the most accessible for me. Romans says: We have different gifts, according to the grace given to each of us. We can expand that with Corinthians: There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good.

St. Paul's is a gathering of individuals representing all of the spiritual gifts. We work together for our mission and our ministries. This work is a calling of gifts, an invitation to use what our Creator has provided each one of us. Want to know your spiritual gifts? The UMC provides an online "Spiritual Gifts Inventory" quiz!

<https://www.umcdiscipleship.org/spiritual-gifts-inventory/en>

You may be surprised! I was. My top four are: Faith, Giving, Helping, Healing. After your inventory, the Pastors and I welcome you to share your gifts with us. Stay gifted, friends.



RELIGION &
RACE

UMC Statement on the Voting Rights Act

Excerpted from the Joint Statement by The General Commission on Religion and Race (GCORR) and The General Board of Church and Society (GBCS), May 1, 2026.

<https://mailchi.mp/gcorr/all-us-supreme-court-denies-protection-of-section-two-of-the-voting-rights-act?e=c6eb02062c>



The Supreme Court has undercut the Voting Rights Act, rolling back generations of progress by civil rights leaders and heroes like Congressman John Lewis, Fannie Lou Hamer, Dorothy Height, and Rev. Dr. Martin Luther King who worked diligently for decades to establish one of the most important protections against racial discrimination in voting. The Supreme Court's recent 6-3 ruling sends an alarming and dangerous message. It invites a political world where map-drawing and election rules become tools of domination rather than instruments of shared governance. In practice, it means millions of Black, Brown, and Indigenous people will have less of a political voice and representation, as politicians now have a green light to draw districts that serve themselves instead of representing the entire public.

As United Methodists, we believe justice is sacred work. Protecting the voice of every person is not only a civic duty, but a spiritual mandate, including committing ourselves to the ongoing work of dismantling systemic racism in all its forms. The *United Methodist Church 2025–2028 Social Principles* are clear about what faithful public life requires: "We declare that all individuals are entitled to basic human rights and freedoms, and we commit as a Church to reform the structures of society to ensure that every human being can thrive." The Voting Rights Act is a testament to the courage of those who marched, prayed, and organized for a more just democracy. As a denomination, The United Methodist Church has been shaped by that same movement. Many United Methodists stood on the front lines of the struggle for civil rights, grounded in a faith that calls us to affirm the dignity and worth of every person.

This is not a moment to give in to frustration or fear. Our system doesn't have to be this way. We have the power to drive reforms, legislation, and constitutional amendments. We can have a stronger Democracy with fair representation, but only if people choose to stay engaged. Choose to take action:

- Tell Congress and state leaders to pursue stronger statutory protections for voting rights.
- Push faith communities to intensify nonpartisan voter protection, education, and turnout efforts.
- Vote and encourage others to vote in the 2026 mid-term elections for candidates who believe in an equitable voting and representation system.
- Treat this moment as a summons for moral resistance, rooted in love of neighbor.

SPY Spaghetti Lunch Fundraiser



Sunday, May 31, 2026. Serving hours 11:30-12:45

Plan to come to the Fellowship Hall after the 10:30 worship service on Sunday, May 31 for a spaghetti lunch fundraiser to benefit St. Paul's Youth activities.

Tickets are \$10 per person. Please buy tickets in advance using the button at stpaulsk.org/community/calendar-events! The menu includes spaghetti with vegetarian sauce or sauce with meatballs, salad, garlic bread, dessert, tea, coffee and lemonade. (Yes, you can take your plate downstairs to eat and watch *The Librarians* documentary!)

Want to do something sweet to help SPY even more? If you would like to support the Spaghetti Lunch by donating a dessert, please reach out directly to Megan Montgomery (megan.w.montgomery@gmail.com).



"The Librarians" Documentary Screening and Book Drive

Sunday, May 31

12:00 noon (following the 10:30 worship service)

Come to the Octagon for a special screening of the award-winning documentary "The Librarians." This a film that explores the critical role librarians play in protecting access to information and intellectual freedom in their communities.

This event will coincide with a used book drive to benefit Friends of the Library, Montgomery County. Please place gently used, undamaged books on the collection table in the Narthex closest to the office doors.

