



The Cup of Freedom
Freedom to Move Forward
April 12, 2026

** Accessible Hearing Devices and Large Print Bulletins are available from the ushers.

Welcome to Arnold Mills United Methodist Church.

However you arrive today: full of faith, full of questions, or somewhere in between, you are welcome here. We are a community learning to follow Jesus together: honestly, imperfectly, and with hope.

Today we begin a new worship series, *The Cup of Freedom*. When life feels heavy or hope feels hard to find, we turn again to the One who brings life out of death. Together, we will explore the freedom Christ offers, the freedom to rise, to love, to heal, and to begin again.

Children are always welcome and fully part of this community. Worship as you are able, through singing, praying, listening, wondering, or simply being still.

So come as you are.
Come and be renewed.
Come and taste the freedom of God's Spirit.



Arnold Mills United Methodist Church
690 Nate Whipple Highway, Cumberland, RI 02864
401-333-5203 www.amumc.org



We Gather

Prelude and Entry of the Light

Word of Welcome

We Take the Cup (Threshold Moment)

Opening Prayer

**God of Freedom, you have liberated us
from graves of our own making.
Release us from our fear
so that we may know freedom in you.
We come to you in this moment,
cups running over with thanksgiving.
Amen!**

We Sing | Christ is Risen, 307 United Methodist Hymnal

Listen for the Good News of Christ

A Host of Halleluyahs! Children's Time

First Reading: Isaiah 65 (excerpts)

"See, I will create

new heavens and a new earth.

**The former things will not be remembered,
nor will they come to mind.**

But be glad and rejoice forever
in what I will create,

**for I will create Jerusalem to be a delight
and its people a joy.**

I will rejoice over Jerusalem

and take delight in my people;

**the sound of weeping and of crying
will be heard in it no more.**

They will build houses and dwell in them;

they will plant vineyards and eat their fruit.

**No longer will they build houses and others live in them, or
plant and others eat.**

For as the days of a tree,

so will be the days of my people;

**my chosen ones will long enjoy
the work of their hands.**

They will not labor in vain,

nor will they bear children doomed to misfortune;

**for they will be a people blessed by the Lord,
they and their descendants with them.**

Before they call I will answer;

while they are still speaking I will hear.

The wolf and the lamb will feed together,

and the lion will eat straw like the ox,

and dust will be the serpent's food.

**They will neither harm nor destroy
on all my holy mountain," says the Lord.**

We Sing | He Lives, 310 United Methodist Hymnal

Gospel Reading: Luke 24: 13-43 (NT P.84)

Our Freedom in Song (Anthem)

Testimony to Freedom (Sermon)

We Respond

Sharing Life's Joys and Sorrows

Prayer song| God of Freedom, God of Justice, Tune: PICARDY

**God of freedom, God of justice,
You whose love is strong as death,
You who saw the dark of prison,
You who knew the price of faith—
Touch our world of sad oppression
With Your Spirit's healing breath.**

Prayers of the People +The Prayer Jesus Taught

**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.**

Invitation to Give & Announcements

Collecting the Offering

Offertory

Doxology: Praise God, from whom all blessings flow, 94 UMH

Offering Prayer

We Go Forth with Freedom

We Sing | Christ Has Risen, 2115 The Faith We Sing

Benediction

Postlude

Worship Notes

1. The Cup of Freedom, worship series designed and created by Marcia McFee and the Worship Design Studio. © worshipdesignstudio.com/freedom

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PRAYERS

Holding our neighbors, community and world in God's love
God in your mercy, hear our prayers.

Answered Prayers:

- Prayers of thanks and rejoicing. The Chomka 's friend Karen received good news with benign test results.

Please continue to pray for:

- the family and friends of Charlie Tempinski, and all who grieve his death. Hold in prayer his wife, Chris, and their daughters as they travel from Ireland and California for the funeral. Charlie was the brother in law of Paul and Karen Roeber.

- Peace on earth.

-People who serve in the military and their loved ones

-Comfort for the Mendes family after the sudden loss of their son Steven. He is the father of our eldest granddaughter Lola.

-All who are being targeted by ICE

- Alex Kithes' Aunt Helena

- The people and leaders of Iran, Israel, Kuwait, Lebanon, Palestine, Russia, Sudan, Syria, Ukraine and Venezuela

-District Superintendent, Rev. Wanda Santos-Perez and the churches of the Seacoast district

-Bishop Tom Bickerton and the New Hope Episcopal Area.

Submit a new prayer request or update us. We love to hear about answered prayers.



Scan the QR code, or text or email Pastor Heather.

LIVING OUR VALUES

Integrity
Teamwork
Deep Community
Belief
Justice

Teamwork

Community Care Alliance (CCA) Collection
March 15-April 12.

