



Loving, Serving, and Transforming Lives!

May 03, 2026

10:00 AM: SANCTUARY

In-Person & Online Services

FIFTH SUNDAY OF EASTER/COMMUNION SUNDAY



MISSION STATEMENT

Love God and one another, serve our community, and transform lives.

VISION

A radically inclusive community, empowered to spread God's love throughout the world.

BELIEFS

We Believe That:

All are created in the image of God, God loves everyone, and through Christ, He saves, revives, and renews the world, that God, through the Holy Spirit, changes lives, that the church is the body of Christ with a mission, that the Bible is the word of God, that God has gifted everyone and the church for the purposes of God, and that discipleship is a continuing journey.

†† – Those who are Able May stand
AAHH – African American Heritage Hymnal – Yellow Hymnal
UMH – United Methodist Hymnal – Red Hymnal

| | | |
|--|---|---|
| Welcome & Announcements | | Rev. Dr. Ronald Bell, II |
| ++ Introit | "Holy Ground" | Geron Davis |
| ++ Gathering Hymn | "There Is a Fountain Filled with Blood" | 622 UMH |
| Morning Prayer | | Tawana Jackson |
| Prayer Response | "The Beautiful Garden of Prayer" | 425 AAHH |
| Children's Moment | | Ruth Scarbrough |
| Ministry of Music: The Anthem | "Great Is Thy Faithfulness" | arr. Nathan Carter |
| Scripture Reading | Genesis 18:1-11 Luke 24:40-43 | Min. Christian S. Watkins Min. Christian S. Watkins |
| Sermonic Selection | "Soon Ah Will Be Done" | arr. Jasmine Barnes Christian Simmons (Bass-Baritone) |
| Sermon | "Table Talk" | Rev. Dr. Ronald Bell, II |
| ++ Invitation to Christian Discipleship | "Fill me Up" | Tasha Cobbs Leonard |
| Holy Communion | | Rev. Dr. Ronald Bell, II |
| Communion Hymns | "Let Us Break Bread Together" "Oh It Is Jesus" | arr. Noah Ryder 260 AAHH |
| Invitation to Give | | Tawana Jackson |
| Offertory Selection | "Walk Together, Children" | arr. William H. Smith |
| ++ Sending Hymn | "Hallelujah, Amen" | 118 AAHH |
| ++ Benediction | | Rev. Dr. Ronald Bell, II |
| Postlude | "He Looked Beyond My Fault" | (Londonderry Aire-traditional) |

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AAHH – *African American Heritage Hymnal – Yellow Hymnal*
UMH – *United Methodist Hymnal – Red Hymnal*

WORSHIP PARTICIPANTS

Minister of Music/Organist

Everett Williams, Jr.

Music

Everett Williams, Jr.,
Asbury Ensemble

Liturgists

Tawana Jackson
Min. Christian S. Watkins

Trustee On Duty

Renee Carter

The Great Thanksgiving for Easter Season

The Lord be with you.
And also with you.

Lift up your hearts.
We lift them up to the Lord.

Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty (Almighty God), creator of heaven and earth. You formed us in your image and breathed into us the breath of life. When we turned away, and our love failed, your love remained steadfast. You delivered us from captivity, made covenant to be our sovereign God, brought us to a land flowing with milk and honey, and set before us the way of life.

And so, with your people on earth and all the company of heaven, we praise your name and join their unending hymn:

The Great Thanksgiving For Easter Season Cont.

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory. Hosanna in the highest.
Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

Holy are you and blessed is your Son Jesus Christ. By the baptism of his suffering, death, and resurrection you gave birth to your Church, delivered us from slavery to sin and death, and made with us a new covenant by water and the Spirit. By your great mercy we have been born anew to a living hope through the resurrection of your Son from the dead and to an inheritance that is Imperishable, undefiled, and unfading.

Once we were no people, but now we are your people, declaring your wonderful deeds in Christ, who called us out of darkness into his marvelous light. When the Lord Jesus ascended, he promised to be with us always, in the power of your Word and Holy Spirit.