We hope you will join us for this meaningful gathering and opportunity to support our local libraries. Contact Rachel Stalcup with any questions: rachelstalcup@gmail.com

Community Pancake Breakfast

Saturday, May 2, and June 6

Serving 8:00-10:30 AM

The United Methodist Men will be hosting the monthly Community Pancake Breakfast in Fellowship Hall on the first Saturday of the month. The all-you-can-eat breakfast will have delicious buttermilk pancakes, fresh sage sausage, scrambled eggs, grits, fruit, and coffee, tea, or hot chocolate. In celebration of Cinco de Mayo, we will also be serving a special treat this May of delicious breakfast burritos. Please join us from 8:00 to 10:30 AM. Invite your friends and neighbors to join us. Diners are asked to make a generous donation at the door. Proceeds benefit local charities and causes at St. Paul's.



Jim Smith Educational Awards

Calling all high school seniors! Applications for the Jim Smith Educational Award Each are open until May 4.

Visit stpaulsk.org/community/youth to find the application form. Only those who apply can be considered! The application is entirely online.

If you are a high school senior, please do apply! These modest awards are your congregation saying we are proud of you, praying for you, and behind you as you move toward college, university, or other post-secondary education!

The awards are named for St. Paul's own James Bigelow Smith, Jr., known as Jim Smith, a member of St. Paul's from 1982 until his death in 2024. Jim was active in many ministries at St. Paul's including the United Methodist Men, missions to Nicaragua, Bible studies, travel abroad, Stephen Ministry, and he was a long time Sunday School teacher. He was active with St. Paul's youth, participating annually in the confirmation process. There was often a competition among students as to who would get Jim as their mentor.

To keep the Jim Smith Educational Award fund strong, we welcome contributions by check made out to St. Paul's UMC with "Ed Award" in the memo line, or donate via credit card at <https://stpaulsk.org/giving> - use the Additional Contribution Options area and specify "Ed Award" for the designated fund or cause. If you have questions about the Educational Awards, please contact Anne Dean at annepdean@gmail.com.



Beckett Bui and a basket full of SPY eggs on Easter morning.

"Egg My Yard" Success!

SPY's "Egg My Yard" fundraiser was a joyful success this Easter season. For those who may not know, our youth filled hundreds of plastic eggs with candy. Then, volunteers spent the night before Easter delivering candy-filled eggs to families' yards — creating a surprise egg hunt for children to wake up to on Easter morning. Under the cover of night, volunteers delivered 680 eggs to 17 families, bringing a lot of excitement (and a little bit of stealth!) along the way.

Thanks to the generosity of our congregation and community, we raised more than \$550 after expenses — enough to support more than 10 upcoming SPY classes! Beyond the funds raised, this project continues to share joy with families in our community while supporting the youth program. Thank you to everyone who participated, donated, and supported this effort. Your support helps make SPY's ongoing gatherings and faith formation possible.

Vacation Bible School

We are partnering with our friends at Bethesda UMC for Vacation Bible School this year! This mini-camp is for children in pre-K (age 4 and potty-trained) to rising-5th-grade. All events will be held at 8300 Old Georgetown Road, Bethesda, MD 21704. This summer, "Snowball Mountain Challenge" will take kids on a playful, winter-themed journey where they explore courage and faith through games, storytelling, and hands-on activities. Guided by caring leaders — and a cheerful Arctic seal named Ollie — children will grow in confidence, connection, and joy, while parents can trust that the week will be both meaningful and memorable.

Register online here: <https://vbspro.events/p/events/6ca1be>

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 camperships and financial aid should contact Rev. Joey Heath-Mason (joeyhm@stpaulsk.org) for a confidential discussion.

SPY Schedule

All friends of St. Paul's in grades 6-12 are welcome for food and fellowship, Sundays, 7:00-8:30 PM in the MPR.

Upcoming Meetings:

- May 3: regular meeting
- May 10: NO SPY (Mother's Day)
- May 17: regular meeting
- May 24: NO SPY (Memorial Day Weekend)
- May 31: Spaghetti Lunch! (no evening meeting)

Girls Scout Project Collections



Girl Scout Troop 34168 is earning our bronze award by collecting gently used stuffed animals and new, unused school supplies!