CCA runs over 50 programs for family centered services predominantly serving northern RI. They run the Woonsocket Shelter which our church has been supporting many years. Please leave items in the hall by the glass display or in the bin outside on the ramp. Many thanks, Joni Robert

Personal Care Items:

Various Soaps
Skin Care Lotions
Deodorant
Shampoo and Conditioner
Hair Care - Combs and Brushes
Toothbrushes, Toothpaste and Floss
Cleaning Supplies
Feminine Care Products

Child Care Items:

Diapers
Diaper Cream
Baby Wipes
New Crib Sheets
Toys
Art Supplies
Games

Integrity & Deep Community

Celebrating 200 Years! 1827-2027

We are forming teams to share the work of our 200th Anniversary celebration. Rededication event planning (February 2027) — Merchandising— Cook Book Sign up posters are in Cargill Hall, and emails have been sent out with links to sign up.

Please contact Cindy Mauch, Lay Leader, with any questions.

Mayday Pot Luck, Sunday, May 3, 2026

Join us after the service for a May Day potluck brunch!

Watch for the sign-up sheet in Cargill Hall.

Belief

At Arnold Mills UMC, we believe:

- We center our beliefs on the principles of love, compassion, and forgiveness.
- We actively pursue justice, equality, and fairness, recognizing the inherent worth and dignity of every person.
- We promote a strong sense of community and a spirit of generosity and kindness.
- We prioritize spiritual growth and express our beliefs through mission-driven service.
- We work to build trust within the community, and foster hope through the radical teachings of Jesus.

Justice

Observer Training—April 19

Join with neighbors and other people of faith & support immigrant communities.

This training will provide guidance on how stay within the law when you:

- are protesting
- are a friend or bystander during ICE and CBP actions and arrests
- are documenting ICE and CBP actions and arrests
- are protecting your home, school, place of worship, or business from ICE and CBP

Legislative advocacy training will include:

- updates and information on state legislation to protect our immigrant communities
- legislative process 101 (how it happens and who your reps are)
- tips on effective advocacy

If you are unable to attend the Barrington training, there will be identical trainings on May 17 (Sunday) @ TBD.

Sponsored by the Rhode Island State Council of Churches and the Lawyer's Committee for Rhode Island.

Register: <https://www.councilofchurchesri.org/events/observer-training>

What's Happening at AMUMC - April 12 - 19, 2026

*Sunday, April 12

- 9:00 AM – Coffee and Tea Available in the Kitchen
- 9:15 AM – Choir Rehearsal - Sanctuary
- 10:00 AM – Worship in the Sanctuary & Livestreamed on Facebook.
- 10:00 AM – Children's Sunday School begins in the sanctuary
- 11:00 AM – Coffee Fellowship - Cargill Hall

Monday, April 13

- 7:00 PM – Troop 1 Boys/Girls Scouts - Cargill Hall

Tuesday, April 14

- 6:30 PM – Pack 1 Scouts - Cargill Hall
- 6:30 PM – Prayer Meeting - Zoom

Wednesday, April 15

- 10:00 AM - Prayer Shawl & Crafts Ministry - Library
- 11:00 AM - Meet Pastor Heather - Apothica Cafe

Thursday, April 16

- 7:00 PM – Arnold Mills Cemetery Committee - Library
- 7:00 PM – Choir Rehearsal - All singers welcome!

Saturday, April 18

- 9:00 AM - 12:00 PM – Pack 1 e-Waste Drive - Parking Lot

*Sunday, April 19 - Native American Ministries Sunday

- 9:00 AM – Coffee and Tea Available in the Kitchen
- 9:15 AM – Choir Rehearsal - Sanctuary
- 10:00 AM – Worship in the Sanctuary & Livestreamed on Facebook.
- 10:00 AM – Children's Sunday School begins in the sanctuary
- 11:00 AM – Coffee Fellowship - Cargill Hall

*Recording of livestream available after 10:30 AM www.amumc.org.

| | April 12 | April 19 |
|-------------|------------------------------|---------------------------------|
| Greeters | Bob & Dot Antonelli | Joni Robert & Margaret Waterman |
| Acolyte | Pam Thurlow | Stacey Johnson |
| Liturgist | Michael Emerson | Ross Hancock |
| Ushers | Paul Roeber & Richard Bizier | Jean Clark & Paul Roeber |
| Coffee Hour | Sharon Bizier | AMUMC Choir |

Christ Is Risen

307

Unison

1. Christ is ris - en! Shout Ho - san - na! Cel - e -
 2. Christ is ris - en! Raise your spir - its from the
 3. Christ is ris - en! Earth and heav - en nev - er -

brate this day of days. Christ is ris - en! Hush in won - der;
 cav - erns of des - pair. Walk with glad - ness in the morn - ing.
 more shall be the same. Break the bread of new cre - a - tion

all cre - a - tion is a - mazed. In the de - sert all - sur -
 See what love can do and dare. Drink the wine of res - ur -
 where the world is still in pain. Tell its grim, de - mon - ic

round - ing, see, a spread - ing tree has grown. Heal - ing leaves of
 rec - tion, not a ser - vant, but a friend; Je - sus is our
 cho - rus: "Christ is ris - en! Get you gone!" God the First and

grace a - bound - ing bring a taste of love un - known.
 strong com - pan - ion. Joy and peace shall nev - er end.
 Last is with us. Sing Ho - san - na ev - ery - one!

