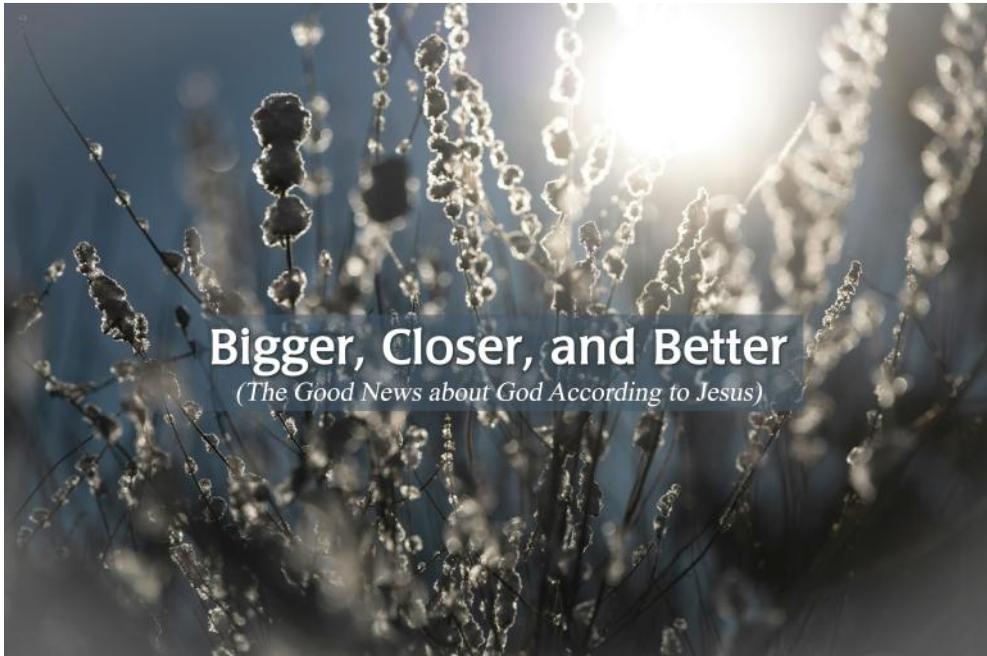




February 1, 2026 | 4th Sunday after the Epiphany



“How (Not) to Rest”

Mark 2:23-3:6





## Check-In

### Let us know you are here!

If you have Worshipped with us before and are in the database, scan this QR code with your phone. Put in your name and add any others in attendance this morning.

If you are not in our system, simply fill out the Connect Card you received with your bulletin this morning.



### Connect Card

Use the Connect Card to let us know you are Worshipping with us, update your information, or submit a prayer request. Please make a note of who is in attendance in your family - each family member does not need to fill out a card. You can place this card in the Offering baskets as they come by during the service or you can place them in the offering boxes location in the Narthex or the Connector. If your prayer request is confidential in nature, feel free to hand the Connect Card directly to the pastor at the end of the service.



### Wi-fi Network: "Cannon Family", Password: CCConnect



**Hearing Assistance Available.** Upgraded devices are available for those who need them. Please see Mark in the sound booth.



**For information on Children's Ministry,** contact Rebecca Rhodes (678.501.6417 or [rebeccar@cannonchurch.org](mailto:rebeccar@cannonchurch.org))

Join us Sunday Mornings at 9:30 or 11am for our Kids Service



**For information on Youth Ministry,** contact Jan Dwyer ([jand@cannonchurch.org](mailto:jand@cannonchurch.org) or 678.501.6413).

Join us Sunday mornings at 9:30 for Youth Sunday School and 5pm Sunday Evenings for Youth Group.



### Make a Joyful Noise - Come join the Music Ministry!

**Worship Choir:** rehearses Wednesday @ 7pm

**Praise Band:** rehearses Monday @7:30pm

**Orchestra:** rehearses Monday @ 6:30pm

**Handbells:** rehearses Wednesday @ 6pm

Email Dr. Will Whittaker ([willw@cannonchurch.org](mailto:willw@cannonchurch.org)) with questions!

