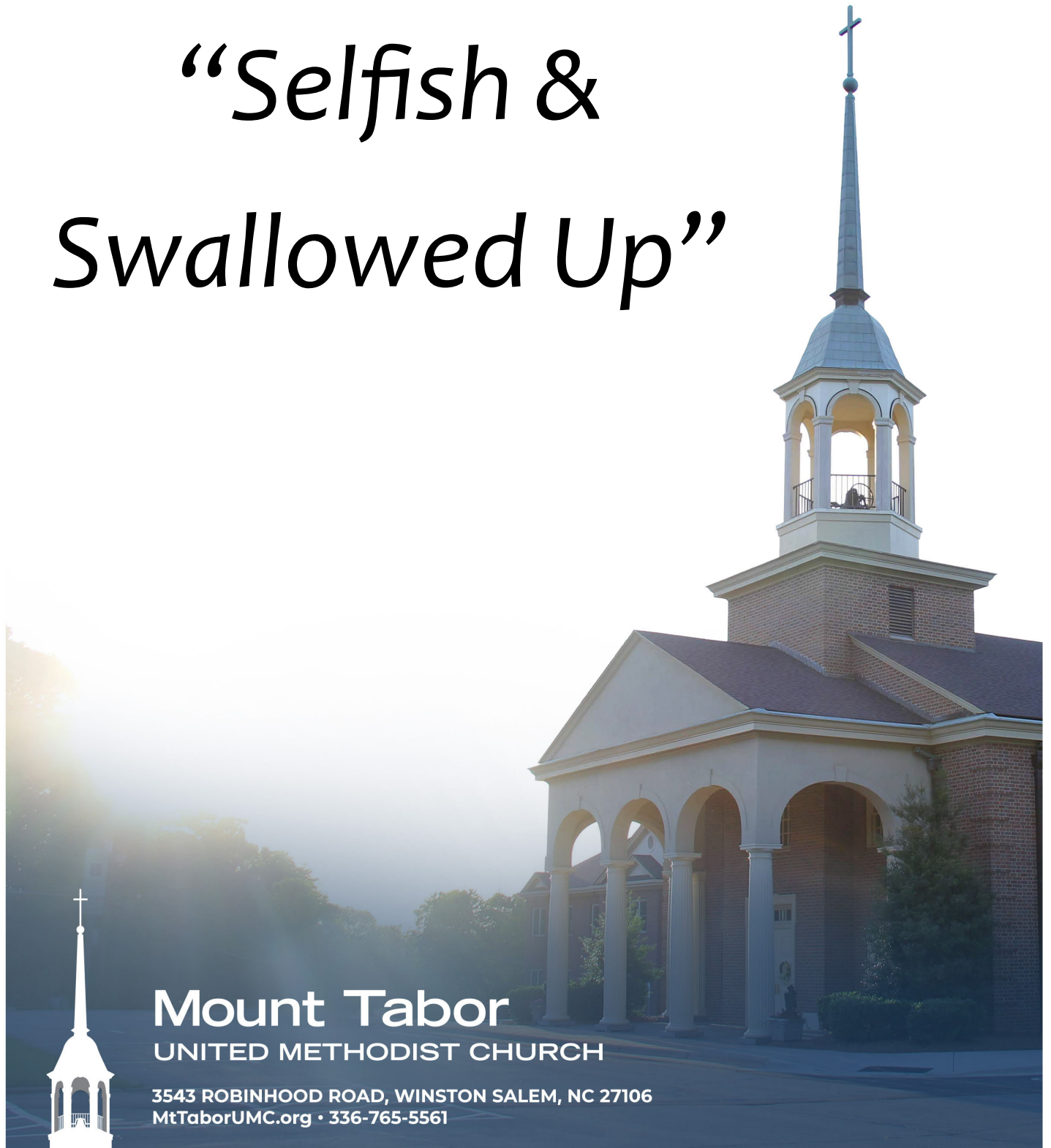


Sunday, July 20, 2025

*“Selfish &
Swallowed Up”*



Mount Tabor
UNITED METHODIST CHURCH

3543 ROBINHOOD ROAD, WINSTON SALEM, NC 27106
MtTaborUMC.org • 336-765-5561

Modern Worship

Sunday, July 20, 2025 at 9:00am

Gathering Songs

This Is Amazing Grace — Phil Wickham

Your Grace is Enough — Chris Tomlin

Welcome, Announcements, and Call to Worship

Praise & Worship Song

God of Every Grace — Kristyn Getty

TaborKIDS Invitation

Children (3 years old-5th grades) may leave to participate in TaborKids Worship today.
Parents will pick them up in the Fellowship Hall immediately following the service.

