



BREATHING UNDER WATER

A SPIRITUAL PATH ROOTED IN 12 STEPS

Hope that finds us first.



FAITH UNITED METHODIST CHURCH
6810 MONTROSE ROAD | ROCKVILLE, MARYLAND 20852
301-881-1881 | OFFICE@FAITHWORKSHERE.COM
WWW.FAITHWORKSHERE.COM

VISITORS

If you are new to Faith United Methodist Church, welcome! We encourage you to complete a guest card available from a welcome host. Please drop it in the offering chest or hand it to one of the welcome hosts following the worship service.

ACCOMMODATIONS

Faith offers a variety of accessibility resources for your use, including large-print hymnals and Bibles, magnifiers, printed versions of the sermon, FM wireless assistive-listening devices, and noise-cancelling headphones. These items are available on the white bookshelf at the Sanctuary entrance. Please feel free to use whatever you need and return the items after the service. If you have any questions, speak with the welcome hosts at the Sanctuary entrance. You may also contact Jennifer Young, Faith's Accessibility Coordinator, at young.jennifer@gmail.com to request additional accommodations.

Sunday, July 19, 2026 | 10:00 a.m. Eighth Sunday after Pentecost

WE GATHER

Centering

Prelude: Madrigal Op 31 No 9, 1913 Ann Bartlow, organ
from *24 Pièces en Style Libre*, Louis Vierne (1870 - 1937)

Welcome Rachel Hedrick, member, Leadership Board

Call to Worship Ryan Babula, Liturgist

ONE VOICE: Even when we feel far away—

MANY VOICES: God is already moving toward us.

ONE VOICE: Even when hope feels uncertain—

MANY VOICES: grace is already at work.

ONE VOICE: God is our refuge and our restoration.

MANY VOICES: we come seeking healing and hope.

ALL: God, meet us where we are, and lead us toward wholeness.

Confession and Pardon

Ryan Babula

silence

ONE VOICE: Hear the good news:
While we were still far off, God ran toward us.
In Jesus Christ, we are welcomed home.
We are forgiven and restored.
Thanks be to God.

Passing the Peace

WORD

[illegible]

Scripture Reading: Deuteronomy 33:27 (Common English Bible)
2 Corinthians 1:8 - 11 (The Message)
Luke 15: 17 - 21 (The Message) Ryan Babula

Children's Message Rev. Dr. Laura Norvell

Message Rev. Dr. Laura Norvell

*Hymn #467: *Trust and Obey* Congregation; Ann Bartlow, organ

WONDER

Invitation to Reflection Rev. Dr. Laura Norvell

**ALL: God, meet us where we are,
and lead us toward wholeness.
Amen.**

Invitation to Offering Rev. Dr. Laura Norvell

Offertory Prayer Ryan Babula

WHAT NOW?

Prayers of the People and The Lord's Prayer Rev. Dr. Laura Norvell

The Lord's Prayer

**ALL: 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 #110: *A Mighty Fortress Is Our God*

Congregation; Ann Bartlow, organ

Sending Forth

Rev. Dr. Laura Norvell

Postlude: Prelude and Fugue in G Major BWV 557

Ann Bartlow, organ
from *Eight Little Preludes and Fugues*; J.S. Bach (1685 - 1750)



Today we continue with our series, *Breathing Under Water: A Journey Toward Wholeness*, based on a book by Father Richard Rohr. Rohr helps us see the wisdom of the Twelve Steps as a deeply Christ-following path of honesty, surrender, healing and grace.

Last week we told the truth. Today we take the next step— trusting that God meets us there. Even before we fully believe, grace is already moving toward us. As we journey together toward wholeness, we remember that we can breathe, even breathe underwater, because the breath of God is always with us.



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Please take a moment to scan the QR code—whether you are a guest or a member—so we know that you joined us today!



Everyone Sign In!

OFFERING

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Give today.

WATERCOLORING TODAY FOLLOWING WORSHIP

Sunday, July 26 following worship



Is there something about our topic of *Breathing Under Water* that touches the artist in you? Join us in Room 200 after the service for an experiment in self-expression through painting in watercolor. As food for thought, props and prompts will be provided. Also cookies.

PLACES OF PEACE: SHARE YOUR WATER PHOTOS

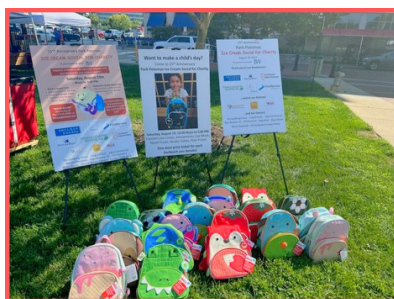
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REPLACE A BARRIER WITH A LEARNING OPPORTUNITY!

Sunday, July 26 & August 2

The Back-to-School Campaign, sponsored annually by Interfaith Works, is being coordinated again by Carol Dismukes. It's surprising how quickly back-to-school season arrives!

This time of year always reminds us of how much the right supplies matter for students—It's not just about pencils, notebooks, and backpacks, but about the confidence that comes from feeling prepared and supported as they walk into their classrooms.



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Carol will collect backpacks and school supplies on the following two Sundays: July 26 & August 2. Scan the QR code for grade specific school supplies (1st-12th).