On the night in which he gave himself up for us, he took bread, gave thanks to you, broke the bread, gave it to his disciples, and said: "Take, eat; this is my body which is given for you. Do this in remembrance of me."

When the supper was over, he took the cup, gave thanks to you, gave it to his disciples, and said: "Drink from this, all of you, this is my blood of the new covenant, poured out for you and for many for the forgiveness of sins. Do this, as often as you drink it in remembrance of me."

On the day you raised him from the dead, he was recognized by his disciples in the breaking of the bread, and in the power of your Holy Spirit, your Church has continued in the breaking of the bread and the sharing of the cup.

And so, in remembrance of these your mighty acts in Jesus Christ, we offer ourselves in praise and thanksgiving, as a holy and living sacrifice, in union with Christ's offering for us, as we proclaim the mystery of faith.

Christ has died; Christ is risen; Christ will come again.

The Great Thanksgiving For Easter Season Cont.

Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. Make them be for us the body and blood of Christ, that we may be for the world the body of Christ, redeemed by his blood.

By your Spirit make us one with Christ, one with each other, and one in ministry to all the world, until Christ comes in final victory, and we feast at his heavenly banquet. Through your Son Jesus Christ, with the Holy Spirit in your holy Church, all honor and glory is yours, almighty Father (God), now and forever.

Amen.

THE LORD'S PRAYER

GIVING THE BREAD AND CUP

Pastor: The bread which we break is a sharing in the body of Christ.

(The pastor breaks the bread)

The cup which we give thanks is a sharing in the blood of Christ.

(The pastor lifts the cup)

The body and blood of Christ given for you.

ALL: *(All partake of the communion elements together while the Asbury Ensemble sings)*

AMEN



Asbury's Week At A Glance

Sunday, May 03, 2026

Sunday, May 3, 2026

9:00 AM **All-in-One Sunday School**
Ages 4-12, 3rd Floor, Room 208

10:00 AM **Worship Service**
[In-person and online via Livestream]

Monday, May 4, 2026

3:00 PM **Asburyan Deadline**

Tuesday, May 5, 2026

11:00 AM **Weekly Office Staff Meeting**

Wednesday, May 6, 2026

12:00 PM **Midweek Intercessory Prayer**
Prayer Ministry

Thursday, May 7, 2026

Friday, May 8, 2026

Saturday, May 9, 2026

From The Senior Pastor's Desk | May 2026

Word for the Month: Eastertide



Eastertide is that sacred *'in-between'*: the space between resurrection and Pentecost where Jesus is alive, but everything has not fully come together yet.

It is the season where faith is dynamic and takes shape in real time, where the disciples are learning how to live with a risen Savior, they do not always understand; and where presence matters more than certainty.

In Acts of the *Apostles 1:3*, we learn that Jesus stayed with them for forty days, teaching, showing up, and preparing them for what was next. And maybe that's the invitation for us: to not rush past this season, but to learn how to live in it—to trust God in the unfinished places, to remain open while clarity is still coming, and to believe that even in the *'in-between,'* Jesus is still showing up, still speaking, and still shaping us for what's ahead. AMEN



ASBURY UNITED
METHODIST CHURCH
WASHINGTON, DC

**YOU ARE WELCOME
TO WORSHIP WITH US!**

We pray you are uplifted and encouraged.



www.youtube.com/c/AsburyUMCDCNewChannel



www.asburyumcdc.org
Click WATCH LIVESTREAM



www.facebook.com/asburyumcdc/



Dial in: (301) 715-8592
Meeting ID: 861-5564-3955#
Code: 123456#

CONTACT US

www.asburyumcdc.org



WAYS TO GIVE

1

In Person



USE AN ENVELOPE OR
WRITE A CHECK

2

Mail



SEND CHECK TO:
ASBURY UMC DC
926 11 STREET, NW
WASHINGTON DC, 20001

3

Online Banking



VISIT OUR WEBSITE
WWW.ASBURYUMCDC.ORG
SELECT "GIVE"

4

Apps



TEXT "GIVE" TO
202-952-9309

Parking Instructions



Monday - Friday

Asburyans and guests on church business should park in the parking garage and bring the printed parking ticket to be validated in the church office. Park on levels P2 or P3 and take the elevator to the "G" level to exit the building (to the left toward 11th Street). Drivers will scan the front of the ticket (invoice) and then the back (payment). Push the call button if you have any issues, and the LAZ Garage Staff will assist you.