Sharing the Peace of Christ

Congregational & Offertory Prayer

Offertory

Broken Vessels (Amazing Grace) — Hillsong

Scripture

Jonah 1:1-2:2, 2:8-4:10 (CEB)

Today's Message

"Selfish and Swallowed Up"

Closing Song

Amazing Grace (My Chains Are Gone) — Chris Tomlin

Sending Forth

Today's Worship Leaders:

Senior Pastor: Rev. David Beam

Executive Pastor: Rev. Michelle Foster-Beckerleg

Modern Worship Coordinator: Jim Annas

Worship Host: Chad Marion

Prayer Leader: Lisa Warren

“Selfish and Swallowed Up”

July 20, 2025

1 The LORD’s word came to Jonah, Amittai’s son: ² “Get up and go to Nineveh, that great city, and cry out against it, for their evil has come to my attention.”

³ So Jonah got up—to flee to Tarshish from the LORD! He went down to Joppa and found a ship headed for Tarshish. He paid the fare and went aboard to go with them to Tarshish, away from the LORD. ⁴ But the LORD hurled a great wind upon the sea, so that there was a great storm on the sea; the ship looked like it might be broken to pieces. ⁵ The sailors were terrified, and each one cried out to his god. They hurled the cargo that was in the ship into the sea to make it lighter.

Now Jonah had gone down into the hold of the vessel to lie down and was deep in sleep. ⁶ The ship’s officer came and said to him, “How can you possibly be sleeping so deeply? Get up! Call on your god! Perhaps the god will give some thought to us so that we won’t perish.”

⁷ Meanwhile, the sailors said to each other, “Come on, let’s cast lots so that we might learn who is to blame for this evil that’s happening to us.” They cast lots, and the lot fell on Jonah. ⁸ So they said to him, “Tell us, since you’re the cause of this evil happening to us: What do you do and where are you from? What’s your country and of what people are you?” ⁹ He said to them, “I’m a Hebrew. I worship the LORD, the God of heaven—who made the sea and the dry land.”

¹⁰ Then the men were terrified and said to him, “What have you done?” (The men knew that Jonah was fleeing from the LORD, because he had told them.) ¹¹ They said to him, “What will we do about you so that the sea will become calm around us?” (The sea was continuing to rage.) ¹² He said to them, “Pick me up and hurl me into the sea! Then the sea will become calm around you. I know it’s my fault that this great storm has come upon you.”

¹³ The men rowed to reach dry land, but they couldn’t manage it because the sea continued to rage against them. ¹⁴ So they called on the LORD, saying, “Please, LORD, don’t let us perish on account of this man’s life, and don’t blame us for innocent blood! You are the LORD: whatever you want, you can do.” ¹⁵ Then they picked up Jonah and hurled him into the sea, and the sea ceased its raging. ¹⁶ The men worshipped the LORD with a profound reverence; they offered a sacrifice to the LORD and made solemn promises. ¹⁷ ^[a] Meanwhile, the LORD provided a great fish to swallow Jonah. Jonah was in the belly of the fish for three days and three nights.

2 Jonah prayed to the LORD his God from the belly of the fish: ² “I called out to the LORD in my distress, and he answered me. From the belly of the underworld ^[a] I cried out for help; you have heard my voice. ⁸ Those deceived by worthless things lose their chance for mercy. ⁹ But me, I will offer a sacrifice to with a voice of thanks. That which I have promised, I will pay. Deliverance belongs to the Lord. ¹⁰ Then the LORD spoke to the fish, and it vomited Jonah onto the dry land.

3 The LORD’s word came to Jonah a second time: ² “Get up and go to Nineveh, that great city, and declare against it the proclamation that I am commanding you.” ³ And Jonah got up and went to Nineveh, according to the LORD’s word. (Now Nineveh was indeed an enormous city, a three days’ walk across.)

⁴ Jonah started into the city, walking one day, and he cried out, “Just forty days more and Nineveh will be overthrown!” ⁵ And the people of Nineveh believed God. They proclaimed a fast and put on mourning clothes, from the greatest of them to the least significant.

