



“Rest is the conversation between what we love to do and how we love to be. Rest is the essence of giving and receiving; an act of remembering, imaginatively and intellectually, but also psychologically and physically. To rest is to give up on the already exhausted will as the prime motivator of endeavour, with its endless outward need to reward itself through established goals. To rest is to give up on worrying and fretting, and the sense that there is something wrong with the world unless we are there to put it right; to rest is to fall back, literally or figuratively, from outer targets and shift the goal not to an inner, static bull’s eye, an imagined state of perfect stillness, but to an inner state of natural exchange.”

+ David Whyte

*Ploughing Scene, Rosa Bonhoeur*

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## First Baptist Church on Fifth, Winston-Salem

THE SIXTH SUNDAY AFTER PENTECOST

Sunday, July 5, 2026 • 11:00 AM

PRELUDE: *Prelude and Fugue in F Major*

J.S. Bach

Susan Welch, Organ

INVITATION TO WORSHIP

Emily Hull McGee

INTROIT: *In This Very Room*

Teresa Moore-Mitchell

In this very room there’s quite enough love for one like me, and in this very room there’s quite enough joy for one like me; and there’s quite enough hope and quite enough power to chase away any gloom, for Jesus, Lord Jesus, is in this very room. In this very room there’s quite enough love for all of us. In this very room there’s quite enough love for all the world.

CALL TO WORSHIP

Beth Sabbagh

Leader: We gather on this Lord’s Day, around the Lord’s table to celebrate with thanksgiving the saving acts and presence of Christ:

**All: who touches us with healing and makes us whole;**

Leader: who teaches us God’s love and brings us life;

**All: who washes us in baptism’s waters and frees us from sin;**

Leader: who reconciles us to God and unites us with others;

**All: who shapes us as servants and equips us for ministry.**

Leader: Let us worship God who is holy goodness.

**All: Let us bring our praises to the God of all creation.**

\*HYMN 306: *Come, Christians, Join to Sing*

MADRID

## PRAYER OF CONFESSION

Kyle Caudle

Leader: The One to whom we offer our praise said:  
Come to me, all you that are weary and are carrying heavy burdens,  
and I will give you rest. Take my yoke upon you and learn from me;  
for I am gentle and humble in heart, and you will find rest for your souls.  
For my yoke is easy and my burden is light.  
Let us make our confession to the One whose promise is sure.

**All: Lord, we marvel at the thought of a well-fitted yoke,  
a burden scaled to match our frames;  
yet we do not know how to rest in the promise of such labor.  
Some of us are weary from unceasing responsibility;  
others find no welcome in the market place.  
We resist your vision for our common life and our common good.  
Forgive our blind striving, our lack of concern,  
and the judgments we cast on others.  
Make yourself known to us in the silence.  
Shape your children for the commonwealth of your love.  
In Jesus' name we pray. Amen.**

## WORDS OF ASSURANCE

Kyle Caudle

Leader: Hear the good news of our faith:  
In returning and rest you shall be saved;  
in quietness and trust shall be your strength.  
In Jesus Christ we are forgiven.

**All: Thanks be to God.**

Leader: Let us share the sign of a forgiven people:  
May the peace of Christ be with you.

**All: And also with you.**

*(Please share these words of peace with those around you.)*

## SOLO: *Lift Every Voice and Sing*

J.R. Johnson

Teresa Moore-Mitchell

Lift every voice and sing, till earth and heaven ring, ring with the harmony of liberty; let our rejoicing rise high as the listening skies, let it resound loud as the rolling sea. Sing a song full of the faith that the dark past has taught us; sing a song full of the hope that the present has brought us; facing the rising sun of our new day begun, let us march on till victory is won. Stony the road we trod, bitter the chastening rod, felt in the day when hope unborn had died; yet with a steady beat have not our weary feet come to the place for which our fathers sighed? We have come over a way that with tears has been watered; we have come, treading our path through the blood of the slaughtered; out from the gloomy past, till now we stand at last where the white gleam of our bright star is cast. God of our weary years, God of our silent tears, Thou who hast brought us thus far on the way; Thou who hast by Thy might led us into the light, keep us forever in the path, we pray. Lest our feet stray from the places, our God, where we met thee; lest our hearts, drunk with the wine of the world, we forget Thee, shadowed beneath Thy hand, may we forever stand true to our God, true to our native land.

