

# INSIDE OUT



## MAKE ROOM FOR YOUR EMOTIONS

September 1, 2024  
10:05 & 11:10

[SharingTheHeart.org/Wellspring](https://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:** Beyond Shame: Embracing God’s Forgiveness  
**Scripture:** Romans 8:1–6

Sermon Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

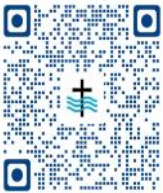
---

---

---

---

---



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](http://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](mailto:asmith@sharingtheheart.org)

Worship Leader  
Rev. Macie Liptoi  
[mliptoi@sharingtheheart.org](mailto: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](mailto: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](http://sharingtheheart.org/serve)

### FALL CLASSES

Registration for fall classes and studies is OPEN! Visit the table in the hallway or [sharingtheheart.org/fall-classes](http://sharingtheheart.org/fall-classes). There's a spot or two for you! Hurry! Classes start now! Want to help lead a class? Email Scottie: [stisdell@sharingtheheart.org](mailto: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!

### YOUTH DINNER TEAM

The greatest example of love is service to others! Love on our youth as they gather to grow in faith and fellowship by signing up to bring dinner or make a donation at the "volunteer" section at [sharingtheheart.org/youthupcoming](http://sharingtheheart.org/youthupcoming)

### 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.*  
WELLSPRING WORSHIP BAND: Email Pastor Macie (Wellspring worship leader) [mliptoi@sharingtheheart.org](mailto:mliptoi@sharingtheheart.org) for info.  
BELLS: Begins Sept. 8 at 5pm in the bell room. Email [lalfers@sharingtheheart.org](mailto:lalfers@sharingtheheart.org)  
[www.sharingtheheart.org/music](http://www.sharingtheheart.org/music)

GUEST WIFI: Network: FUMC Guest Password: sharingtheheart

## GENEROSITY

### DID YOU KNOW?

Today's Communion Rail Offering will go to Gateway, our adult special needs ministry. Thank you for your support and faithfulness to the missions of First UMC.



## Ways to Give

[www.sharingtheheart.org/give](http://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!

W090124

Today's Date \_\_\_\_\_  
 Returning Guest  Member

First Time Guest

Location:  Sanctuary  Wellspring

11:10  10:05  9:00

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

Name \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone \_\_\_\_\_  
 cell  home

City/St \_\_\_\_\_  
 Zip \_\_\_\_\_  
 Adult age group:  18-24  25-34  35-44  45-54  55-64  65+  
 Preferred Contact:  Email  Phone  
 Guest/Relative of \_\_\_\_\_ Relationship \_\_\_\_\_ (over)

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

Children Attending (names & ages) \_\_\_\_\_

Address \_\_\_\_\_

Update my info  Send weekly email newsletter

Welcome to our guests! How did you hear about us? \_\_\_\_\_

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

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>† Rosie Jones and family on the death of her sister, Brenda Farley</li> <li>† David and Linda Moss on the death of uncle, Kenneth Nichols</li> <li>• Ben Jackson</li> <li>• Bill Farrington</li> <li>• Carol and Gera Crampton</li> <li>• Cathy Zaccarello</li> <li>• Cory McCann</li> <li>• Corynne McCaskill</li> <li>• Debbie Stone</li> <li>• Dick Schlough</li> <li>• Don and Linda Crabtree</li> <li>• Don Lambert</li> <li>• Dorothy Whitfield</li> <li>• Dustin Bade and family</li> <li>• George Bush</li> <li>• Graysen Malek</li> <li>• Jas Russo</li> <li>• Jean King</li> <li>• John Burkhardt</li> <li>• Judy Cox</li> <li>• Judy Davis</li> <li>• Judy Whatley</li> <li>• Julie Kramer</li> <li>• Karen Linstrum</li> <li>• Karla Connally</li> <li>• Kitty Ball</li> <li>• Lauren Brennan</li> <li>• Linda and Jennifer Pond</li> <li>• Lori Daskam</li> <li>• Luis Perez</li> <li>• Lynda Davis</li> <li>• Marti Kale</li> <li>• Mason Alexander</li> </ul> | <ul style="list-style-type: none"> <li>• Michael Kramer</li> <li>• Michael Wenger</li> <li>• Norman &amp; Donna Andersen</li> <li>• Perry Waller</li> <li>• Randy and Wanda Ford</li> <li>• Rhonda B</li> <li>• Richard Charles Bunger</li> <li>• Richard Pflug</li> <li>• Roberto Zamuco and family</li> <li>• Ronnie Settle</li> <li>• Shauntina Batiste</li> <li>• Shawn Sadowski</li> <li>• The family of Shane</li> <li>• Vickie Bade</li> <li>• Our country</li> <li>• All children</li> <li>• World peace</li> <li>• Victims of war</li> <li>• Israel and Palestine</li> <li>• Ukraine and Russia</li> <li>• Families affected by shootings in the USA</li> <li>• People struggling to cope day to day</li> <li>• Rev. David &amp; Cindy Ceballos, Missionaries in Panama</li> <li>• Friends in care facilities</li> <li>• Families experiencing job loss</li> <li>• Church families in transition</li> <li>• Those experiencing homelessness</li> <li>• Grace Children's Hospital in Haiti</li> <li>• Melissa United Methodist Church</li> <li>• Caldwell Elementary School</li> <li>• Military service members including: Capt Scott Adler, Capt Libby Adler,</li> </ul> | <ul style="list-style-type: none"> <li>Sofia Lerma Alarcon, Jose Almaguer, Marc Belo, CPL Matthew Broker, CT12 Abigail Burns, 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, 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</li> </ul> |
|---|---|---|

Please submit updates and new prayer requests to  
www.sharingtheheart.org/pray  
Thank you.