⁶ When word of it reached the king of Nineveh, he got up from his throne, stripped himself of his robe, covered himself with mourning clothes, and sat in ashes. ⁷ Then he announced, “In Nineveh, by decree of the king and his officials: Neither human nor animal, cattle nor flock, will taste anything! No grazing and no drinking water! ⁸ Let humans and animals alike put on mourning clothes, and let them call upon God forcefully! And let all persons stop their evil behavior and the violence that’s under their control!” ⁹ He thought, Who knows? God may see this and turn from his wrath, so that we might not perish. ^[a] ¹⁰ God saw what they were doing—that they had ceased their evil behavior. So God stopped planning to destroy them, and he didn’t do it.

4 But Jonah thought this was utterly wrong, and he became angry. ² He prayed to the LORD, “Come on, LORD! Wasn’t this precisely my point when I was back in my own land? This is why I fled to Tarshish earlier! I know that you are a merciful and compassionate God, very patient, full of faithful love, and willing not to destroy. ³ At this point, LORD, you may as well take my life from me, because it would be better for me to die than to live.”

⁴ The LORD responded, “Is your anger a good thing?” ⁵ But Jonah went out from the city and sat down east of the city. There he made himself a hut and sat under it, in the shade, to see what would happen to the city. ⁶ Then the LORD God provided a shrub, ^[a] and it grew up over Jonah, providing shade for his head and saving him from his misery. Jonah was very happy about the shrub. ⁷ But God provided a worm the next day at dawn, and it attacked the shrub so that it died. ⁸ Then as the sun rose God provided a dry east wind, and the sun beat down on Jonah’s head so that he became faint. He begged that he might die, saying, “It’s better for me to die than to live.”

⁹ God said to Jonah, “Is your anger about the shrub a good thing?” Jonah said, “Yes, my anger is good—even to the point of death!”

¹⁰ But the LORD said, “You ‘pitied’ the shrub, for which you didn’t work and which you didn’t raise; it grew in a night and perished in a night. ¹¹ Yet for my part, can’t I pity Nineveh, that great city, in which there are more than one hundred twenty thousand people who can’t tell their right hand from their left, and also many animals?”

Traditional Order of Worship

Sunday, July 20, 2025 — 11:00 am

Hearing enhancement devices are available in the Narthex.

Prelude

*My Soul Hath a Desire and Longing to Enter the Courts of the Lord
from Three Liturgical Improvisations*

George Oldroyd

Welcome

John Giles

* Call to Worship

We gather together, long-timers in the life of faith and newcomers to the life of faith.

No matter who we are, God is gracious and merciful, slow to anger, and abounding in steadfast love.

There are some of us eager to embrace God's call in our lives. There are others of us eager to run from God's voice speaking to us.

No matter our response, God is gracious and merciful, slow to anger, and abounding in steadfast love.

Some of us are finding our lives comfortable and convenient right now. Some of us are finding our lives challenging, uncomfortable, and chaotic right now.

No matter where we are, God is gracious and merciful, slow to anger, and abounding in steadfast love.

Let us, as the people of God, worship Him together.

* Hymn # 378

Amazing Grace

AMAZING GRACE

* Affirmation of Faith

Where the Spirit of the Lord is, there is the one true church, apostolic and universal, whose holy faith we now declare:

We believe in God the Father, infinite in wisdom, power, and love, whose mercy is over all his works, and whose will is ever directed to his children's good.

We believe in Jesus Christ, Son of God and Son of Man, the gift of the Father's unfailing grace, the ground of our hope, and the promise of our deliverance from sin and death.

We believe in the Holy Spirit as the Divine Presence in our lives, whereby we are kept in perpetual remembrance of the truth of Christ, and find strength and help in time of need.

We believe that this faith should manifest itself in the service of love as set forth in the example of our blessed Lord to the end that the kingdom of God may come upon the earth. Amen.

* Gloria Patri # 71

Glory Be to the Father

GREATOREX

Glory be to the Father and to the Son and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end. Amen.

Prayer of Confession

Gracious God, we confess we often run from You. You call us to love, but we hold it back. You offer mercy, but we think some don't deserve it. You forgive us, but we struggle to forgive others. Have mercy on us. Turn our hearts back to You. Help us follow where You lead, and to share Your grace with all. In Jesus' name we pray. Amen.

Assurance and Time of Greeting

Rev. Michelle Foster-Beckerleg

Children (3 years old-5th grades) may leave to participate in TaborKids Worship today. Parents will pick them up in the Fellowship Hall immediately following the service.