You can visit one of our drop-off stations on Sunday May 3, with a bake sale & lemonade stand 1:30 PM-3:30 PM at Nolte Park, 200 Denver Rd, Silver Spring MD 20910, and also at the corner of Guilford St. and Brunette Ave, Silver Spring 20901.

There is also a drop-off box in the Narthex at St. Paul's for donations on Sundays or during office hours until May 13.

For questions, email Ashley.ann.briefel@gmail.com or contact Lisa Babb.

Cooking Oil for the Hunger Ministry

St. Paul's Hunger Ministry, our signature ministry, currently serves over 160 households in our ZIP code every month. We never ask our recipients about their employment, age, income, or family status. We simply welcome hungry neighbors and provide them with grocery resources.

This month our donation focus is: Cooking Oil

All sizes of plastic containers of cooking oil, like canola oil or vegetable oil, are appreciated. When we add cooking oil to the food bags, our recipients are quickly and easily able to step up their cooking by sauteeing, pan-frying, making a dressing, or just transforming a box of brownie mix into a much-needed family treat for their kids or grandkids!



We rely on donors and volunteers for everything we do! If you want to join one of the groups helping to unload bulk orders, pack food bags, greet recipients, carry items for those with physical challenges, or help deliver groceries to local residents, then reach out to coordinator Mr. Pat Maloney at hunger@stpaulsk.org to receive the sign-up links and more info about these volunteer tasks each month!

Donations Needed Every Month

- peanut butter
- cold cereal
- pasta
- canned tuna or salmon
- instant oatmeal
- pasta sauce (plastic jars)
- canned chicken
- soup
- cooking oil
- canned vegetables
- rice
- boxed milk or oat milk
- canned fruit or applesauce
- beans

The "NO THANK YOU" Guide

- No dirty or damaged containers.
- No items beyond their "best by" or "sell by" dates.
We can't give them out, and our volunteers have to throw away "expired" containers.
- No glass. Glass breaks and creates a hazard - and a mess!



Bible & Brews

5:00-6:00 PM

Schedule for 2026 (Subject to change)

- Saturday, May 16, 2026, 5:00-6:00 PM
- Saturday, June 13, 2026, 5:00-6:00 PM

All are welcome at this monthly gathering for interfaith conversations with Pastor Joey, Rabbi Adam, and friends from Temple Emanuel. Family-friendly meetings take place at a local Kensington small business, where you can purchase food or beverages as you like. Some of our regular meeting locations include Knowles Station Wine & Co. and Babycat Brewery. Contact joeym@stpaulsk.org to confirm this month's meeting location!

Taste & Sing

Tuesday, May 19

12:00-1:30 PM in the Octagon

Come enjoy a casual time of food and song! This will be our last gathering of the season before we take a break in June, July, and August. We'll sing through some songs from the UM Hymnal - feel free to request your favorites. Then Erin Steele will guide us through a short program about a composer, lyricist, or theme, offering a deeper dive into the stories behind some of our worship songs. Our time together culminates with fellowship over a tasty lunch prepared by Ginny Hagberg. (\$5 donation)



Sermon Safari

Wednesdays, 4:00-5:00 PM by Zoom

In this come-when-you-can, drop-in Zoom-based study, participants watch a video of a sermon and then discuss it together. Some of our sessions have featured sermons from such notable speakers as Diana Butler Bass, Senator Rev. Raphael Warnock, and Mariann Budde, Bishop of the National Cathedral. For more information or to receive the Zoom link, contact Dr. Meg Baker at megbaker@verizon.net.

Lydia Circle Sisters

Lydia Circle ladies typically meets at St. Paul's monthly for fellowship, service projects, and refreshments, usually on the first Wednesday of the month, 2:00-4:00 PM. All women interested are welcome! The schedule can change, and on special occasions like Christmas we may enjoy a holiday lunch somewhere special. Please contact Susan Schwarz at susan10748@aol.com or 301-339-8242 for up-to-date information about Lydia Circle activities.