## Order of Worship

### WE GATHER TO WORSHIP GOD

Welcome		Rev. Tim Emmett Pastor
Announcements		Pam Freeman
Call to Worship		
Opening Hymn	“Blessed Assurance”	Praise Band & Dr. Will Whittaker, Director of Music Ministries
Opening Prayer		
Children’s Message		
Congregational Hymn	“Hymn of Heaven”	

### WE LISTEN TO GOD’S WORD

Message	“How (Not) to Rest” Mark 2:23-3:6 Bigger, Closer, and Better	Rev. Tim Emmett Pastor
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### WE RESPOND TO GOD’S CALL

Congregational Song	“Lord, I Need You”	
Prayers of Thanksgiving and Intercession		
Invitation to the Table		
Prayer of Confession		
Assurance of Pardon		
Passing of the Peace		
Mission Moment		Mission of the Month: UMCOR
Invitation to Give		
Offertory	“Speak, O Lord”	

The Great Thanksgiving

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.**

Holy Communion

Prayer after Communion

### WE GO FORTH TO SERVE GOD

Closing Hymn	“Living Hope”	
Benediction		
Song of Response	“On Eagle’s Wings” #143	
Postlude	“Living Hope”	



## **Bigger, Closer, and Better** **A few possible next steps**

*Would you like to experience “the gospel of God” (Mark 1:14), the good news about God according to Jesus? Pause briefly each day to read, reflect, practice, and pray!*

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### **READ**

How did Jesus rest? Not *despite*, but *because* he was (and is) the Son of God, Jesus made time to get away and rest. This week we’ll take time to watch Jesus rest. How does his gospel invite us to find our rest in God?

Monday: Mark 1:21; 2:23; 3:1-2; 6:1-2

Tuesday: Mark 1:35

Wednesday: Mark 4:35-41

Thursday: Mark 6:30-31

Friday: Mark 6:45-46

Saturday: Mark 14:32-36

Sunday: Catch up on your reading!

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### **REFLECT**

After reading the passages listed above, take a few moments to visualize the story as fully as you can. What do you see? What do you hear? What do you feel? Ask Jesus to share his rest with you.

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### **PRACTICE**

If you haven’t done so already, make daily Bible reading a new habit this year. It doesn’t have to be complicated or take a lot of time. Just read the passages assigned to each day. Use of the questions for reflection listed above to help you take note of any words, images, or phrases that speak personally to you.

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### **PRAY**

Turn the Scriptures into prayer by using one phrase from the day’s reading as your prayer.



## SE Gwinnett Co-op Donations

### Most Needed Item for February: Pancake Syrup

Each month, each church will be focused on one item for donation to the SEGC. For February, Cannon's item is **Pancake Syrup**. While all items are still welcome, Pancake Syrup will be the item they most need from us.



Place your donations in the bins at the lower level entrances. Thank you for your generous support of SE Gwinnett Co-op!



## Mission of the Month for February is UMCOR

On Communion Sundays (Feb. 1), a special offering is taken to support a Mission of Cannon Church. The Special Offering and Mission of the Month for February will support the United Methodist Committee on Relief (UMCOR). You can give any time throughout the month.

UMCOR is the global disaster response arm of the United Methodist Church and a first responder on the scene of both natural and human disasters.

You can make a financial donation online at [cannonchurch.org](http://cannonchurch.org), give, give online and choose Communion Rail Offering, in the Offering plate, or in the boxes located in the Narthex and the Connector.



## Have a Heart for the Hungry

The ice storm may have delayed picking up Have a Heart supplies, but has created an opportunity to reach more people. If you have not signed up yet to help, you still have the opportunity. Have a Heart supplies can be picked up today after the service in the Connector, or Monday-Wednesday at the Main entrance reception area during reception hours. Bags can still be distributed through Wednesday, 2/04, with pickup still on Saturday, 2/07. If you're not able to cover a neighborhood or your street, you can still be a part by bringing donations to the Co-op barrels for the next two weeks.



