



BREATHING UNDER WATER

A SPIRITUAL PATH ROOTED IN 12 STEPS

What is spoken in grace loses its power to harm.



FAITH UNITED METHODIST CHURCH
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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, August 9, 2026 | 10:00 a.m. Eleventh Sunday after Pentecost

WE GATHER

Centering

Prelude: *Improvisation from Trois Improvisations (1911)*

Ann Bartlow, organ
Nadia Boulanger (1887 - 1979)

Welcome

Jennifer Young, AIM (Accessibility & Inclusion Ministry, chair)

Call to Worship

Ryan Babula, Liturgist

One voice: When we keep silent, our spirits grow weary.

**Many voices: But when we speak truth, grace makes room
for healing.**

One voice: God does not shame us for our honesty.

Many voices: God welcomes us with mercy.

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

Opening Prayer

Ryan Babula

One voice: God of mercy,
teach us the freedom of confession.
Release us from isolation and secrecy.
Help us trust that healing is possible
when truth is spoken in love.
Amen.

Confession and Pardon

Ryan Babula

One voice: Loving God,
we confess that we hide from one another and from
ourselves.

**Many voices: We fear vulnerability.
We fear rejection.
We fear being fully known.**

Silence

One voice: Yet you invite us into honesty that heals.

**Many voices: Teach us to trust your mercy.
Teach us to trust one another more deeply.**

Passing the Peace

WORD

Anthem: Hymn #437 *This Is My Song*

Andrew and Seren Hemmings-Burk
Congregation; Ann Bartlow, organ

Congregation is invited to sing along on verse 3.

Scripture Reading: Psalm 32:3–5; James 5:16; John 20:19-23

Ryan Babula

The first scripture can be found on page #506 in the Old
Testament of the pew Bible. The second scripture can be found
on page #231 and the third scripture can be found on page
#115 both in the New Testament.

Children's Message

Rev. Dr. Laura Norvell

Message

Rev. Dr. Laura Norvell

*Hymn #358: *Dear Lord Father of Mankind*

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

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 TFWS #2193: *Lord, Listen to Your Children Praying* (sing 2x)

Congregation; Ann Bartlow, organ

Refer to the opposite page or the projection screen.

Sending Forth

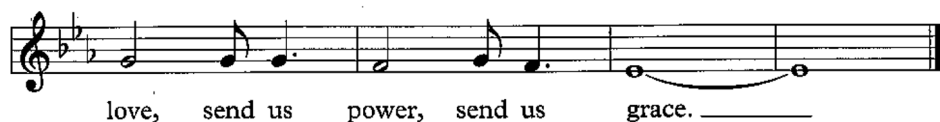
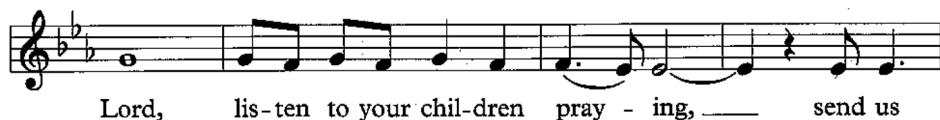
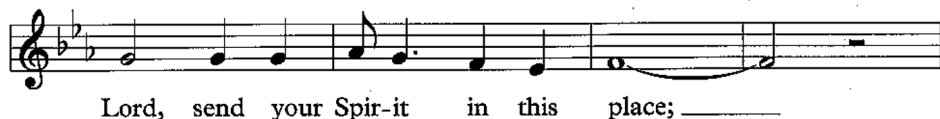
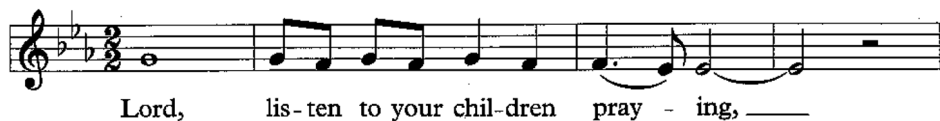
Rev. Dr. Laura Norvell

Postlude: *Postlude Grand Choeur in F Major* (1887)

Ann Bartlow, organ

Alexandre Guilmant (1837 - 1911)

Lord, Listen to Your Children Praying 2193



WORDS: Ken Medema
MUSIC: Ken Medema

CHILDREN PRAYING
98.99



We continue with our series, *Breathing Under Water: A Journey Toward Wholeness*, based on a book by Father Richard Rohr. Last week we looked at the sacred work of self-examination. Today we remember that grace grows strongest in honesty shared safely and compassionately.

