

Eleventh Sunday after Pentecost

August 9th, 2026 at 10:30am (Onsite & Online)



umstead park
UNITED CHURCH of CHRIST

GATHERING

Welcome and Time of Greeting

Rev. Paula Womack

Invocation

Dan Harrell

Meditation

"There are, to be sure, moments of high drama in the work of holy obedience: marches to be made, confrontations to be staged, dangers to be endured, corruption to be exposed, trips made to distant or unfamiliar places, occasional rackets to be raised, maybe even jail cells to be filled. On rare occasions, the whole world is watching.

"Much more often, the storyline of faith is lived without notoriety, is forged without fanfare: in familiar places, in small acts of courage resisting petty tyrants, with commonplace forbearance in the midst of garden-variety stress.

"Much more often faith is mapped by intersections with family and friends and neighbors and co-workers, in traffic lanes and grocery store lines, with tired children and harried partners....

"To be sure, dragons need to be slain. Much more often, though, gardens need to be groomed, young ones tutored and old ones cherished, watersheds protected, hobbled ones freed, and civility practiced.

"Mostly it's these thousand million little things, the minute particulars that, strand-by-strand, are needed to reweave life's shapely, sturdy fabric.

"For these, persevering patience is more imperative than conspicuous daring. For these, tireless collaboration is more important than personal heroism.

"Give thanks and praise in these most ordinary of days."

-Ken Sehested, "Most ordinary of days," from prayerandpolitics.org

Prelude

David Wilson

*Call to Worship

Gina Sanders

One: Beckoned to this place of belonging, we, of Umstead Park United Church of Christ, with body, mind, and spirit, gather to worship, serve, and proclaim God, unknowable mystery whose center is love, and Jesus the Christ, who makes this loving mystery known.

Many: **With inarticulate words and unfinished lives, we yearn to further embody this holy love, shaping the future as partners with God, who dances and weeps with us along the way.**

-from the UPUCC Covenant

Song as Connection

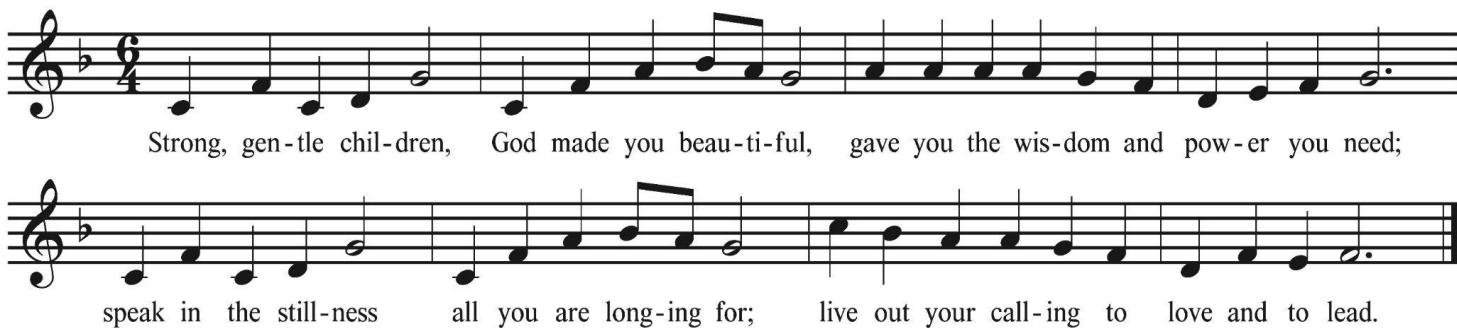
Stille Nacht
(see insert)

Gina Sanders, Congregation

HEARING AND RESPONDING

Time with Children

Christy Tucker



Strong, gen-tle chil-dren, God made you beau-ti-ful, gave you the wis-dom and pow-er you need;

speak in the still-ness all you are long-ing for; live out your call-ing to love and to lead.

* Please rise in body or in spirit.

Reading of Scripture

Exodus 20:1-21, *The Inclusive Bible*
(see insert)

Dan Harrell

Sermon

"Belonging to God, Ourselves and One Another"

Rev. Paula Womack

*Responsive Song

"Nothing More"
(see insert)

Congregation

Prayers of the People

Sharing of Joys and Concerns

Rev. Paula Womack

 You are invited to share your joys and concerns. People onsite can raise a hand and a microphone will be brought to them. People online can type their requests in the chat. We ask that you share carefully, knowing that we do not know what traumas people carry with them into this gathering and striving to not trigger or harm our neighbors. After each person shares, we will respond with: **"This is our prayer."** To submit prayer requests for the weekly email, visit tinyurl.com/upuccprayers, or scan the QR code.

