

INSIDE OUT



MAKE ROOM FOR YOUR EMOTIONS

September 15, 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: Connecting with Christ and Others

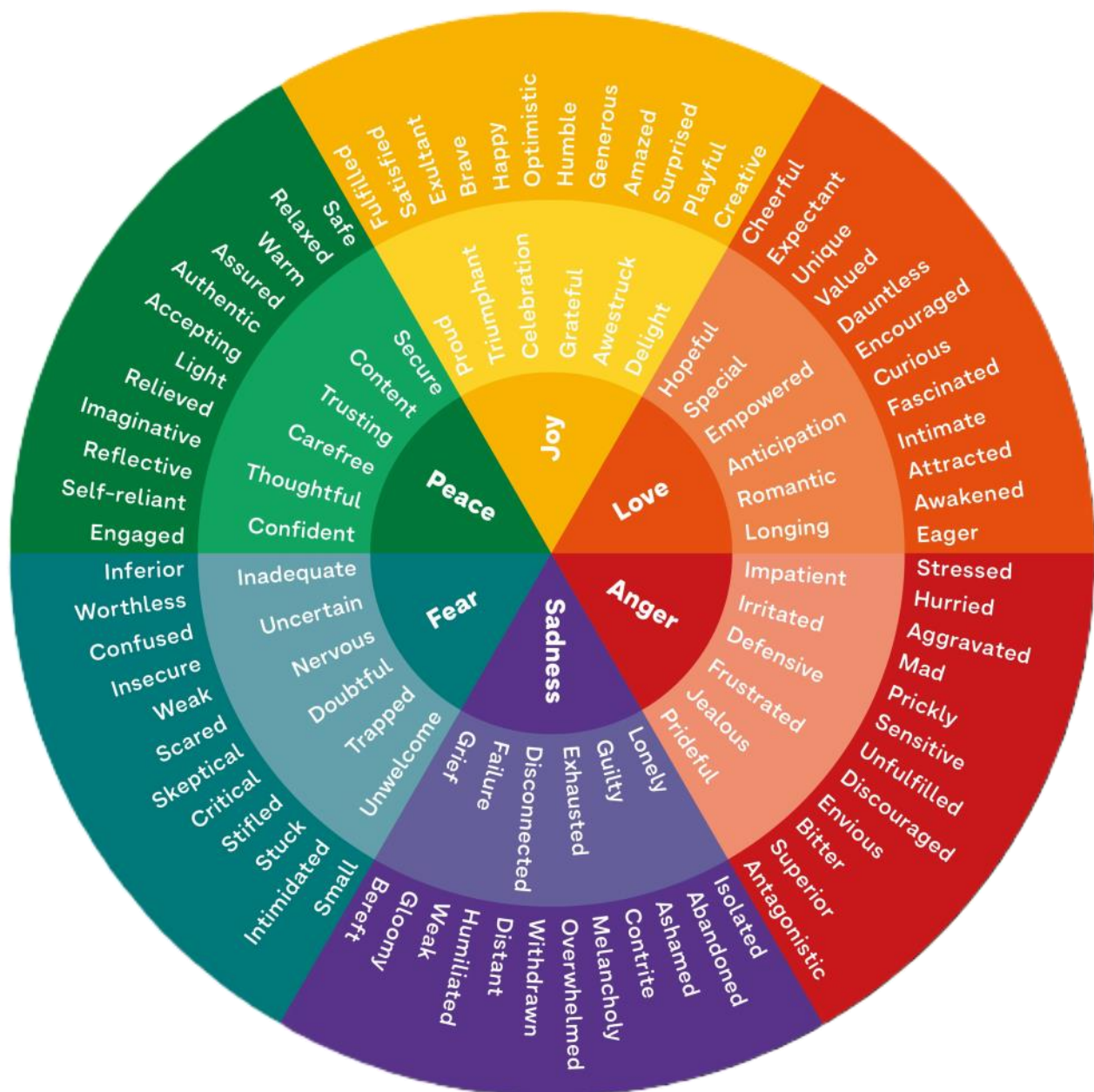
Scripture: John 14:16-18

Donate Your Smart Device

Do you have an old smartphone, tablet, or watch that you no longer use? Consider donating it to the church! We're partnering with ecoATM LLC to recycle these devices, and the funds we receive will go directly toward purchasing much-needed equipment for the Wellspring worship band. Plus, ecoATM will contribute a portion of the resale to support the National Coalition Against Domestic Violence.

If you don't have a device to donate but still want to contribute, you can make a financial donation. Just mark your donation with "Wellspring Worship Band."

Your generosity will make a difference! Learn all the details online at www.SharingTheHeart.org/DonateYourDevice



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.

HEART MINISTRY

Our special needs ministry strives to provide a supportive, loving, and safe environment for preschoolers through adolescents with special needs during church and church activities. Willing to help? Need more info? Visit sharingtheheart.org/special-needs

FALL CLASSES

Registration for fall classes and studies is still open! Visit sharingtheheart.org/fall-classes. There's a spot or two for you!

Want to get a group together and start a new 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!

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

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) mlptoi@sharingtheheart.org for info.

BELLS: Sundays 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 raised over \$5100 in the Race for Grace benefitting Grace Children's Hospital in Haiti. Your generosity helps fill medical needs around the world.



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!

W091524

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

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 tbrumett@sharingtheheart.org

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Youth Director, CJ Rice
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Preschool Director, Jane Mills
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Connections, Rev. Macie Liptoi
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Pastoral Care, Dr. Ed Volfe
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Missions Director, Dr. Pam Parmley
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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

- † Sandie Ross and family on the loss of her Brother-in-Law, Jerry Ross
- Amy Fowler
- Bill Farrington
- Blakely Jane Riley
- Brady Russell
- Carlie Jo Johnson
- Carol and Gera Crampton
- Carolyn
- Cathy Zaccarello
- Cory McCann
- Corynne McCaskill
- David Brannon
- Debbie Stone
- Dick Schlough
- Don Lambert
- Dorothy Whitfield
- Dustin Bade and family
- Ethan Emerson
- Gwen Porter
- Jas Russo
- Jean King
- John Burkhardt
- John Keys
- Judy Cox
- Judy Davis
- Judy Whatley
- Julie Kramer
- Karen Linstrum
- Karla Connally
- Kelly Hallinan and family
- Kieth Boyd
- Kim Sinclair
- Lauren Brennan
- Linda and Jennifer Pond
- Luis Perez
- Lynda Davis
- Marti Kale
- Mason Alexander
- Michael Kramer
- Michael Wenger
- Mya Gilbert
- Norman Andersen
- Perry Waller
- Randy and Wanda Ford
- Rhonda B
- Richard Pflug
- Roberto Zamuco and family
- Robin Perritte
- Ronnie Settle
- Shauntina Batiste
- Shawn Sadowski
- Steven Lozeau and family
- The family of Shane
- 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 Almaguer, Marc Belo, CPL Matthew Broker, CTI2 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 Spiegall, CW2 Ryan Thurgood, Mark Townson, Lt Zach Vernier, SR Caelan Matthews, 2LT AnnMarie Kessler, A1C Preston Walker

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