Saturday & Sunday

Parking is available on Saturday and Sunday until 4 pm (unless otherwise noted). Park on levels P2 or P3 and take the elevator to the "G" level to exit the building (to the left toward 11th Street). The church provides parking passes (half sheet paper passes) to use as you exit the garage. **You must give the parking attendant your printed ticket and the parking pass.**



Asbury United Methodist Church is a Lighthouse Congregation of the Baltimore Washington Conference of the United Methodist Church.

HOURS OF OPERATION

Monday to Thursday 8:00 AM — 3:00 PM

Friday 8:00 AM — 1:00 PM [Office Closed]



[HTTPS://WWW.FACEBOOK.COM/ASBURYUMCDC/](https://www.facebook.com/asburyumcdc/)

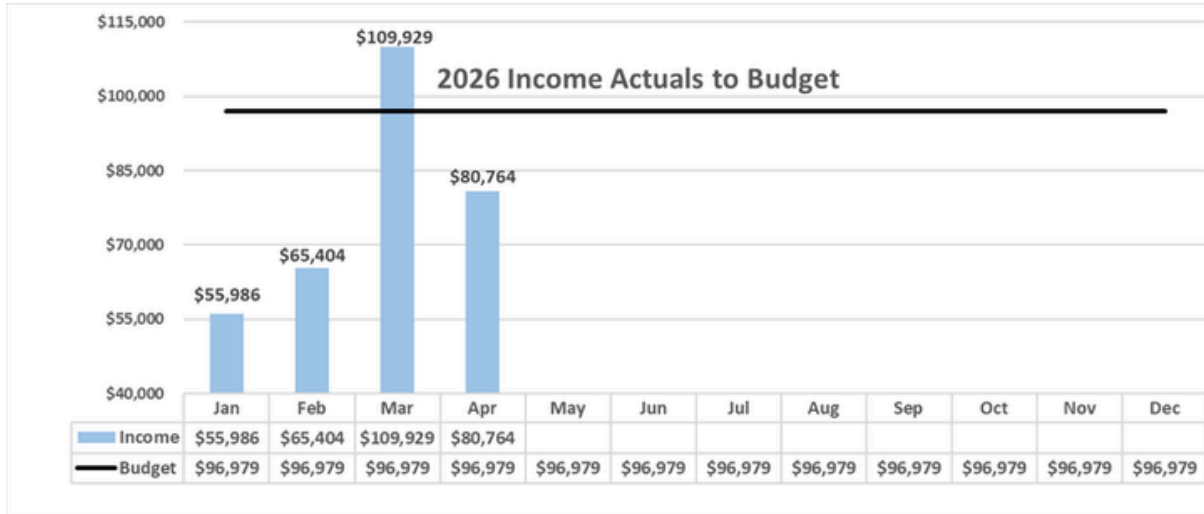


[HTTPS://WWW.ASBURYUMCDC.ORG/](https://www.asburyumcdc.org/)



[HTTP://WWW.YOUTUBE.COM/@ASBURYUMCDCNEWCHANNEL](http://www.youtube.com/@asburyumcdcnewchannel)

The Stewardship of Giving



Faithful Today, Impactful Forever – “Our Future - Paying into Our Past” Celebrating 190 years of ministry!

Dear Asbury Family,

As your Finance Chair and Stewardship Chair, we want to **THANK YOU** for your ongoing generosity.

These times of uncertainty has accelerated the growth of the holes in our social safety nets. Faith communities, specifically Asbury UMC, are positioned to undergird and support those in need. Your contributions, gifts and tithes enables us to respond to those in their time of need. If you have not sown a seed to this ministry here at 11th and K Sts, we ask you to prayerfully consider making a gift today.