As we journey together toward wholeness, we remember that we can breathe, even breathe underwater, because the breath of God is always with us.



The altar flowers today were given by Tim Evans and Sara Romeyn in celebration of their 32nd anniversary.

ATTENDANCE

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

We are not passing an offering plate currently. An offering box has been placed on the welcome table in the Narthex. You may also scan the QR code to the right to give online.



Give today.

AQUARIUM TO “BREATHE UNDER WATER”

Faith UMC is seeking an aquarium to borrow for the next four weeks to help support our *Breathing Under Water* theme. If you have a tank to lend, please contact Pastor Laura at revlaura@FaithWorksHere.com.

GRATITUDE FOR YOUR GIFTS

Faith’s participation in the Back-to-School Campaign, sponsored by Interfaith Works was a success. Our community understand that it’s not just about pencils, notebooks, and backpacks, but about the confidence that comes from feeling prepared and supported as students walk into their classrooms.



We thank everyone who contributed school supplies and backpacks and are especially grateful for Carol Dismuke’s coordination. The photo is the second car load taken to Interfaith Works.

ARTFUL REFLECTIONS ON BREATHING UNDER WATER

Sunday, August 16 following worship



Has Breathing Under Water inspired any creative reflection? If you missed our earlier watercolor gathering, we’d love for you to join us on August 16 and explore the theme through color and brush. And of course, we’d love to see our earlier “painters” return.

FAITH UMC WORK DAY

Saturday, August 29 from 9:00 a.m. - noon

Calling volunteers of all ages! Join us as we come together to care for our church building and grounds. Together we'll tackle a variety of projects to repair, refresh, and maintain the spaces that support our worship, fellowship, and ministry. We'll gather first to assign tasks, and then get to work. No special skills are required—just a willingness to lend a hand!

Please wear clothing that may get dirty. Faith will provide water and snacks. Whether you're able to lend a hand for an hour or stay through the morning, your presence will make a meaningful impact. As we care for our church home together, we strengthen our community and help keep Faith a clean, welcoming space for all.



Need a little motivation? Jay Moore recently cut down a dead tree in front of the Faith building; Jim and Karen Johnston planted and continue to nurture the flowers around our entrances and Dawn Adair Johnson and Jane Rall organized the Godly Play stories. Join us on the 29th to continue the care of our church.

FELLOWSHIP TIME RETURNS IN SEPTEMBER

Begins September 7 following worship

After a summer hiatus, Fellowship Time will return in September. We are seeking hosts to sponsor this time to gather as a community following the service. As a volunteer, you are asked to set out tea, coffee, lemonade and paper products (all provided) and to bake or purchase bite-sized treats. Cookies, brownies, cheese and crackers, fruit and other snacks are all welcome. Please scan the QR code to choose a date.



FUMC COMMUNITY GARDEN CONTINUES TO FLOURISH

Under the leadership of Celina Schmidt, Sara Romeyn, and Janelle Veazey, the FUMC garden is growing and producing vegetables. All Faith folks are welcome to join the team.

Right now, our greatest need is volunteers to water and harvest crops. Scan the QR code to sign up. Currently, the zucchini, squash, tomatoes, peppers and eggplant are ripe and ready!



BULLETIN INSERT

Each week, a bulletin insert is included for you to carry with you as you leave worship. To learn more about the *Breathing Under Water* series scan the QR code.