## PRAYERS OF THE PEOPLE

Emily Hull McGee

### 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.

\*HYMN 697: *This Is My Song*

FINLANDIA

SCRIPTURE LESSON: Matthew 11:16-19, 25-30

Emily Hull McGee

Leader: The word of God for the people of God.

**All: Thanks be to God.**

SERMON: *"How to Be Human: Rest"*

Emily Hull McGee

### THE CELEBRATION OF COMMUNION

\*HYMN OF RESPONSE 302: *Come Away from Rush and Hurry*

PROMISE

*God calls all to respond! Our church welcomes you to share a new desire to follow Jesus or to join our congregation as a member. As we sing, please come to the front and share your commitment with one of our ministers.*

\*PRAYER FOR THE GIFTS WE GIVE

Nikki Byers

*The giving of our material possessions, as well as our very lives, is an important part of active, vibrant worship of which all are invited to participate. If you would like to give online, you will find additional information in this worship guide and on our website, [firstonfifth.org](http://firstonfifth.org).*

### GIVING OF TITHES AND OFFERINGS

OFFERTORY: *Guide My Feet*

arr. J. Hairston

Teresa Moore-Mitchell

Guide my feet, Lord, while I run this race for I don't want to run this race in vain.  
Hold my hand, Lord, while I run this race for I don't want to run this race in vain.  
Stand by me, Lord, while I run this race for I don't want to run this race in vain.

### THE LIFE OF THE COMMUNITY

Amy McClure

\*DOXOLOGY

OLD HUNDREDTH

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

\*BENEDICTION

Emily Hull McGee

POSTLUDE: *Toccata*

G. Bélier

David Williamson, Organ

\*Those who are able will please stand.

### SERVING TODAY

Deacon of the Week:

Nikki Byers and Beth Sabbagh

Greeters:

Youth

Safety Team:

Dean Culler, Chris Gambill, Jeff Kessler

Streaming and Sound Team:

Billy Choe, Martha Greene, Greg Ryder, Jeff Burchette,  
Judy Eustice, Julie Hall, Amber Myers, Meredith Parker

### FLOWERS

The flowers today are given in memory of Geraldine "Gerrie" Mitchell's birthday, which was July 4, by her children Laura and Mark Mitchell.

### ACKNOWLEDGEMENTS

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### IF YOU ARE NEW, WELCOME!

If you are visiting with us today for the first time, we welcome you! Please fill out a Connection Card located in the back of the pews, and give it to a minister after worship. This allows us to extend our hospitality and connect you deeply within the life of our church. If you're visiting with young children, we welcome them in whatever way is best for your family! Creative resources for our little ones guide their experience of worship in the Sanctuary, and worship care for infants through kindergarteners is available in the nursery on the first floor. We're so glad you're here!

### SUPPORTING GOD'S WORK OF LOVE THROUGH FIRST BAPTIST ON FIFTH

Thank you for giving faithfully to God through the ministries of our church! Should you desire to give today, you can do so by placing your gift in the offering plates or by scanning the QR code to give online. Because you will need to enter your personal financial information when registering online, we encourage you to set up your account on a secure network at home before using the app for the first time.



### LISTENING ASSIST AVAILABLE

To access the listening assist system please, scan the QR code to download the Listen WIFI app to your smartphone. Make sure you are connected to the firstonfifth-guest WIFI network. Password: boldandboundless. Select the main channel on the app, ensure the sound is unmuted in the bottom left corner, and listen through your headphones or hearing aids.



501 West Fifth Street, Winston-Salem NC 27101 | 336.722.2558 | firstonfifth.org

**BOLD LOVE. BOUNDLESS COMPASSION**



FIRST BAPTIST  
ON FIFTH

ANNOUNCEMENTS

**How To Be Human**

*Summer Worship at First Baptist on Fifth*

One has only to scan the headlines to feel despair at all things human. The rise of AI, threats to our climate and our collective well-being, and widespread conflicts around the globe causes us to wonder: how can we stay human amidst all that hopes to divide, distract, or diminish humanity? This summer in worship, we'll listen to Jesus's guidance on human living through the Gospel of Matthew, trusting the God who enlivened us at creation to enliven us once again.

