

INSIDE OUT



MAKE ROOM FOR YOUR EMOTIONS

August 25, 2024
10:05 & 11:10

SharingTheHeart.org/Wellspring

INFORMATION

- **Information Center** in main foyer
- **Nursery** 1st floor south end of the building
- **Children** 2nd floor south end of building
- **Refreshments** in the Dyer hallways
- **Elevator** south end of the building
- **Youth** across the street at The Hub
- **Restrooms** in main foyer & Children's lobby
- **Shuttle bus** for remote parking

Follow us on social media
[@WellspringFUMC](https://www.instagram.com/WellspringFUMC)



Welcome to Wellspring!

We all have emotions—complex, varied, and deeply woven into the fabric of our lives. Our emotions are not just fleeting feelings; they help shape who we are and what we believe. From the highest peaks of joy to the valleys of sadness, our emotions are integral to our human experience. Even Jesus, in His time on Earth, experienced the full spectrum of emotions—sadness, frustration, joy, and more.

In this series, we'll explore the role our emotions play in our spiritual lives. By becoming more aware of and expressing our emotions, we can connect more deeply with God and with each other. Let's journey together as we learn to embrace our emotions, allowing them to guide us toward greater faith, compassion, and understanding.

How ever you may be feeling today, we're so glad you're here! We're a community of imperfect people seeking to know Jesus and make Jesus know in the world. If you are new, please feel free to ask questions, be yourself, get connected, and let us know if there is anything we can do to make your experience most memorable.

First United Methodist Church
315 N. Church St., McKinney, TX 75069 972-562-8556

Sermon: Anxiety to Peace
Scripture: Philippians 4:6-9

Sermon Notes



Stay up to date with Wellspring events, news, resources, and more. Scan the QR code to the left with your smart phone and click on the link that appears on your phone screen. Provide your name and email and you're all set. You may also visit us online at www.sharingtheheart.org/wellspring to sign up.

"Like" our Facebook page and be sure to check-in online! For every new like and check-in we receive we will supply three meals to hungry kids! That's right, your simple check-in helps spread the word about Wellspring AND feeds kids. This is a simple click of the button that can have a big impact. You can scan the QR code to the right with your smart phone camera to be taken to our Facebook page.



Wellspring Pastor
Rev. Dr. Abe Smith
asmith@sharingtheheart.org

Worship Leader
Rev. Macie Liptoi
mliptoi@sharingtheheart.org

Welcome! Thank you for joining us this morning!

Please use the tear-off form to let us know you are here

Online resources are also available at **SharingtheHeart.org/Resources**

- Attendance
- Giving
- Join the Church
- Prayer Request
- Newsletter sign up
- Bulletins



Scan with your phone camera



What's Happening

ARE YOU NEW HERE?

Welcome! We want to get to know you! Stop by the welcome desk or fill out the attendance form so that we can reach out and help you get connected.

Are you receiving the newsletters you want? We have our main newsletter, *The Echo*, plus Children's, Youth, and Melissa UMC. We can also mail a print version. Email caitlin@sharingtheheart.org to get signed up.

SERVE @ CHURCH

Are you wanting to get involved in service at the church? We have spots for ushers, greeters, youth and children's dinner teams, A/V help, and so much more! Stop by the table in the hallway today or visit the church website sharingtheheart.org/serve

FALL CLASSES

Registration for fall classes and studies is OPEN! Visit the table in the hallway or sharingtheheart.org/fall-classes. There's a spot or two for you!

Want to help lead a class? Email Scottie: stisdell@sharingtheheart.org

NEW CHURCH MERCH!

Check out our *new church t-shirts* at the Coffee Bar by Dyer Hall. Two cute colors so you can share your love of sharing the heart! They are \$15 each (you can pay at the kiosk or with cash). Stop by any time to purchase!

ESL VOLUNTEERS NEEDED

Our ESL program has grown and now has a waitlist! We hate to turn people away, but we need more volunteers to make the program work. Are you interested? No experience needed. Email Pastor Ed edvolfe@sharingtheheart.org.

JOIN MUSIC MINISTRY: MAKE A JOYFUL NOISE TO THE LORD!

CHANCEL CHOIR: Rehearsals Wednesdays at 7pm. Sing at any service!

CHILDREN'S CHOIR: Sundays at 9am in the Kids Zone.

YOUTH CHOIR: Sundays at 4pm at The Hub. *We need adult volunteers to help with this group.*

WELLSPRING WORSHIP BAND: Email Pastor Macie (Wellspring worship leader) mliptoi@sharingtheheart.org for info.

BELLS: Begins Sept. 8 at 5pm in the bell room. Email lalfers@sharingtheheart.org

www.sharingtheheart.org/music

GUEST WIFI: Network: FUMC Guest Password: sharingtheheart

GENEROSITY

DID YOU KNOW?

First UMC helped out at the Back-to-School picnic for Caldwell Elementary. We served ice cold watermelon. Your generosity helps share God's love with our neighbors.

Ways to Give

www.sharingtheheart.org/give



- Text "sharingtheheart" to 73256
- Give online through our secure portal
- Give at the offering boxes at the door
- Give by credit card in the hallway

Your Gift Makes a Difference!

Please Sign In

We're glad you are here!

W082524

Today's Date _____

Member Returning Guest First Time Guest

Location: Sanctuary Wellspring 11:10 10:05 9:00 8:00

Service attended: 8:00 9:00 10:05 11:10

Name _____ Email _____ Phone _____
 cell home cell home

Children Attending (names & ages) _____
Address _____ City/St _____ Zip _____

Preferred Contact: Email Phone Adult age group: 18-24 25-34 35-44 45-54 55-64 65+

Welcome to our guests! How did you hear about us? _____ Guest/Relative of _____ Relationship _____ (over)

ATTENDANCE CARD Please complete, tear off, and place in the box at the exit. Thank you!