## 2026 Preschool Registration

Registration for the 2026/27 school year opens as follows:

- Current Preschool Families - Open
- Cannon Church Families - Open
- Community - February 2

Please contact us to schedule a tour:

Heather Gallagher - 678.501.6442 | [preschool@cannonchurch.org](mailto:preschool@cannonchurch.org)

Mollita Jackson - 678.501.6442 | [mollitaj@cannonchurch.org](mailto:mollitaj@cannonchurch.org)

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## Sarah Circle Out to Lunch – February 6

Do you feel like getting out of the house and having lunch with a fun group of ladies? If so, please join the Sarah Circle at M and J Home Cooking at 3050 Main St. W, in Snellville on Friday, February 6 at Noon. They're a buffet style restaurant with lots of good old "Southern Comfort" food - just the thing for dreary winter days! Please contact Diane Cline (770.317.0751) or Marilyn Otroszko (770.380.4108) if you can come.

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## United Methodist Men - Monthly Breakfast February 7

All men of Cannon are invited to come for fellowship, fun, and food. Breakfast on February 7, 8:30-10am. Join us and bring a friend!

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## Donuts & Coffee in the Connector - February 8

Join us in the Connector on February 8 at 10:30am. Come enjoy fellowship, coffee, and donuts!

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## Cannon Academy Interest Meeting - February 8 at 12:15pm

Cannon Academy invites you to help children discover the joy of reading! We invite you to learn how you can make a real difference in young student's lives. Whether you're a parent, retiree, college student, or local resident, your time and enthusiasm can help elementary learners build confidence and skills that last a lifetime. Join us for an Interest Meeting on Sunday, February 8 at 12:15pm in Room B310/311.

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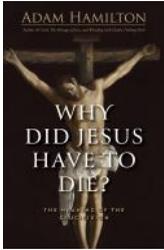
## Cannon Senior Adult Ministry (SAM) - February 8

The Senior Adults Ministry (SAM) is the ministry that identifies the needs of senior adults and develops welcoming, supportive, and caring spirits and programs for those over 60 years old in the Cannon congregation and community. The next meeting is February 8 after Worship in the Youth Room. If you have any questions, text or call 517-974-6339 (Koom).



### Get Your Ash in Here

Join us for worship on Ash Wednesday, February 18, at 6pm in the Sanctuary, or take advantage of our drive-through ashes under the portico from 7 to 8:30am. As you may know, Ash Wednesday marks the beginning of Lent, the six-week long season that leads us to Easter. Think of Lent as a pilgrimage that we'll take with Jesus through death to new life. DO NOT MISS THIS. The journey begins on Ash Wednesday. Get your ash in here!



### Why Did Jesus Have to Die?

*A New Bible Study in Lent*

Starting Wednesday, February 26 at 10am and 6pm, Pastor Tim will lead a six-session study on the meaning of the crucifixion by Adam Hamilton. This is a great study for anyone who wants to be changed by the costly, beautiful shape of God's love. The book is available through most online book sellers. Register today at [cannonchurch.org](http://cannonchurch.org), Registrations.



### Run the Reagan - February 21

Run the Reagan is Saturday, February 21. This is an annual community event which features a Half Marathon, 10k and 5k races and a 1k Fun run down Ronald Reagan Parkway. You can participate by running, walking, or making a donation to support the charities. All proceeds collected from the race benefit 3 great local charities: Brookwood Schools Foundation, the South Gwinnett Cluster Foundation, and the Lilburn Co-op. Register at [RuntheReagan.net](http://RuntheReagan.net).



### IMPORTANT! Year End Tax Information

Giving Statements for 2025 from Cannon United Methodist Church have been emailed to those who have an email on file with us.

If you do not have an email on file, your statement will be sent in the mail by the end of the month.