Prayer of the People and The 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, and the power, and the glory, forever. Amen.

Anthem

Three Spirituals

arr. Randall Dennis

Sharing of Our Tithes and Offerings

Offertory

Sonata in C Major, K. 159

Domenico Scarlatti

* Doxology # 95

Praise God, from Whom All Blessings Flow

OLD 100th

Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host; praise Father, Son, and Holy Ghost. Amen.

Scripture

Jonah 1:1-2:2, 2:8-4:10 (CEB)

Message

"Selfish and Swallowed Up"

Rev. Michelle Foster-Beckerleg

* Hymn #707

Hymn of Promise

PROMISE

* Benediction

* Chiming of the Trinity

Postlude

Menuet gothique, from Suite gothique, Op. 25

Léon Boëllmann

****Please stand in body or in spirit***

WORSHIP LEADERS

Senior Pastor: Rev. David Beam

Executive Pastor: Rev. Michelle Foster-Beckerleg

Interim Director of Traditional Worship Arts: Robert Overman

Organist/Accompanist: Jessica Beitel

Liturgist: John Giles

Welcome to Mount Tabor United Methodist Church

Welcome to Mount Tabor and please feel at home! If you are a first-time guest, text the word "Hello" to 336-777-7990. Also, stop by the Trinity Welcome Center Desk or a Welcome Kiosk on your way out to receive a welcome gift. The mission of Mount Tabor UMC is to "Gather Joyfully, Grow Spiritually, Go Faithfully to spread the love of Christ." If you would like to explore ways to Gather, Grow, Go, text "Connect" to 336-777-7990. Prayer requests can be submitted at www.mttaborumc.org/prayer or by contacting Director of Congregational Care & Spiritual Formation Kim Harvey (336-765-5561 ext. 1021 or kim.harvey@mttaborumc.org).

General Information

Nursery care and Mother's Room are available for all services. Children interested in participating in TaborKIDS worship may leave the service at the appropriate time. Wheelchairs are available for use while on church property and the church offices are open Mon.-Fri., 9am-NOON and Mon.-Thurs., 1-4pm See the church website at www.mttaborumc.org for more information.

Announcements

Submit announcement info at least two weeks in advance to charity.goff@mttaborumc.org.

GATHER Joyfully

- * **You can worship at Mount Tabor United Methodist Church** on Sundays at: Modern, 9:00am, in the Alspaugh Worship Center, or Traditional, 11:00am, in the Sanctuary. Both services are also available via Facebook Live and <https://www.YouTube.com/MountTaborUMCVideoStreaming>.

GROW Spiritually and GO Faithfully

- * **Help needed today, Sunday July 20!** Following the Traditional service today, TaborKIDS needs help moving all furniture, toys, and supplies back to their places after the floors were waxed. Many hands make light work! Please plan on 30-45 minutes. Thank you in advance for your servant hearts and hands!
- * **SUMMER Tabor Table Fellowship Dinner will meet Wednesday, Aug. 13** from 5:15-6:30pm in the Family Life Center with reservations made either at <https://www.mttaborumc.org/tabor-table> or in the Trinity Welcome Center. Suggested donation is \$10 for adult (age 13 and up), \$7 for child (age 3-12), free for children under 3. For those living in same home, family max is \$30. The menu is: Chicken Enchiladas, Rice, Green Beans, Salad, Rolls. Children's option: Corn Dogs.
- * **All women are invited to attend Wednesday Women's Bible Study Summer Session**, on Aug. 13 at 9:30 am in the Fellowship Hall and also via zoom. We will continue our study of The Gospel of Luke. Contact Kim Harvey at kim.harvey@mttaborumc.org or 336-765-5561 for questions or for the zoom link. There is nothing to purchase, just bring a Bible.
- * **Our new Business Directory is NOW AVAILABLE.** Check it out on the church website to find lots of solutions for household repair, childcare/tutoring, business and legal services, medical needs, AND MORE! And if you'd like to create a listing for your business, you can do that on the same website. Our hope is that this directory helps our congregation to make new connections and support each other as needs arise. Contact Michael Cook at (336) 575-4786 with questions.
- * **MTUMC is heading out to a Winston-Salem Dash Baseball Game on Friday, August 1, 2025.** Tickets are \$12.00 each and can be purchased by visiting our events page on our website, www.mttaborumc.org. Pastor Michelle will be joining us and will be throwing out a pitch before the game starts! Get your tickets today and join us for a great night of fun, fellowship, baseball, and fireworks!