Together, we can ensure that Asbury continues to grow, serve, and transform lives. What we do today will echo for generations to come.

Grace and peace to you,

Robert J. Corbitt, Jr.
Chairperson Committee on Finance

Darryl Wyles
Stewardship Chairperson

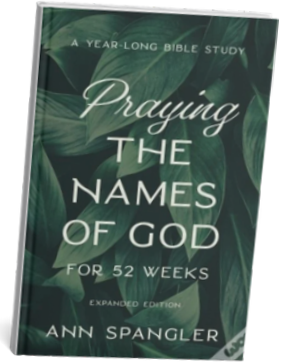


**A CHURCH-WIDE, YEAR-ROUND
SMALL GROUPS BIBLE STUDY**



**Praying the Names of God for 52 Weeks,
*Expanded Edition by Ann Spangler***

Buy your books here: [Amazon](https://www.amazon.com) or [Christianbook.com](https://www.Christianbook.com)



FACILITATORS:



**Drs. Ron & Eboni Bell
Mondays @ 7 AM**



**Carmen Collette
Mondays @ 7 PM**



**Dr. Shopshire
Tuesdays @ 9 AM**



**Bryana Zavala
Wednesdays @ 7:00PM**



**Brenda Reid-Sanders
Thursdays @ 1 PM**



**Tawana Jackson
Saturdays @ 1 PM**

Zoom Meeting Info + Link

Meeting ID: 841 7757 8283

Passcode: 768211

URL: <https://us06web.zoom.us/j/84177578283?pwd=SWx8n9T8yhVtk7tMxzF3OHPFajr4EQ.1>

Praying the Names of God

Updated Bible Study Schedule

Sunday, May 3, 2026

Wednesday, May 6, 2026

Monday, May 4, 2026

7:00 PM

Small Group Bible Study

Bryana Zavala

Zoom Link: Dial In: 312-626-6799

Meeting ID: 841 7757 8283

Passcode: 768211

7:00 AM

Small Group Bible Study

Drs. Ron & Eboni Bell

Zoom Link: Dial In: 312-626-6799

Meeting ID: 841 7757 8283

Passcode: 768211

Thursday, May 7, 2026

1:00 PM

Small Group Bible Study

Brenda Reid-Sanders

Zoom Link: Dial In: 312-626-6799

Meeting ID: 841 7757 828

Passcode: 768211

7:00 PM

Small Group Bible Study

Carmen Collette

Zoom Link: Dial In: 312-626-6799

Meeting ID: 841 7757 8283

Passcode: 768211

Tuesday, May 5, 2026

Friday, May 8, 2026

9:00 AM

Small Group Bible Study

Dr. Shopshire

Zoom Link: Dial In: 312-626-6799

Meeting ID: 841 7757 8283

Passcode: 768211

Saturday, May 9, 2026

1:00 PM

Small Group Bible Study

Tawana Jackson

Zoom Link: Dial In: 312-626-6799

Meeting ID: 841 7757 8283

Passcode: 768211

ZOOM LINK FOR ALL CLASSES:

https://us06web.zoom.us/join/84177578283?signature=KwV5BDAZJ4tqlfRF5pb2mp4rRK6TpOKeithG_DfVGYQg

Celebrate Pentecost Sunday

May 24, 2026

With the Children, the Youth
and
The Sunday School Department of Asbury UMC



We are asking **EVERYONE** to wear something **RED** or **YELLOW** on that Sunday to celebrate the coming of the Holy Spirit and the Church's (Universal) birthday.

Holy Ghost Party after Service!

Come join us!