July 12

*How To Be Human: Sow*

Matthew 13:1-9, 18-23

Rayce Lamb, proclaimer

July 19

*How To Be Human: Complexify*

Matthew 13:24-30, 36-43

July 26

Children and Youth-Led Worship

August 2

*How To Be Human: Discover*

Matthew 13:31-33, 44-52

Mary Kaylor, proclaimer

Communion Sunday

August 9

*How To Be Human: Take Heart*

Matthew 14:22-33

Blessing of the Backpacks

**Pray for our Passport Kids + Youth!**

We invite everyone at First on Fifth and beyond to begin praying for our 3rd-5th graders and youth, along with their chaperones, as they prepare to attend Passport Kids camp at Montreat Conference Center, NC from July 6 - July 9, and Passport Choices at Converse University, SC from July 5-10. We have 7 children and 3 chaperones who will be traveling to kids camp and 11 youth and 3 chaperones traveling to youth camp.

**Seeking Donations | Una Bendición**

The Missions Committee invites donations of cereal and bouillon cubes for Una Bendición, which connects Spanish-speaking families with community resources. Place donations by the Crisis Control bins. Thanks!

**Summer Churchwide Sunday School Series**

This year's summer Sunday School for all youth and adults will focus on "How to Read the Bible" and run through ALL Sundays in July. Megan Strollo, Kyle Caudle, Emily Hull McGee, and Mary Foskett will each lead one of the four Sundays of this study, running from July 5-26, 9:30-10:30 a.m., in Kelly Auditorium. There will also be a Zoom option for those who would like to participate online.

**July 10 | First Films!**

This summer we will test the conventions of the film musical with three independent features that use music to drive the narrative. Join us in Kelly for the second of three unique unresolved love stories, *Once* (2006). Popcorn and refreshments provided.

**July 16 | YA Baking & Board Games Potluck**

Young Adults are invited to a summer potluck on Thursday, July 16 at 6:30 PM at the Towles' home! Bring a favorite dish to share and enjoy an evening of fellowship, board games, and learning how to bake one of Kim Towles' famous cookie recipes. We hope you'll join us for a fun and relaxing night together! RSVP in the newsletter.

**July 24 | First on Fifth @ Dash!**

Join your church family at the Winston-Salem Dash baseball game on Friday, July 24, at 6:30pm as they take on the Greensboro Grasshoppers. Tickets are \$10 each, kids 3 and under are free. Our seats are in the shade behind the 3rd base dugout and there'll be fireworks! To reserve your ticket, please RSVP in your newsletter. Contact Pastor Mary ([mary@firstonfifth.org](mailto:mary@firstonfifth.org)) if you have any questions.

**July 26 | Walk, Connect & Enjoy Pizza Together!**

Join the Safety Host Team immediately after worship on Sunday, July 26, for a fun walk to Cugino Forno! We'll gather on the front steps of the church and stroll downtown together to enjoy great fellowship, delicious wood-fired pizza, and a little movement as a church family.

**July 29 | Quarterly Church Conference**

As is our custom, we will gather to do the regular business of the church for our Quarterly Church Conference on Tuesday, July 29, at 6:30pm by Zoom. See the newsletter that week for more info!

## THIS WEEK AT FIRST

SUNDAY, July 5

Passport Youth

9:00 am Sunday Bible Study (*online*)

9:30 am Sunday Bible Study Adults, Youth, & Children (*in person*)

10:30 am Coffee and Conversation (*Commons*)

11:00 am Worship (*Sanctuary & online*)

MONDAY, July 6

Passport Kids & Youth

6:30 pm Nominating Committee (*online*)

TUESDAY, July 7

Passport Kids & Youth

10:00 am Care Notes Ministry (*Commons*)

5:30 pm Personnel Committee (*Conference*)

6:00 pm Children's Ministry Team (*online*)

8:00 pm Evening Prayer (*online*)

WEDNESDAY, July 8

Passport Kids & Youth

11:00 am Staff Meeting (*Conference*)

THURSDAY, July 9

Passport Kids & Youth

FRIDAY, July 10

Passport Youth

6:30 pm First Films (*Kelly*)

SATURDAY, July 11

SUNDAY, July 12

9:00 am Sunday Bible Study (*online*)

9:30 am Sunday Bible Study Adults, Youth, & Children (*in person*)

10:30 am Coffee and Conversation (*Commons*)

11:00 am Worship (*Sanctuary & online*)

12:30 pm Deacons Meeting (*Baraca*)

### OFFICE HOURS

Monday - Thursday, 8:30am - 5:00pm

Friday, 8:30am - 1:00pm

### Seeking Donations | Crisis Control

The gifts for July are Salad Dressing, BBQ Sauce, and Hot Sauce. Please drop off donations in the first floor bins. Thank you!

## CHURCH STAFF

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