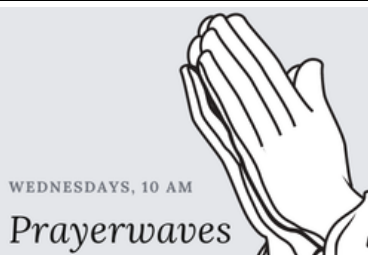
Yarn Ministry

Mondays twice a month, 7:00-8:30 PM

Bring your crochet, knit, or other project and craft alongside friends in the Library at St. Paul's. The Yarn Ministry also sponsors the annual craft fair. Consider joining us! May 11 and 25. No meetings June, July or August. Contact Karen Codner: KDC811@gmail.com

More Ways to Be Involved

Many groups meet regularly during the year, and there are many ways to get involved with ministries, outreach, and hospitality at St. Paul's. Here are some of the groups inviting you to join in ministry and fellowship.



Wednesdays at 10:00 AM

Prayerwaves meets each week by phone. We take turns lifting up the needs of the church, community, and the world. On Wednesday, dial 425-436-6326 a few minutes before 10:00 AM. Enter access code 774042 followed by the # sign. If you would like to receive the prayer list by email, please contact Erin Steele in the church office at stpaulsunited@stpaulsk.org.



This time for fellowship with drinks and snacks after worship occurs whenever a family, class, or groups offers to host. You might serve the ever-popular coffee and cookies... or it might be lemonade and cheese crackers, tea and tarts, cider and donuts, cocoa and candy canes... you decide! To host, simply add your name or group to the chart on the office bulletin board and take an instructions sheet (also available for download at stpaulsk.org/community/calendar-events).



Would life feel better right now if you had someone to listen to your worries and cares? Stephen Ministers are there for you! Stephen Ministers have received special training to provide one-on-one Christian care to those who are experiencing challenging life events. To learn how you or someone you know can receive care – or how to become a Stephen Minister – contact Martha Lipscomb, Stephen Leader, at mmlipscomb@verizon.net or 301-518-1642.



Few things better demonstrate our hospitality than making sure all of our members and friends receive a warm welcome upon arrival at church, and that new Sunday morning visitors can get some simple questions answered! Please consider participating in St. Paul's Welcome Ministry. We are always looking for volunteers to cover the welcome table by the Sanctuary doors and guide people as they enter for worship. Families are invited to volunteer together!



St. Paul's makes every effort to reach out to those who are experiencing times of sickness, grief, change, or celebration by providing greeting cards each week. On typical Sundays, anyone can stop by the Welcome Desk to pick up a pre-addressed, pre-stamped card. You can write a personal note or simply sign the card and drop it in the mail. We know card recipients are truly thankful for the notes that come their way.

Want to send your own card later, or spend some time in prayer for our members and friends? Pick up a Congregational Care list at the welcome desk on Sunday mornings. Please note that the Congregational Care list is not exhaustive. For privacy reasons, St. Paul's only shares information if given permission to do so by the person(s) involved or an immediate family member. If you have information to share please contact Erin Steele in the church office at stpaulsunited@stpaulsk.org.



Church leaders at St. Paul's serve in a unified board to guide such things as the church mission and ministry, finances, and personnel. The Leadership Team meets once a month in-person in the Octagon with a Zoom option, all meetings are open to the public. Contact the chairperson for 2026, Bill Stephens (wtstephens@verizon.net) for the meeting schedule and the Zoom link. For more about the Leadership Team, visit stpaulsk.org/community/meet-the-staff and scroll to the bottom of the page.



St. Paul's

United Methodist Church

10401 Armory Avenue
Kensington, MD 20895

stpaulsk.org | 301-933-7933

Worship with St. Paul's

Sunday Worship in the Sanctuary

May 3, 10, 17, 24

9:00 AM • Worship with Weekly Communion

10:30 AM • Worship with Sanctuary Choir

May 31

10:30 AM only • Fifth Sunday, One Community Worship

Worship-at-Home

Livestreaming every Sunday at 10:30 AM

stpaulsk.org/worship/worship-at-home



May 2026 Epistle Options

Email (color) or Mail (black & white):

Email stpaulsunited@stpaulsk.org
to be added to the distribution list

Download (color)

stpaulsk.org/community/epistle-weekly-news