- * **Let's the stuff the bus!** Mark your calendars and help us "Stuff The Bus" on **Sunday, August 3!** We will be collecting school supplies and uniform clothing pieces for the students at North Hills Elementary School (NHES). We will also be collecting non-perishable food items for the Food for Thought. School supply items needed include: tissues, wet-wipes, hand sanitizer, composition style notebooks (not spiral), zip-lock bags (both sandwich and gallon size), colored pencils, markers (regular and dry erase), dry erase erasers, post-it notes, masking tape, pocket folders (with and without prongs), and 3x5 index cards. Any funds donated toward Stuff the Bus will be used to purchase school supplies and uniforms for North Hills Elementary School. Learn more by visiting our events page on our website—mttabourumc.org.
- * **"Psalms: The Prayer Book of Jesus"** — Everyone is invited to attend two Summer Sessions of the Weds. Night Gatherings, on August 6 from 6:00 -7:15pm in the Fellowship Hall and also via zoom, as we take a journey through the Psalms. The Psalms remind us of who God is and how he cares for us. As we read and pray through the Psalms we see every human emotion we experience and are reminded "For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations." (Psalm 100:5) Pastor David Beam and Kim Harvey will lead this summer study. For questions or to receive the zoom link, contact kim.harvey@mttabourumc.org There is nothing to purchase, just bring a Bible.

Mount Tabor at a Glance — Church Calendar

Real-time calendar is available at mttabourumc.org or scan the QR code.



Sunday, July 20, 2025

9:00 AM Modern Worship Service —Alspaugh
 10:00 AM Child, Tween, Youth, & Adult Sunday
 School Classes
 11:00 AM Traditional Worship Service — Sanctuary

Monday, July 21, 2025

8:00 AM Bulletin & In The Know Email Submission
 Deadline
 9:00 AM Church Business Admin Mtg — Rm 207
 10:00 AM Quilting Ministry
 12:00 PM Nar-Anon Family Support Group —Rm 108
 7:00 PM Boy Scouts Troop 934 Meeting — Rm 113
 7:00 PM Men's Basketball — Family Life Center
 7:00 PM Women's Alcoholics Anonymous — Rm 102
 7:00 PM Outreach Meeting — Fellowship Hall

Tuesday, July 22, 2025

10:00 AM Worship Planning Meeting— Rm 207
 7:00 PM Modern Worship Band Rehearsal —
 Alspaugh Worship Center

Wednesday, July 23, 2025

All Day Fusion Youth Mission Trip
 9:30 AM Church Leadership Team Meeting — Rm 207
 6:45 PM Adult Volleyball Game — Family Life Center

Thursday, July 24, 2025

All Day Fusion Youth Mission Trip
 7:30 AM Band of Brothers In-person/via Zoom—
 Rm 306
 6:00 PM Handbell Rehearsal — Choir Room
 7:00 PM Modern Worship Band Rehearsal —
 Alspaugh

Friday, July 25, 2025

All Day Fusion Youth Mission Trip

Saturday, July 26, 2025

All Day Fusion Youth Mission Trip
 9:00 AM Pickle Ball — Family Life Center

STUFF THE BUS

Sunday, August 3
8:30 AM – 12:15 PM

Collecting

- ✓ School supplies, clothing and personal hygiene items for North Hills Elementary School
- ✓ Non-perishable food items for Food for Thought



Learn More

Scan the QR code or visit
MtTaborUMC.org/events

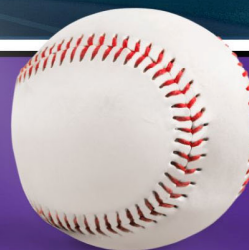


Mount Tabor UMC Night at the Winston-Salem Dash

Friday, August 1 at 6:30 PM
\$12 Tickets



Learn more at
MtTaborUMC.org/event/night-at-the-dash/2025



Our Response to God's Grace...

July 13, 2025 — Attendance

Online Worship	140
In-person Worship	433

July 13, 2025 — Giving

Budget Needs Each Week	\$34,811.00
Budget Gifts	\$23,284.34
Total	\$23,284.34

BUDGET PLEDGES FOR 2025

Pledges: 252

for Pledge Total of \$1,318,613