Celebration of Gifts

Rev. Paula Womack

 In addition to placing gifts into the offering basket, you may also visit upucc.org/giving or scan the QR code here to make an online contribution.

SENDING INTO THE WORLD

*Sending Hymn

#575, "O For a World"

Congregation

Announcements

*Affirmation of Community

Dan Harrell

- One: We believe that all people are God’s people, that every child is holy, that every person is a part of the sacred family.
- Many: **We believe that God’s love embraces all, and that to exclude any person would be contrary to the message of Jesus.**
- One: We proclaim that this community of faith, Umstead Park UCC, will strive to be as open as the radical realm of God, and as liberating as the love of Christ.
- Many: **And so we journey into our hopeful future with joy, pledging to offer each other welcome, compassion and care. May God grant us wisdom, grace, and guidance in our life together.**

*Benediction

Rev. Paula Womack

Postlude

David Wilson

umstead park
UNITED CHURCH of CHRIST

Church Staff

- Lindsay Cooper, she/her
Nursery Director
- Ellen Fiedler, she/her
Youth Director
- Rev. Tyler Ung, they/them
Senior Minister
- Gwen Vass, she/her
Financial Administrator
- Cody Walter Welch, he/him/they/them
Teaching Intern
- David Wilson, he/him
Director of Music
- Rev. Paula Womack, she/her
Associate Pastor

A special "thank you" to this week's volunteers:

Reed Altman, AV Team

Scott Andrews (he/him), AV Team

Lee Harrison (he/him), Asst. Treasurer

Christy Tucker (she/her), Counter

Nina Nalle Robinson (she/her), Greeter

Kailina Grace (she/her), Greeter

Dan Harrell, Lay Leader/Usher

 Visiting?

You are invited to fill out the online visitor form so that we can get to know you!

We at
Umstead Park
United Church of Christ
welcome and affirm all
as we journey to seek
the divine, to embody loving
community, and to strive for
justice as a progressive
community of
faith.

 Giving

Scan the QR code to make a one-time or recurring donation!

* Please rise in body or in spirit.

Supplemental Hymns and Texts

Song as Connection

David Wilson, Congregation

One: Stille Nacht, heilige Nacht Alles schläft; einsam wacht
 Nur das traute heilige Paar. Holder Knabe im lockigen Haar,
 Schlaf in himmlischer Ruh! Schlaf in himmlischer Ruh!

Many: **Silent night, holy night! All is calm. All is bright,
 Round yon virgin mother and child! Holy infant, so tender and mild,
 Sleep in heavenly peace, sleep in heavenly peace.**

Reading of Scripture

Exodus 20:1-21, The Inclusive Bible

Dan Harrell

¹ Then God spoke all these words, and said, ² “I am God who brought you out of the land of Egypt, out of the house of bondage. ³ Do not worship any gods except me! ⁴ Do not make for yourselves any carved image or likeness of anything in heaven above or on the earth beneath or in the waters under the earth, ⁵ and do not bow down to them or serve them! For I, God, am a jealous God, and for the parents’ fault I punish the children, the grandchildren and the great-grandchildren of those who turn from me; ⁶ but I show kindness to the thousandth generation of those who love me and heed my commandments. ⁷ Do not utter the Name of God to misuse it, for God will not acquit anyone who utters God’s Name to misuse it! ⁸ Remember the Sabbath day and keep it holy! ⁹ For six days you will labor and do all your work, ¹⁰ but the seventh day is a Sabbath for God. Do no work on that day, neither you nor your daughter nor your son, nor your workers—women or men—nor your animals, nor the foreigner who lives among you. ¹¹ For in the six days God made the heavens and the earth and the sea and all that they hold, but rested on the seventh day; this is why God has blessed the Sabbath day and made it sacred. ¹² Honor your mother and your father, so that you may have a long life in the land that God has given to you! ¹³ No murdering! ¹⁴ No adultery! ¹⁵ No stealing! ¹⁶ No giving false testimony against your neighbor! ¹⁷ No desiring your neighbor’s house! No desiring your neighbor’s spouse, or worker—female or male—or ox, or donkey, or anything that belongs to your neighbor!” ¹⁸ When the people witnessed the thunder and lightning, and heard the sound like blaring trumpets, and saw the smoking mountain, they shook in fear. Keeping their distance, ¹⁹ they said to Moses, “Speak to us and we will listen, but do not let God speak to us, or it will surely be our death.” ²⁰ But Moses said, “Don’t be afraid. God’s coming this way was simply a test for you, to give you a sense of awe and reverence, and to keep you from sinning.” ²¹ The people kept their distance, while Moses went up into the darkness where God was.