A UNIQUE OPPORTUNITY

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JOIN US AT FAITH UMC FOR A TALK WITH AUTHOR NICO LANG		
 Award winning author of <i>American Teenager</i> - exploring the lives of trans kids SUNDAY, JULY 26, 2026 11:15 a.m. - 1:00 p.m. Fellowship Hall at Faith UMC Light luncheon followed by author reading and Q&A Nico Lang (they/them) is a nonbinary award-winning journalist with over a decade of experience covering the transgender community's fight for equality. Their work has appeared in major publications, including <i>Rolling Stone</i>, <i>The New York Times</i>, <i>The Wall Street Journal</i>, <i>Time</i> and <i>The Washington Post</i>.	"A master class in journalism as a force for change." –SAMANTHA ALLEN AMERICAN TEENAGER  HOW TRANS KIDS ARE SURVIVING HATE AND FINDING JOY IN A TURBULENT ERA NICO LANG	
 6810 Montrose Road Rockville, Maryland 20852 301-881-1881 office@FaithWorksHere.com www.FaithWorksHere.com	 RSVPs are appreciated. Scan the QR code, email or call Faith UMC.	

UNITED WOMEN OF FAITH

United Women in Faith will not meet on Sunday, July 26, to allow everyone the opportunity to attend the author talk with Nico Lang. The group will next meet on Sunday, August 30, immediately following worship.



United
Women
in Faith

BULLETIN INSERT

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Altar Guild for July: Lesley Avery

Audio Visual Volunteers: Brian Hahs & Jason Spriggs

Congregational Welcome: Rachel Hedrick

Liturgist: Ryan Babula

Money Counters: Carol Dismukes & Jim Johnston

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MANY VOICES: we come seeking healing and hope.

ALL: God, meet us where we are, and lead us toward wholeness.

ONE VOICE: God of compassion,
we are not always sure how to believe,
but we want to trust.
Meet us in our questions.
Meet us in our longing.
Restore in us a sense of hope
that we are not beyond your care.
Amen.

**MANY VOICES: God of mercy,
we confess how often we lose hope.
We settle for what is broken
because we cannot imagine healing.**

**We have believed lies about ourselves
and about you.**

silence

**MANY VOICES: Restore our trust.
Renew our hope.
Remind us that we are never beyond your
reach.**

ONE VOICE: Hear the good news:
While we were still far off, God ran toward us.
In Jesus Christ, we are welcomed home.
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WORD

Special Music: The Gospel of Grace Howard Bartlow, Baritone
Amazing Grace and I'm New Again Ann Bartlow, piano
Mark Hayes b. 1953

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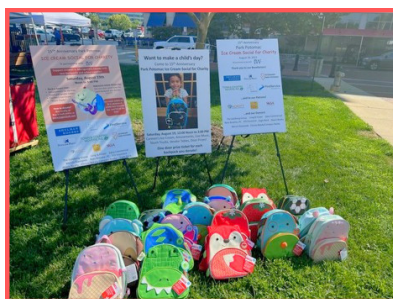
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BREATHING UNDER WATER: WE JOURNEY TOGETHER

Step 2: Hope that finds us first.

KEY IDEA: God moves toward us before we believe fully.

As we enter our second week of exploring *Breathing Under Water*, the conversation continues. In your journal, around your dining, office, family table or with friends, we invite you to explore the truth and presence of God alive and working in our world and our lives.

God is here and everywhere. God is love. God loves you unconditionally. As we awaken to these truths, God is already at work in our lives, seeking to make us whole and able to be fully alive.

Part of our journey together includes being honest with ourselves and one another as we explore how we encounter change and liberation with our heads, hearts and bodies.

Below are three questions to prompt thoughts and discussion:

1. God works in our lives, often before we are even aware of it, through our body, mind and spirit. How do you instinctively make decisions: with your head (intellectually), your heart (emotionally) or with your body (gut instinct)? How does God act through you in each of these aspects of your life (body, mind and spirit) to bring light to your loved ones and the world? Is there one aspect you'd like to develop more?
2. In 12-step programs, people talk about a "higher power," which Christians tend to experience as God. How have you experienced this higher power in your life? What things do you know or believe about God that make transformation possible?
3. Sometimes, before we can awaken to God at work in our lives, we need to let go of past hurts, ideas and emotions that can limit us. Is there a hurt or emotional wound you've avoided addressing? How might you let go of this pain or begin healing?

Christians are called to live with hearts that have been broken open. This is different than being “broken-hearted.” What do you think is the difference between these two? In what ways has your heart been broken open? How do you see God present in this openness and generous vulnerability? Offer a prayer of thanks for the ways you sense God in your life, and the lives of those around you.



I will remove from you your heart of stone and give you a heart of flesh.

~ Ezekial 36:26

God works in our lives, even before we are aware – oftentimes through the kindness of other people. This week, serve as the hands, voice and heart of God and reach out to someone who you sense needs a moment of compassion or care.



FROM AGE TO AGE: Sharing Intergenerationally

Hope is not just a feeling, it's a tool that can impact all we do. When talking about hope with children, it can be explained as looking forward to something good. Older children might understand hope as a combination of wanting something and working to make it real.

One illustration to explore hope together involves seeds. We hope flowers and plants might grow and nurture them in that spirit of hope. Hope is like a seed God plants in our lives. As a family, you might wish to begin a daily ritual of naming one good thing or one thing that brings you hope.



For some, hope is just a wish; but with God, hope can change lives.

ART OF DISCOVERY

As we journey together amid the spirituality of the 12 steps, we understand that sometimes in our lives hope and healing seem elusive. As God reaches out in grace, we're called to meet God in the questions, to offer God our longing and rest in the hope that we are never beyond God's care.

Using art, writing, music, dance, or acts of service or compassion, portray your ideas about hope. What does hope look like? Feel like? Portray and share an instance in your life when you experienced unexpected hope, responding to the prompt:

When hope awakens...



TO LEARN MORE ABOUT THE *BREATHING UNDER WATER* SERIES AND TO ACCESS MORE RESOURCES THAT INCLUDE THE 12 STEPS, FURTHER QUESTIONS TO EXPLORE AND A BRIEF VIDEO FEATURING FATHER RICHARD ROHR, SCAN THE QR CODE.

