

### COLLEGE STUDENTS!

You're invited to Penny's house on Friday, February 10 at 6 pm for supper (Taco Mamas) and fellowship. Depending on the weather, we might make s'mores. You can also play mini pool, darts, air hockey, laser tag or jump on a trampoline. Or you can hang out inside and just visit! You can sign up at Trinity during worship or email [revpennyford@gmail.com](mailto:revpennyford@gmail.com). Your friends are welcome! Just let me know so I can plan dinner accordingly. I'll send out an email or text with directions.

### COME SING WITH US!

**The Sanctuary Choir** has resumed rehearsals on Wednesdays at 6:00-7:00 pm in the sanctuary. We invite you to join us as we start preparing for the Lent and Easter seasons and help us make a joyful noise! No experience is required. If you have questions, please contact Dr. Kevin Chance at [k.t.chance@gmail.com](mailto:k.t.chance@gmail.com).

### PRAYER CHAIN FOR INCARCERATED WOMEN

A Kairos weekend will be held on Feb. 25-28, 2023, at the Aliceville Federal Prison for Women. Kairos is an international Christian ministry for incarcerated women to learn about and share the love of Christ. The participants (current inmates) are selected by an application process through the prison with the chaplain. Lay people and preachers give talks and meditations over the weekend based on the themes of forgiveness, prayer and the love of Christ.

There are no gifts or snacks for the weekend. However, there is a prayer chain and prayer vigil which involves Christians from all over the state and world. The prayer chain is a tangible reminder that these women are being lifted up in prayer.

How you can help: If you would like to participate, strips of construction paper and a basket are on the table as you exit the sanctuary. If you will pray for the women (at your convenience), please take the strip of paper and put your FIRST name only and any words of encouragement or scripture you would like to add to the strip of paper. The strips of paper will be made into a prayer "chain" and hung up during the weekend. Jan Porter from Trinity will be one of the leaders for the weekend.

Trinity United Methodist Church  
729 Paul Bryant Drive  
Tuscaloosa, Alabama 35401  
(205) 759-4206

Office Hours: Monday-Thursday, 8 am - 2 pm

Senior Pastor - Rev. Penny Ford - [revpennyford@gmail.com](mailto:revpennyford@gmail.com)  
Associate Pastor - Savannah Gross - [savannahgross.417@gmail.com](mailto:savannahgross.417@gmail.com)  
Music Director - Dr. Kevin Chance - [k.t.chance@gmail.com](mailto:k.t.chance@gmail.com)  
Children's Coordinator - Cassandra Nelson - [cassnells18@gmail.com](mailto:cassnells18@gmail.com)  
Youth Director - Dr. Clay Nelson - [clayted12@gmail.com](mailto:clayted12@gmail.com)  
Church Secretary - Kathryn Venable - [office@trinityumc.info](mailto:office@trinityumc.info)  
Financial Secretary - Beth Davis - [finance@trinityumc.info](mailto:finance@trinityumc.info)  
Intern - James Bowen

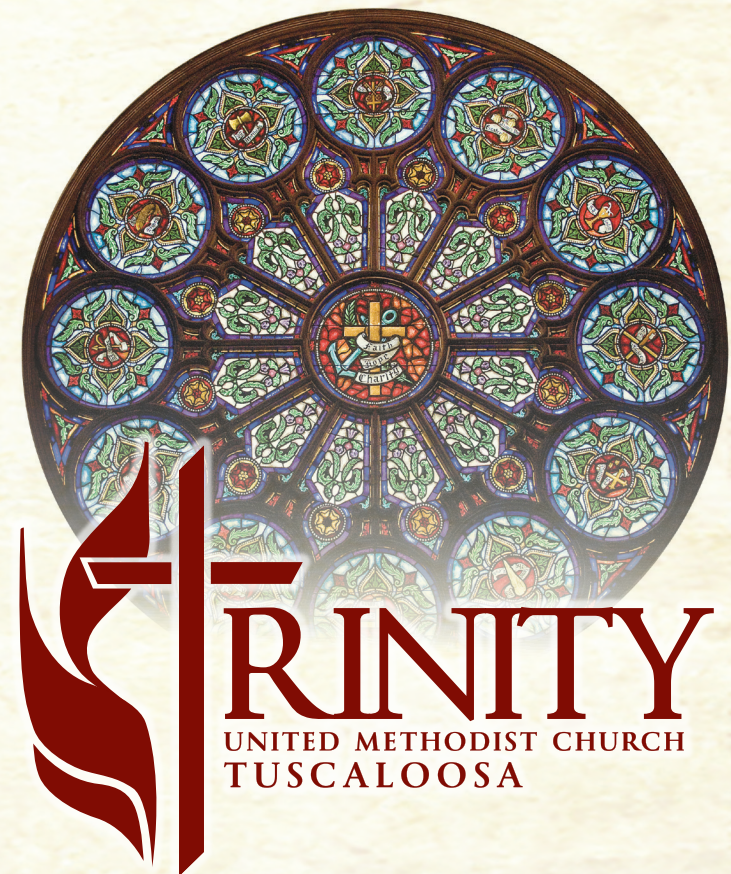
Intern Phone Number: (205) 394-4868

Media Ministry - Will McLelland

Web page: [www.trinity-umc-tuscaloosa.org](http://www.trinity-umc-tuscaloosa.org)