*Responsive Song

“Nothing More”

The Alternate Routes

You are invited to join David in singing the **chorus**.

To be humble, to be kind. It is the giving of the peace in your mind.
To a stranger, to a friend, to give in such a way that has no end. **Chorus**

To be bold, to be brave. It is the thinking that the heart can still be saved
And the darkness can come quick, the danger’s in the anger and the hanging on to it. **Chorus**

Tell me what it is that you see a world that's filled with endless possibilities?
Heroes don't look like they used to; they look like you do. **Chorus**

Chorus



We are Love. ____ We are One. ____ We are how we treat each o-ther when the day is done.

We are Peace. ____ We are War. ____ We are how we treat each o-ther and no-thing more.

* Please rise in body or in spirit.

Announcements

Covenant Leadership Circle Meeting | After Worship



You are invited to attend the Covenant Leadership Circle (CLC) for their monthly meeting after church onsite in the library or online via the QR code included here. You may bring a bag lunch, or partake in some of the snacks we have on hand. All are welcome.

Nertz Meet-Up Group | Monday at 6:30pm

David Wilson has started a Raleigh Nertz Meet-Up group, which will meet this month on Monday, August 10th at 6:30pm! If interested, RSVP to the Meetup group at www.meetup.com/raleigh-nertz-meetup, scan the QR code, or contact David directly in person or via email.



NW Raleigh Board Games MeetUp | August 20th at 6:30pm



In keeping with our Ministry Plan of "Connecting with Courage and Care," we are hosting a monthly game night that is open to those in our surrounding neighborhoods and the Triangle in general. To RSVP, scan the QR code to join the MeetUp group or by email David Wilson.

End of Summer Cook Out - Sign Up Now! | August 30th after Worship

Your Fellowship Lead Team is cooking up some end of summer fun – literally!! On Sunday, August 30th following service, your Fellowship Lead Team is hosting an end of summer cookout. We will provide burgers and dogs – and vegetarian options of each – which will be cooked on UPUCC's very own grill. Any volunteer griller masters are more than welcome! If you have any safe yard games you would like to bring, we would welcome that! There might even be prizes! So, be sure to save the date, August 30th for fun and fellowship! You may access the Sign Up Genius for sides and desserts by scanning the QR code.



2026 Congregational Feedback Survey



As we grow into our hopeful future, we want to remain rooted in our identity as a community-led congregation. To that end, please take a few minutes to give some feedback about your experience of our church. Thank you for your time, and for your beloved part of our community!

Sign-Up for Fall Choir | Rehearsals begin Sept. 2nd!



The Fall choir runs from Sept. to Christmas, and we hope you'll give it a try! If you love music and want to be a part of a loving community, sign up via the QR code! This is a great opportunity to live into our Ministry Plan of Connecting with Courage & Care! Talk to David if you have any questions, or to schedule a vocal check-up!

Kick-Off Sunday | September 13th

Are you passionate about your group, task force, lead team, or any other part of our church community? We need you on September 13th for our Kick-Off Sunday! We're inviting a representative from each group to host a table in the worship space after service. This is a fantastic opportunity to meet new people, share what your group is all about, and help others find their place at UPUCC.



Don't miss this chance to help make our Kick-Off Sunday a success! Please sign up to represent your group by September 6. You can sign up using the QR code or by emailing us at office@upucc.org.

Compost Now fund needs a refill!



The Compost Now fund is getting low, and we need to replenish it. In the 4 years that UPUCC has been composting, we've diverted >24,000 pounds of waste and created almost 8,000 pounds of compost. Compost Now costs ~\$130/month and is funded through donations from covenant partners who use the service or those who want to support the environmental impact we are making. Please submit your donation in the offering basket with a check designated to "Compost Now" or by scanning the QR code.

