



Guest Information: We are glad that you are here today in worship with us. We have information cards located at the check-in station in the church entry. Please take a moment and fill out as much information as you feel comfortable. We will take this information and add it to our database. If you would like to receive our weekly newsletter please check the box and we will add you to our distribution list.

Our Young Disciples Zone, at the back of the sanctuary, is open for families with young children and children's bulletins are available on the bookshelf. A nursery is available for children 0-5 years old. It is located down the main hallway, take the second hallway to the right, in the Bear classroom to the left.

Bathrooms are located at the back of the sanctuary through the double doors. For families, restrooms with changing tables are available in the main hallway.

Hearing Aid Loop: Our sanctuary has a Hearing Loop System which allows anyone with a T setting or T-coil to "tune in" to the frequency for a better-quality audio experience. There are also other sets available for those who do not have hearing aids that adapt.

Calendar this Week

Jan. 28: 9 a.m. Bible History Class – Hybrid (In-person Friendship Center/Zoom)
10 a.m. Contemporary Worship
11:30 a.m. Inquirer's Class - Hybrid (In-person Friendship Center/Zoom)
2 p.m. The Little Class on Zoom
4 p.m. Program Night
6:30 p.m. Youth Group

Jan. 29: 1:30 p.m. Clubhouse Knitters, Ridge Park Clubhouse, 505 Oppenheimer Dr.

Jan. 31: 3 p.m. Sr. High Youth Bible Study in Youth room
6:30 p.m. Bell Choir Practice in Sanctuary
7 p.m. Troop 2 in Fellowship Hall
7 p.m. STAR Narcotics Anonymous 12-step program in Library
7:15 p.m. Choir Practice in Sanctuary

Feb. 1: 7 p.m. Troop 122 in Fellowship Hall

Feb. 4: 9 a.m. Bible History Class Hybrid (In-person Friendship Center/Zoom)
10 a.m. Traditional Worship
11:30 a.m. Inquirer's Class Hybrid (In-person Friendship Center/Zoom)
2 p.m. The Little Class on Zoom
4 p.m. Program Night
6:30 p.m. Youth Group



FIRST UNITED
METHODIST CHURCH
LOS ALAMOS

Serving in Worship

Lay Reader:

Dylan Johnston

First Light

Valerie Collins
Camille Wescott
Nels Hoffman

AV Team:

Don Casperson
Linda Collier
Lynn Kluegel
Abigail

Ushers:

Bob and Julie Risch

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WE ARE

**Christ-Centered · Prayerful · Inclusive · Growing Spiritually ·
Compassionate & Caring · In Service & Mission**



January 28, 2024

Third Sunday after Epiphany

10 a.m. Contemporary Worship Service

WE PREPARE

*Please stand as you are comfortable.

Welcome

***Opening Prayer**

Leader: Together let us pray:

**All: O God, you empower us by your Spirit
to be your witnesses in the world.**

**As we gather as your church,
help us to give thanks to you
with all that we are and all that we have,
rejoicing in your mighty works
and knowing that your righteousness endures forever,
so that we will leave this place
giving of ourselves in service to the world
through the authority of your Son,
in whose name we pray. Amen.**

Praise Songs:

*Shout to the Lord
Holy
By Your Side*

Prayer

Praise Song: *One Thing Remains*

WE HEAR

Scripture Reading: Mark 1:21-28

Sermon: "Yo-Yo: Extending Yourself"

WE RESPOND**Call to Discipleship****Prayer****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
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.**

Announcements**Offering**

Song: *Lord I Lift Your Name on High*

Blessing and Sending Forth

Today's full service may be watched on lafumc.churchcenter.com, our website and Facebook. Recordings of the full service and just the message are posted on our YouTube channel on Monday.



Faith Development Opportunities

Bible History: We meet at 9 a.m. Hybrid (In-person in the Friendship Center and on Zoom). Our current study is *The Life of Jesus* by Matt Williams. This study explores the main events in Jesus' life to understand what made him extraordinary and to learn how to draw on his transforming power. You can find a Zoom invitation in the Friday worship email.

Inquirer's Class: Sundays at 11:30 a.m. Hybrid (In-person in the Friendship Center and on Zoom) This class is fragrance free. We currently studying the book of Matthew. You can find a Zoom invitation in the Friday worship email.

The Little's Class: We meet at 2 p.m. on Zoom. Our class studies the Bible and discusses the truths it finds in God's word. You can find a Zoom invitation in the Friday worship email.

Program Night: Join us Sunday evenings from 4 – 6p.m. One of our goals is to equip and grow the faith of all people, not just our children and leaders but, parents and adults too. We invite you to join us for an evening of worship and learning in small groups then we will come together for a potluck dinner.

Youth Group: If you have a teenager from grades 7th-12th grade, they are welcome to join us. Our Mid-High Study (5th – 8th) meets at 4 p.m. during our Programming Night, then after dinner at 5:30, the mid-high and sr. high come together for Youth Group (7th – 12th) at 6:30 p.m. Our Sr. High Study (9th – 12th) meets on Wednesday afternoons from 3 – 4:30. For more information, please email Phillip Ortega at faith@lafumc.org

Notes: CCLI: #180709/**Streaming:** #20126721/**CVLI:** #304307261

Opening Prayer: Rev. John W. Nash, based upon Psalm 111

Shout to the Lord: Darlene Zschech © 1993 Hillsong Publishing

Holy: Brenton Brown © 2001 Vineyard Songs

By Your Side: Michael Donehey and Phillip LaRue © 2008 Peertunes, Ltd., Formerly Music, and Maxx Music

One Thing Remains: Christa Black, Jeremy Riddle, and Brian Johnson © 2010 Bethel Music, Mercy / Vineyard Publishing, and ChristaJoy Music Publishing

Lord I Lift Your Name on High: Rick Founds © 1989 Maranatha Praise, Inc.