JOIN US FOR

MEN'S
DAY
2026

SAVE THE DATE



SUNDAY JUNE 21, 2026



10 AM



ASBURY UNITED METHODIST
CHURCH WASHINGTON DC
926 11TH STREET NW
WASHINGTON, DC 20001
www.asburyumcdc.org



JOIN US EVERY SUNDAY
9: 00AM
3RD FLOOR

CLASSES FOR ALL AGES
Nursery thru 2nd Grades
3rd - 5th Grades
Tweens/Teens



school



CALLING ALL ASBURY YOUTH...
*Asbury's Youth Ministry wants to
hear about your 2026 Special
Events*

LET'S SHOW UP AND SHOW OUT
TEXT OR EMAIL YOUR YOUTH COORDINATORS



Sarita Copeland • (202) 302-9632 • saritamsingh13@gmail.com

Asbury Youth & Young Adult Choir Rehearsal



- Every 3rd Sunday
Immediately after Service
- Choir sings 4th Sundays

Psalm 100: 1-2

Make a joyful noise unto the Lord, all ye
lands. Serve the Lord with gladness: come
before His presence with singing.



Adult Sunday School

All members and friends are
cordially invited to join us on
Sunday mornings for spiritually
uplifting lessons and thought-
provoking discussions. We meet in
the Library at 9:00 am each
Sunday morning. For more
information text/call Patrice
Blackman 301-922-9020.



THE NEHEMIAH FUND

Thank you for your contributions to The Nehemiah Fund of Asbury United Methodist Church. The Nehemiah Fund provides emergency financial assistance to members of Asbury United Methodist Church and their immediate families who temporarily need help in meeting housing, nutritional, medical, security, or other essentials of daily living. In rare cases, the Fund may be accessed for burial assistance for members of Asbury United Methodist Church. The Fund may also be used to support needs of members of the community at large. The Fund is maintained by general and undesignated offerings made during the Communion offering on the first Sunday of each month or other period when an offering is taken associated with a Communion service at Asbury United Methodist Church. Requests for assistance are held in confidence and administered by our Senior Pastor, Rev. Dr. Ronald Bell, Jr.

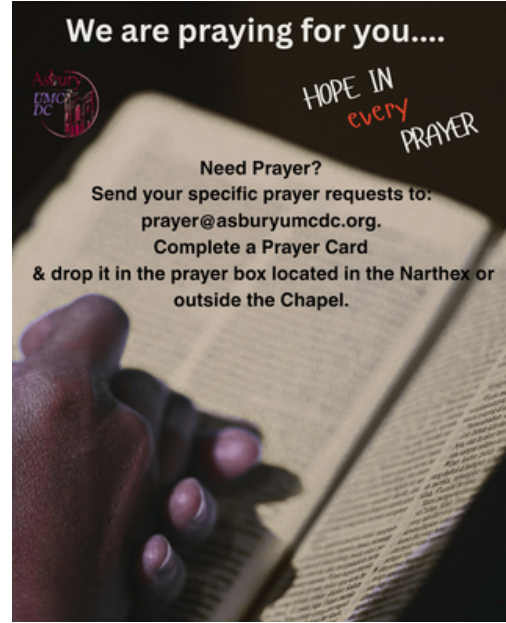


"Love God and one another, serve our community, and transform lives."

REV. BELL'S LETTER TO THE CONGREGATION FEATURES:

- WEEKLY ANALYSIS OF A BRIEF BIBLE PASSAGE
- FAITH-BASED INSIGHT ON RELATABLE ISSUES IMPACTING THE COMMUNITY
- ENCOURAGEMENT FOR SPIRITUAL GROWTH
- SPIRITUAL NOURISHMENT TO ELEVATE YOUR SPIRIT
- FAITH BOOSTERS FOR THE WEEK AHEAD

Send your email address to asburymail@asburyumcdc.org to receive your weekly letter!



We are praying for you....

HOPE IN every PRAYER

Need Prayer?
Send your specific prayer requests to:
prayer@asburyumcdc.org.
Complete a Prayer Card & drop it in the prayer box located in the Narthex or outside the Chapel.



Neighbor 2 Neighbor (N2N) Every 4th Sunday | 9AM | FELLOWSHIP HALL

Come volunteer with the Neighbor 2 Neighbor (N2N) Outreach Ministry as we serve our unhoused neighbors!



Why Join Us?