Youth Group Update



Rising 5th-12th graders!
Please fill out this short survey when you get the chance.
Your answers will help our Youth Director,
Ellen, as she plans for the upcoming year!

Covenant Leadership Circle Opening — We're calling you!

We have an opening on the CLC for a Covenant Partner to serve as a CLC member through April of 2028. We encourage anyone interested to contact either Tyler, Paula, Gia or any member of the CLC. We would like to identify anyone interested by August 21st. More information in the CLC section below!

Our Whole Lives (OWL): An Opportunity for Our Congregation

This fall, Umstead Park UCC is partnering with other local churches to offer Our Whole Lives (OWL), a comprehensive, values-based sexuality education program for children and youth. In addition to the children’s sessions, we will host parent and caregiver gatherings during select OWL dates, providing a space for conversation, learning, and mutual support.

Whether or not you have a child participating in OWL, there are several ways to support this ministry. You can: participate in the parent and caregiver sessions, help provide or serve snacks and refreshments, or assist with welcoming and hospitality.

If you are interested in participating or volunteering in any capacity, please contact Amy Walter or Rev. Tyler Ung. We hope you’ll consider supporting this important ministry as we help families navigate these conversations together.

Help Host Healing Transitions on First Sundays

We host our friends from Healing Transitions on the first Sunday of every month. If you would like to help with food, drink, and fellowship, sign up via the link on the website, or at the QR code. Get to know our neighbors!



Hiring Teaching Intern



The Teaching Intern role is a valuable opportunity to gain hands-on experience in curriculum development, classroom management, and faith-based teaching within a supportive and progressive community environment. This includes teaching Sunday School classes and preparing lessons and materials.

Sunday Volunteer Opportunities

Please consider joining us to provide an extravagant Sunday Welcome to all-volunteer below to be a Greeter, Usher, or Barista (Coffee Set Up and Clean Up). Scan the QR code to access the Sign-Up Genius.



UCC Connections



Care for God’s Creation Includes Dogs from Puppy Mills: One UCC minister’s experience fostering a dog from a puppy mill shows ways our faith calls us to care and ideas for action we can take as advocates for compassion for animals. Scan the QR Code for more!

Want to Submit an Announcement?

To submit an announcement for publication on the website and the bulletin, simply scan this QR code and fill out the online form! To submit an announcement in time for the Friday email, the deadline is the preceding Tuesday by 11:59pm.



Submit Photos and Videos of UPUCC Happenings

Did you know that we have an online Google Photos album? It’s chock-full of moments from UPUCC past and present, and you are invited to add your own! Simply scan the QR code, click the “Add Photos” button pictured here, and select which photos you would like to submit to the album. Alternatively, you may email photos or videos to office@upucc.org!



* Please rise in body or in spirit.

Visiting With Us Today?

We’re so glad that you spent your Sunday with us—we would love to get to know you better! You are invited to fill out the visitor form by scanning the QR code so that we can connect with you about our church and add you to our email list!



Mutual Care Network

The UPUCC Mutual Care Network was designed to build a culture of helping one another, to foster genuine connections, and to ensure that no one feels alone. There are 2 parts: (1) Identifying volunteers who are willing to help out when covenant partners have needs. We want to emphasize that signing up and letting us know how you can help DOES NOT mean that you must respond to every request, but rather helps us know who might have the needed skills and/or desire to assist with a particular request; (2) Providing a way for covenant partners to easily request care help when they need it. We’ve identified individuals who are willing to provide care in areas such as running errands, tech help, pet care and so on. Please let us know what you are needing and we will do our best to pair you up with someone ASAP. Join the Mutual Care Network by scanning the QR code included here.



Follow Us on Social Media!

Facebook: UmsteadParkUCC | Instagram: UmsteadParkUCC | BlueSky: upucc.bsky.social

Receive Email Updates!

Each week we send out an e-mail full of updates about upcoming events, Sunday services, as well as joys and concerns of our church family. If you would like to receive these emails, scan the QR code here and submit your email address!



* Please rise in body or in spirit.

Covenant Leadership Circle

The purpose of this section is to update you on the work of the Covenant Leadership Circle (CLC). We hope that this enables you to have a more thorough understanding of what happens behind the scenes at UPUCC, and to discover opportunities to join us in actualizing new ideas!