SERVING US TODAY

Altar Guild for August: Jane Rall

Audio Visual Volunteers: Chuck Spencer & Jason Spriggs

Congregational Welcome: Jennifer Young

Liturgist: Ryan Babula

Money Counters: Gary Clark & Alisa Dowd

Nursery Caregivers: Nancy Kuhn & Tessa Ricketts

Online Host: Belinda Tilley

Welcome Hosts: Tim Evans & Karen Johnston

FAITH UMC STAFF

Rev. Dr. Laura Norvell, Pastor | Ann Bartlow, Organist | André Coleman, Tenor Section Leader | Keshika Dias, Facilities Manager | Valerie Kunsman, Office Administrator | Tessa Ricketts, Nursery Staff | Suzanne Smedberg, Youth Ministry Coordinator | Kim Webster, Financial Manager | Dr. Michael Wu, Music Director

BREATHING UNDER WATER: WE JOURNEY TOGETHER

Step 5: Healing Happens in the Moment.

KEY IDEA: What is spoken in grace loses its power to harm.

As we move together into Step Five of *Breathing Under Water*, we deepen our understanding of confession and how accountability and grace can come together in transforming ways. We invite you to explore some of the thoughts raised during worship in your journal or around the table with family and friends. As always at Faith, we journey together, reaching out to one another as questions and challenges arise. If you are discussing this material with a young person, you will want to revise it as you see fit to make it age-appropriate.

Below are some questions to consider as we open our lives more fully to God:

1. When we keep silent, our burdens can become heavier and spirits grow weary. But when we speak truth, opportunities for change open. What have been some of your memorable experiences with apology and forgiveness? Which is harder for you? Why?
2. We cannot heal what we don't acknowledge. In your experience, what type of issues feel hard to admit or address – to other people or yourself? One of the consolations and joys of faith is that God meets us where we are and leads us toward wholeness. How might this knowledge make it easier to name the things in your life that need healing?
3. Father Richard Rohr writes, "God does not love us if we change. God loves us so that we can change." What does this statement mean to you in your faith journey?

God forgives and loves us – unconditionally. In fact, our faith teaches us that sin and failure when seen through eyes of faith, can become opportunities for transformation. This is true in our personal lives and in the culture around us. In your opinion, how does God's economy of grace affect the way you think about justice? How does your faith inform your understanding of the differences between retributive and restorative justice?



In 12-step programs, people often find that “admitting” their wrongs to themselves, God and one another, often builds encounters of trust and liberation. At some time during the week, visit the labyrinth in the courtyard at Faith UMC or find a short, quiet pathway. Pick up a stone and name your sin, walk into the labyrinth or down the path, thinking about how your actions affect you and

others. In the center, or halfway on your walk, in an act of confession, turn your sin over to God and release the stone. Walk forward, knowing your heart is lighter and that you are forgiven. If it feels right, share your experience with another person.



FROM AGE TO AGE: Sharing Intergenerationally

In discussing some of these heavy ideas of wrongdoing and apology with children, it is important to let them know that it is okay to feel sad, angry, confused or scared, and that among the family, truth-telling is better than keeping secrets.

A conversation might start with a shared conversation around a question like, “When was the last time you realized you did something wrong and how did you handle it?” Visually, you might want to explore the simple act of “turning around.” Sometimes we’re going in one direction and realize the need to be heading somewhere else. It’s okay, and often a good thing, to just stop and turn around.



One of the most important tenets of the Christian faith is that God is love. When we turn to God, God forgives us. When we live like Jesus, we seek to forgive other people.



MAKING TIME FOR CLARITY AND CHANGE

In Greek, metanoia, means changing our worldview, literally turning around, and being repentant. It can involve reevaluating your life, values and direction. Acts of repentance can lead us to direct encounters with God. While it may seem extravagant, take an hour or an afternoon, or whatever extended period of time you can allow yourself, and sit in stillness in a spirit of contemplation and prayer. Let confession be the lens in which you consider your life.

What thoughts arise for you that might lead to growth and transformation?

TO LEARN MORE ABOUT THE *BREATHING UNDER WATER* SERIES AND TO ACCESS MORE RESOURCES SCAN THE QR CODE.