WORDS: Brian Wren, 1984
 MUSIC: Polish carol; arr. by Edith M. G. Reed, 1926

W ZLOBIE LEZY
 117.117 D

1. I serve a ris - en Sav - ior, he's in the world to - day;
 2. In all the world a - round me I see his lov - ing care,
 3. Re - joice, re-joyce, O Chris-tian, lift up your voice and sing

I know that he is liv - ing, what - ev - er foes may say.
 and though my heart grows wea - ry, I nev - er will de - spair.
 e - ter - nal hal - le - lu - jahs to Je - sus Christ the King!

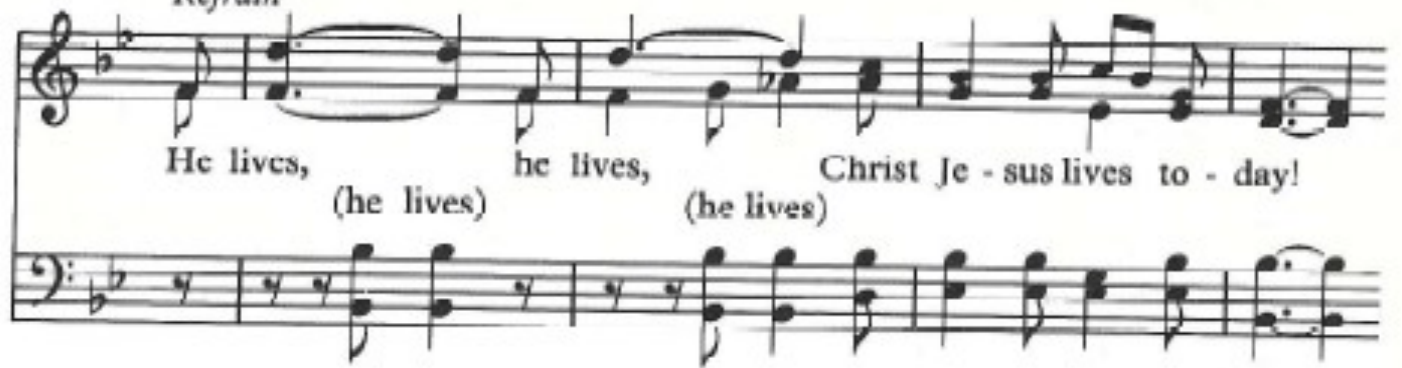
I see his hand of mer - cy, I hear his voice of cheer,
 I know that he is lead - ing through all the storm - y blast;
 The hope of all who seek him, the help of all who find;

and just the time I need him, he's al - ways near.
 the day of his ap - pear - ing will come at last.
 none oth - er is so lov - ing, so good and kind.