CLC Members:
Moderator: Gia Hafler
Moderator-Elect: Open Seat
Treasurer: Vickie Teal
Secretary: Sarah Bellak
Facilities Lead: Gary Sanders
At-Large: Elliot Acosta
At-Large: Laura Carter-Scheid
At-Large: David Frink
At-Large: Bob Martin

Financial Results				
	June	YTD	2026	Difference / Remaining
General Offerings	\$21,828	\$129,160	\$304,882	-\$175,722
Total Income	\$22,723	\$144,220	\$331,466	-\$187,246
Total Expenses	\$33,494	\$169,890	\$386,585	-\$220,696
Net Income	-\$10,771	-\$25,669	-\$55,119	\$29,450
*As a reminder, the 2026 Operating Budget projects a net income deficit of \$55,000 which will be offset by the Operating Fund Reserve				

Next Meeting: Sunday, August 9th at 12:00pm in the UPUCC Library and Online. All are welcome!

Our church's leadership met this month to review our ministry priorities, celebrate progress, and make several decisions that will help strengthen our ministry in the months ahead.

CLC Opening — We’re Calling You!

We have an opening on the CLC for a Covenant Partner to serve as a CLC member through April of 2028. As you know, the CLC meets on the second Sunday of each month in the library or virtually. While the CLC approves church operations, much of our time spent is in helping us to create and implement elements of our Ministry Plan. We encourage anyone interested to contact either Tyler, Paula, Gia or any member of the CLC. We would like to identify anyone interested by August 21st. In late August and Early September, we will have a quick conversation with those interested followed by a Congregation Vote in September.

Financial Update

The financial outlook remains encouraging. Year-to-date giving is tracking close to expectations, and expenses continue to come in slightly under budget. Any monthly surplus helps strengthen our financial reserves. In addition, the June financial report reflects the first time our ministry plan has been directly aligned with our budget, making it easier to see how our financial resources support our shared mission. At this time, approximately \$17,471 remains available to be allocated toward ministry priorities.

Looking Ahead: Communications and Technology

A significant portion of the meeting focused on how we can better communicate our mission, both within the congregation and throughout the wider community.

It became clear that our current staffing capacity is not enough to support the vision we have for our website, digital communications, technology infrastructure, and online engagement. Much of this work continues to rely on volunteers, and several important needs have grown beyond what is sustainable.

To move this work forward thoughtfully, two new task forces will be formed:

- **Communications**, which will focus on messaging, publicity, community engagement, and helping people connect with our church.
- **Technology**, which will evaluate our digital platforms, technology infrastructure, website needs, technical support, and whether our current systems are the best fit for the future.

These groups will help shape recommendations for staffing, technology, and long-term strategy. Volunteers will be invited through the Friday email, and we encourage anyone with interest or experience in these areas to consider participating.

Racial Equity Workshop

The group also voted to continue exploring the possibility of hosting a racial equity workshop in

* Please rise in body or in spirit.

partnership with Organize Against Racism (OAR). Tyler will gather additional information about costs and logistics before a final decision is made.

The hope is to offer this workshop not only to our congregation but also to educators, neighboring faith communities, and others in the wider Raleigh area. This opportunity aligns closely with our ministry priorities and offers another meaningful way for our church to serve the broader community.

Website Support

To ensure our website continues to function well while longer-term technology plans are being developed, approval was given for a month-to-month website support package. This temporary approach provides stability while the new technology task force evaluates future needs. Anyone who is able to help Christy move website content is encouraged to reach out.

Celebrating Our Volunteers

An initial budget of \$1,500 was approved to support volunteer appreciation efforts in 2026. This year's Volunteer Appreciation event continues to take shape, and we're grateful for everyone who gives their time, talents, and energy to the life of our church.

Ministry Updates

Several ministry teams shared updates:

- Our Out! Raleigh and Guns to Gardens teams reported strong community engagement, with more detailed reflections scheduled for next month's meeting.
- The Family, Youth, and Children team continues developing ministry opportunities for young adolescents and their caregivers. They also hope to bring in a guest speaker in the future to address topics affecting today's youth.

As always, thank you for your continued support, prayers, and participation as we continue discerning how God is calling our congregation to serve both one another and our wider community.

* Please rise in body or in spirit.