Your Name _____ Today's Date _____

Prayers requested for (name) _____

This person is: self friend relative other _____

Prayer need (include info as needed) _____

Pastors only | Add to published prayer list | Would you like a pastor to contact you? Yes No

I would like information about: Name _____

Nursery Faith, being a Christian

Children's Ministry Generosity / Stewardship

Youth Ministry Bible Study

Adult groups Melissa UMC Campus

Music Ministry Help with personal issues

Becoming a member Finding a place to serve

Other _____ (over)

Please do not tear here.

STAY CONNECTED

For the latest news and events, sign up for the weekly church newsletter, "The Echo," at **SharingTheHeart.org/Newsletter**

SOCIAL MEDIA

Engage with us on social media for up to date information and deeper connections.



Facebook.com/FUMCMcKinney
 Instagram.com/FUMCMcKinney
 Twitter.com/FUMCMcKinney

Worship Online

-LIVESTREAMED SERVICES-
 -VIDEO DEVOTIONALS-
 -SERMON LIBRARY-

www.sharingtheheart.org/media

CONTACT INFORMATION

Senior Pastor, Dr. Thomas O. Brumett
 tbrumett@sharingtheheart.org

Wellspring, Dr. Abe Smith
 asmith@Sharingtheheart.org

Children's Director, Cheridy Dodd
 cdodd@sharingtheheart.org

Youth Director, CJ Rice
 cjrice@sharingtheheart.org

Preschool Director, Jane Mills
 jmills@sharingtheheart.org

Connections, Rev. Macie Liptoi
 mliptoi@sharingtheheart.org

Pastoral Care, Dr. Ed Volfe
 edvolfe@sharingtheheart.org

Missions Director, Dr. Pam Parmley
 pparmley@sharingtheheart.org

Spiritual Formation, Dr. James Woods
 jwoods@sharingtheheart.org

Christlike Mindfulness, Dr. Andrew Clifford
 aclifford@sharingtheheart.org

Director of Music & Organist
 John Emory Bush, jebconductor@gmail.com

Melissa UMC, Rev. Dr. Chad McSwain
 pastor@melissaumc.com

PRAYER REQUESTS

Please remember these names in your prayers

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| <ul style="list-style-type: none"> † Dru Bookout and family on the death of her husband, Steve Bookout † Suzanne Holt and family on the death of her son, Daniel Holt † Paula Scott and family on the death of her mother, Marie † The family of Chuck Worsham on his death • Benny Jackson • Bill Farrington • Carol and Gera Crampton • Carolyn Underwood • Carroll Arceneaux • Cathy Zaccarello • Cory McCann • Debbie Stone • Dick Schlough • Don and Linda Crabtree • Don Lambert • Dorothy Whitfield • Dustin Bade and family • Ethan Emerson • George Bush • Gwen Porter • Jay and Lisa Williams • Jean King • John Burkhardt • Judy Cox • Judy Davis • Judy Whatley • Karen Linstrum • Karla Connolly • Lon Braselton • Lori Daskam • Luis Perez | <ul style="list-style-type: none"> • Lynda Davis • Marti Kale • Mason Alexander • Michael Kramer • Michael Wenger • Norman & Donna Andersen • Perry Waller • Randy and Wanda Ford • Ronnie Settle • Shauntina Batiste • The family of Shane • Tom Woodard • Vickie Bade • Our country • All children • World peace • Victims of war • Israel and Palestine • Ukraine and Russia • Families affected by shootings in the USA • People struggling to cope day to day • Rev. David & Cindy Ceballos, Missionaries in Panama • Friends in care facilities • Families experiencing job loss • Church families in transition • Those experiencing homelessness • Grace Children's Hospital in Haiti • Melissa United Methodist Church • Caldwell Elementary School • Military service members including: Capt Scott Adler, Capt Libby Adler, Sofia Lerma Alarcon, Jose | <ul style="list-style-type: none"> Almaguer, Marc Belo, CPL Matthew Broker, CTI2 Abigail Burns, CPT Aaron Bush, CPL Bradley Bush, AFC Drew Causey, Chaplain Capt Adam Cavalier, 2nd Lt Vincent Chavez, Capt Ryan Clark, PFC Paul Confalone, Sgt Martin Damian DeLeon, GY Sgt Jim Ellsworth, Kevin English, Patrick English, James Evans, Lt Col David Faulk, PFC Mac Foulk, MSG Brian Franck, PFC Cody Furstenberg, Charlie Gilbert, LC CPL Robert Gray, ETN2 Cory Halberstadt, Pvt John Wesley Holder Jr., Lt Mark Jbeily, Lt Col Jim Johnston, Ryan Kidd, Avery Montana Krast, Lt Ryan Lubin, Alec Mack, Capt John Martin, Lt Logan McQuerry, Maj. Richard Milam, Maj Chuck Miller, AFC Kevin G. Persons, Jr., MSGT Tyler Renshaw, 2nd Lt Austin Rine, SPC Blake Robertson, Bobby Sanders, SR4 Nick Schofield, Colby Seamster II, Chap MAJ Tim Shepherd, Jonathan Spiegel, CW2 Ryan Thurgood, Mark Townson, Lt Zach Vernier, SR Caelan Matthews, 2LT AnnMarie Kessler, A1C Preston Walker |
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Please submit updates and new prayer requests to www.sharingtheheart.org/pray
 Thank you.