Facebook: Trinity UMC in Tuscaloosa

WORSHIP ON YOUTUBE. POSTED SUNDAYS  
Search for Ttown Trinity UMC



*Fourth Sunday after the Epiphany  
January 29, 2023*

*Trinity United Methodist Church  
is a congregation united by the love of Christ.*

*Because we are rooted in and guided by the grace of God,  
we share the love of Christ in our community and in our world.*

*Because we embrace our ever-changing community,  
we are open and respectful of what makes you who you are,  
and glad you are part of our church family.*

*Because we cherish our multigenerational congregation,  
we are caring and nurturing of all ages.*

*Because we value traditional worship,  
we feel familiar and welcoming.*



**FOURTH SUNDAY AFTER THE EPIPHANY  
JANUARY 29, 2023  
TRINITY UNITED METHODIST CHURCH**

**PRELUDE**

Myles Jordan

**WELCOME AND ANNOUNCEMENTS**

Rev. Penny Ford

*If you are a visitor, please fill out a Visitor Card found  
in the pew in front of you and place it in the offering plate.*

**\*CALL TO WORSHIP**

Rev. Savannah Gross

We gather this day from a week filled with needs and demands.

**We come to find rest and renewal of our spirits.**

Open your hearts in love to hear the voice of God.

**We want to quietly rest in God's presence,  
free from the clamor of the world.**

This is the day that the Lord has made.

**Let us rejoice and be glad in it. Amen.**

**\*HYMN**

*What Gift Can We Bring*

#87

**\*PASSING OF THE PEACE**

*You're invited to greet those around you and move about as you wish!*

*Please be sensitive to the fact that some in worship may not feel  
comfortable welcoming a hug or a handshake, and adjust as needed.*

**CALL TO PRAYER**

*Lord, I Want to Be a Christian*

#402

**PRAYERS OF THE PEOPLE / LORD'S PRAYER**

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, the power and the glory forever. Amen.

**A TIME FOR CHILDREN (of all ages!)**

Cassandra Nelson

*Children ages 4-8 are welcome to go to Children's Church after the  
Children's Message, or they may stay in the sanctuary with a parent.*

**OFFERTORY**

**\*DOXOLOGY**

#94

Praise God from whom all blessings flow;  
Praise God, all creatures here below: Alleluia! Alleluia!  
Praise God, the source of all our gifts!  
Praise Jesus Christ, whose power uplifts!  
Praise the Spirit, Holy Spirit! Alleluia! Alleluia! Alleluia!

**\*SAYING WHAT WE BELIEVE**

#883 Revised

We are not alone,  
we live in God's world.  
We believe in God:

who has created and is creating,  
who has come in Jesus,  
the Word made flesh,  
to reconcile and make new,  
who works in us and others  
by the Spirit.

We trust in God.

We are called to be the Church:

to celebrate God's presence,  
to live with respect in Creation,  
to love and serve others,  
to seek justice and resist evil,  
to proclaim Jesus, crucified and risen,  
our judge and our hope.

In life, in death, in life beyond death,

God is with us.

We are not alone.

Thanks be to God!

**ANTHEM**

*Many Gifts, One Spirit*

Allen Pote

**SCRIPTURE**

Hebrews 12:1-3; Deuteronomy 5:12-15

**SERMON**

*Running and Resting*

Rev. Penny Ford

**\*CLOSING HYMN**

*Be Thou My Vision*

#451

**BENEDICTION**

**POSTLUDE**

Myles Jordan

The church office will be closed on Monday, January 30. Please call Penny if you need assistance.

**UPCOMING MEETINGS**

**Finance** Today, Sunday, January 29, 4 pm. All committee members are strongly urged to attend.

**Ad Council** Sunday, February 5, 9:30 am (during Sunday School).

**WOMEN'S RETREAT**

Mark your calendar for a TRINITY WOMEN'S RETREAT, March 3-5, 2023, in Mentone, AL (6139 AL Highway 117, Mentone, AL 35984). We'll stay at the Mentone Inn, which is within walking distance of shops and restaurants. Private or double rooms are approximately \$140/night (church groups get a 10% discount). There are 12 rooms, each with a private bathroom, and breakfast is included in the price. **YOU CAN BOOK YOUR RESERVATION NOW** on a first come, first serve basis. Call Cynthia Stinson at 256-634-4836 and tell her you're with the Trinity group March 3-5, 2023. You can book one or two nights.

We do not have a specific theme, program or speaker. We mainly wanted to relax and get to know each other. If there is interest, we can book someone to lead us through a painting project (like we do at Canvas and Crafts). There is also a glass blowing ornament place in downtown Mentone. If enough people are interested in painting or glassblowing, we'll research prices and availability. We're all looking forward to being with one another!