We provide:

- Breakfast bags with a hot sandwich
- Underclothes
- Toiletries
- Thermals
- Hats & Gloves in the cold weather



We offer:

- Prayers
- Youth may earn community services hours

For more information contact:

- Jeanarta McEachron
- Any member of the N2N Team

United Methodist Church | Washington, DC

MID - WEEK INTERCESSORY PRAYER

EVERY WEDNESDAY | 12 NOON

CALL: +1 (717) 908 - 1986

ACCESS CODE: 933 - 092

WWW.ASBURYUMCDC.ORG



DON'T FORGET

Please remember to contact the church when there is a death, sickness or celebration announcement.

Forward updates to:
asburymail@asburyumcdc.org.

Thank You!



CONSTANT CONTACT EMAIL BLASTS



NEED HELP LETTING EVERYONE KNOW ABOUT YOUR UPCOMING ASBURY MINISTRY EVENTS?

WHAT YOU NEED TO KNOW:

- Email blasts go out on Wednesdays & Fridays.
- Exceptions are:
 - Mid-day Intercessory Prayers (Tuesdays)
 - Bulletin Reminders (Sundays)
 - Rev. Bell's Letter to the Congregation
 - Funeral Announcements (as it occurs)
- Submit camera ready flyers or announcements to asburymail@asburyumcdc.org
- No "pdfs"
- Turnaround time: 48 hours required.
- Test Email will be forwarded to the sender to be proofed before it is sent out.

Many thanks for your kind cooperation.

ASBURY MAIN OFFICE | 202-628-0009 | asburymail@asburyumcdc.org

BULLETIN INFORMATION DEADLINE

PLEASE NOTE

ALL bulletin information for the upcoming week must be received on **Mondays at 3:00 pm (NO EXCEPTIONS) (NO 'pdfs')**

If an item is received after this deadline, it will be featured in the next bulletin.

Many thanks for your kind cooperation.

ASBURY MAIN OFFICE | 202-628-0009 | asburymail@asburyumcdc.org

SIGHT & SOUND CONSERVATORY

Joshua
Live on Stage
Lancaster, PA
Wednesday July 15, 2026

Balance Payment Due



Balance Due:

Sunday May 3, 2026

Contact:

Margaret Carter
202-213-9146
to make your final payment.

Five Key Nutrients for Healthy Aging

Nutrition plays an increasingly important role in our health as we age. Unfortunately, normal age-related changes mean we may process some vitamins and minerals less efficiently. At the same time, we need more of these nutrients to help slow the loss of muscle mass and bone density. To find the right balance, older adults should prioritize the following key nutrients for overall health.

Calcium:

Calcium is vital for strong bones. Over time, our bones become weaker, and we become more prone to fractures. Unfortunately, our ability to absorb calcium from food diminishes as we age. Experts recommend that men up to the age of 70 get 1,000 mg of calcium daily. After 71, the recommended amount increases to 1,200 mg daily. Women have an increased need for calcium around age 51, the average age of menopause. After menopause, women experience a sharp decline in bone density due to hormonal changes. So, women should aim for at least 1,200 mg of calcium daily once they reach age 51. Great sources of calcium include dairy products, canned salmon and vegetables such as kale, collard greens and broccoli.

Vitamin D:

Vitamin D helps with calcium absorption, supports the immune system, and promotes brain and muscle health. Called the sunshine vitamin, our bodies make Vitamin D when skin is exposed to sunlight. The recommended amount of Vitamin D increases from 600 international units (IU) to 800 IU after the age of 70. Older adults tend to get less of this vitamin due to less time spent outdoors and a decreased ability to convert sunlight to Vitamin D. To get more vitamin D, make sure your diet includes fatty fish, egg yolks and mushrooms, which all have naturally occurring vitamin D. Also, you can find many foods that are fortified with vitamin D, like breakfast cereals, orange juice and dairy products.