WORDS: Alfred H. Ackley, 1933
 MUSIC: Alfred H. Ackley, 1933

ACKLEY
 76.76.76.74 with Refrain

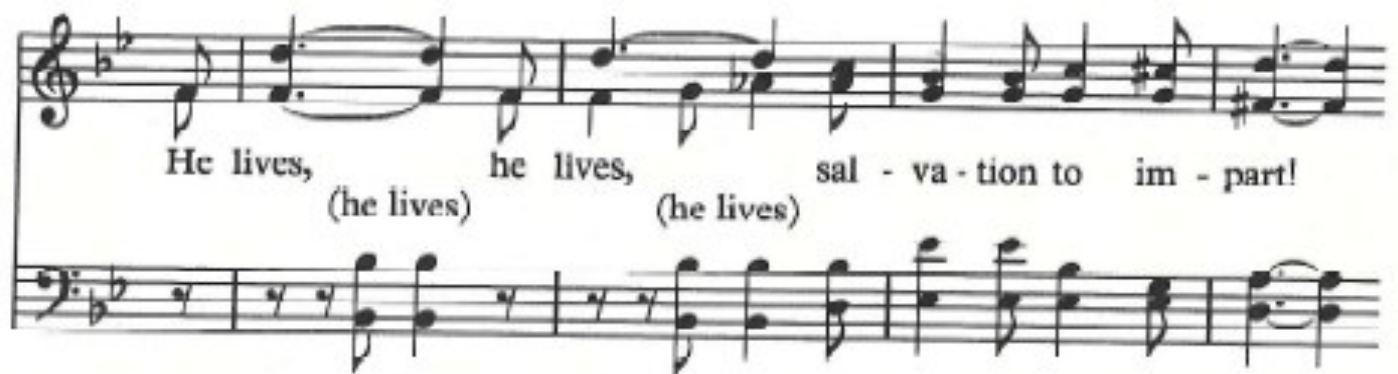
Refrain



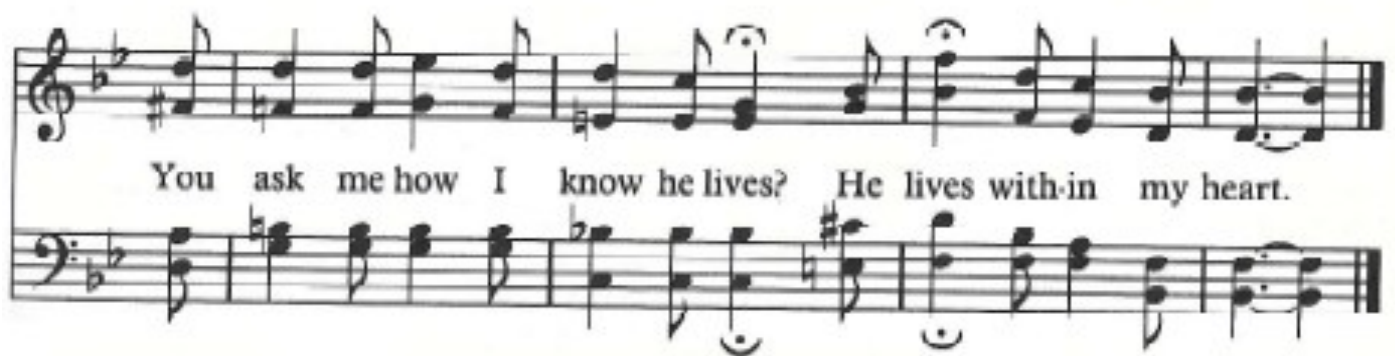
He lives, (he lives) he lives, (he lives) Christ Je - sus lives to - day!



He walks with me and talks with me a - long life's nar - row way.



He lives, (he lives) he lives, (he lives) sal - va - tion to im - part!



You ask me how I know he lives? He lives with-in my heart.

94 Praise God, from Whom All Blessings Flow

Unison

Praise God, from whom all blessings flow; praise

Harmony

God, all creatures here below: Alleluia! Alle-

Unison

lu - ia! Praise God, the source of all our gifts! Praise

Harmony

Je - sus Christ, whose power up-lifts! Praise the Spir - it, Ho - ly Spir - it!

WORDS: Thomas Ken, 1674; adapt. by Gilbert H. Vieira, 1978

MUSIC: Geistliche Kirchengesänge, 1623; harm. by Ralph Vaughan Williams, 1906

LASST UNS ERFREUEN

88.44.88 with Refrain

Unison

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

The image shows a musical score for a unison setting of 'Alleluia'. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one flat (B-flat major or D minor), and the time signature is 4/4. The melody is written in a simple, homophonic style. The lyrics 'Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!' are placed between the two staves, with the words aligned with the notes. The first staff ends with a double bar line and repeat dots. The second staff also ends with a double bar line and repeat dots.

1. Christ has ris - en while earth slum - bers,
 2. Christ has ris - en for the peo - ple
 3. Christ has ris - en to com - pan - ion
 4. Christ has ris - en and for - ev - er

Christ has ris - en where hope died, as he said and
 whom he died to love and save; Christ has ris - en
 for - mer friends who fear the night, sens - ing loss and
 lives to chal - lenge and to change all whose lives are

as he prom - ised, as we doubt - ed
 for the wom - en bring - ing flowers to
 lim - i - ta - tion where their faith had
 messed or man - gled, all who find re -

and de - nied. Let the moon em - brace the bless - ing,
 grace his grave. Christ has ris - en for dis - ci - ples
 once burned bright. They be - moan what is no long - er,
 li - gion strange. Christ is ris - en, Christ is pres - ent

WORDS: John Bell (Matt. 28; Mark 16; Luke 24; John 20-21; 1 Cor. 15:3-8)

MUSIC: William Moore

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HOLY MANNA
 57370



let the sun sus - tain the cheer; let the world con -
hud - dled in an up - stairs room. He whose word in -
they ex - pect no hope - ful sign till Christ ends their
mak - ing us what he has been — ev - i - dence of



firm the ru - mor: Christ is ris - en, God is here!
spired cre - a - tion can't be si - lenced by the tomb.
con - ver - sa - tion, break - ing bread and shar - ing wine,
trans - for - ma - tion in which God is known and seen.