Vitamin B6:

Vitamin B6 supports brain health, helps to make red blood cells and strengthens the immune system. As we age, we break down B6 more quickly and absorb it less efficiently. Health experts recommend increasing dietary intake after age 50 to 1.7 mg for men and 1.5 mg for women. The richest sources of this important vitamin include chicken breast, seafood, ground beef, turkey, pork and organ meats. For plant-based sources, reach for chickpeas, lentils, bananas, avocado, nuts and seeds, leafy greens and potatoes.

Vitamin B12:

Vitamin B12 helps generate new blood cells and supports the nervous system. Our capacity to absorb B12 from food decreases over time. Additionally, long-term use of some medications, including antacids and metformin, can impair B12 absorption from food. Vitamin B12 is plentiful in fish, meat, poultry, eggs, and dairy products. Since senior adults are more likely to be deficient, they are encouraged to also get vitamin B12 from fortified foods or supplements.

Magnesium:

Magnesium deficiency in older adults can be linked to decreased dietary intake, reduced absorption and increased excretion in urine. Additionally, multiple medications, including antacids, antihistamines and diuretics, can interfere with the ability to utilize magnesium from food. Studies show that maintaining an optimum magnesium level may help normalize blood pressure, prevent atherosclerosis (a condition that restricts blood flow to the heart), and reduce the chance of heart disease and stroke. Furthermore, it has been found to help prevent and control type II diabetes. To get more magnesium in your diet, eat broccoli, beans, nuts, seeds, spinach, and whole grains, like quinoa and whole-wheat bread.

UPCOMING EVENTS 2026

JUNE 21ST

MEN'S DAY SUNDAY

AUGUST 15TH

CHURCH-WIDE PICNIC

SEPTEMBER 20TH

190TH HOMECOMING WORSHIP SERVICE

OCTOBER 11TH

PASTOR APPRECIATION DAY

OCTOBER 18TH

LAITY SUNDAY

NOVEMBER 24TH

COMMUNITY THANKSGIVING "BAGSKET" DISTRIBUTION DAY: 11:30AM - 1:00PM

FOOD PANTRY DISTRIBUTION DAY

EVERY 3RD SUNDAY OF THE MONTH: 9:00AM - 12 NOON

TBD

SUNDAY SCHOOL AT THE SMITHSONIAN NATIONAL ZOO

SUNDAYS

SUNDAY SCHOOL CLASSES AT 9:00 AM FOR ALL AGES

NEIGHBOR TO NEIGHBOR (N2N) 4TH SUNDAY OUTREACH

EVERY 4TH SUNDAY FROM 9:00AM -10:30AM

GETTING AROUND

- There is an elevator in the Education Building that accesses all levels of the church—the sanctuary, the fellowship hall, and all the Sunday School rooms.
- Free parking is available Sundays in the garage adjacent to our 11th Street entrance. Pick up a parking pass from the 11th Street reception desk.
- Restrooms are on the lower level on either side of the narthex and on the 2nd and 3rd floors.

UPPER ROOM - DAILY READINGS

| DATE | SCRIPTURE |
|-----------------------|------------------------|
| SUNDAY MAY 3, 2026 | HABAKKUK 3: 16-19 |
| MONDAY MAY 4, 2026 | EPHESIANS 4: 29-32 |
| TUESDAY MAY 5, 2026 | LUKE 17: 11-19 |
| WEDNESDAY MAY 6, 2026 | 2 CORINTHIANS 12: 1-10 |
| THURSDAY MAY 7, 2026 | HEBREWS 12: 1-2 |
| FRIDAY MAY 8, 2026 | 2 CORINTHIANS: 9: 6-11 |
| SATURDAY MAY 9, 2026 | ECCLESIASTES 3: 9-15 |



ASBURY UNITED METHODIST CHURCH

Rev. Dr. Ronald Bell, II, Lead Pastor
Everett P. Williams, Jr., Minister of Music
Tawana C. Jackson, Stephen Minister
Monica McEaddy & Patrick Wilkerson, Lay Leaders
Rev. Dr. Johnsie Cogman, District Superintendent
Bishop LaTrelle Miller Easterling, Episcopal Leader of the Baltimore-Washington Conference

Visit asburyumcdc.org for information about our ministries.
Find us on Facebook and Twitter.