If you feel you have an email on file and did not receive your statement, or if you have any questions, please contact Thea Hernandez at [theah@cannonchurch.org](mailto:theah@cannonchurch.org)



### Join the Team! We are looking for Multimedia Volunteers!

Are you interested in entering the media industry or would like to learn how to operate in a studio-like environment? Come check out Cannon's Multimedia Ministry. Responsibilities would be on Sunday morning during Worship (need to be here 20 minutes prior to service) and include operating the camera controller and assisting the Director. Please email Miles at [milesh@cannonchurch.org](mailto:milesh@cannonchurch.org) for more information.



**For information on  
Children's Ministry**  
Contact: Rebecca Rhodes  
678.501.6417  
rebeccar@cannonchurch.org

**JOIN US SUNDAY MORNINGS**

**9:30AM**

- Nursery (0-3 years)
- Combined 4-year-old through 5th Grade Sunday School Hour

**11AM SUNDAY MORNING KIDS' SERVICE**

- Nursery (0-3 years)
- **NEW** Pre K-K (ages 4,5,6) – Class in the Nursery hallway, Room 123. An age-appropriate Bible Lesson will be provided with Worship, games, crafts, and other activities! We are excited for you to join us!
- 1st-5th Grade will begin in the Sanctuary and then be dismissed downstairs to resume a morning of Bible, games, and activities.



**For information on  
Youth Ministry**  
Contact Jan Dwyer  
678.501.6413  
jand@cannonchurch.org

**2026 CANNON YOUTH CALENDAR**

**weekly sunday schedule**

9:30am Combined Confirmation/  
Sunday School

4pm Praise Band Practice

5-7pm Youth Group

**special events**

**Confirmation Retreat:**  
January 30 - February 1

**Have a Heart for the Hungry:**  
February 1 - 4-7pm  
(drop off bags)  
February 8 - 4-7pm  
(pick up donation bags)

**Confirmation Sunday:**  
March 8

Scan to sign up  
to feed our Youth

# Prayer List

## January

### Prayer Focus:

Renewed faith, spiritual growth, and God's guidance

### January Mission

#### Prayer Focus:

Family Promise of Gwinnett / Have a Heart for the Hungry

\*In an effort to keep the Prayer List up-to-date, please submit updates to any requests currently posted, including the Armed Forces section. **New Concerns** will run for three weeks unless an update is submitted. **Ongoing Concerns** will run for three months unless an update is submitted.

### New Concerns (Listed for 3 weeks)

- Ethan Manley - aortic valve replacement. Pray for Ethan to remain calm, for skilled surgical hands, and a strong recovery. We do not have a surgery date yet, still getting consults and a work up.
- Jeff - that biopsy results are good and a plan of action moving forward
- Mistie - treatment plan
- Ray – lung cancer
- Sherry W – Guillain Barre
- Adam – lung cancer
- Julie – lung cancer
- Austin Rainville – praying that his next therapy will start very soon. A tumor is still growing
- Friend / neighbor – cancer / pancreas
- Ray Gresham – fell and hurt knee
- Yukari Roberts – passing of her husband, Robert
- Kerry Grantham – foot surgery
- Jim Desselle – for January 26 colon surgery to be successful
- Seth – just graduated with MA in English language teaching and looking for a job overseas – pray for absolute clarity from the Lord as to what country, location, schools, etc
- Pray for woman O. to get many more offers for the cat Tina, owners don't want to keep them – otherwise, pet will be euthanized
- Gwen & baby Violet – ongoing prayers as they are both battling cancer. Baby still critical
- Judy Travis – recovering from pneumonia
- Maggie Ellis – 4 year old struggling with chronic kidney disease and antibiotic resistance
- Patricia “Patsy” Owens – Patsy is battling glioblastoma cancer. Please pray for “time” for her.
- That God will bless my son, Bobby, always, and his last semester at college

### Ongoing Concerns (Listed for 3 months)

- Deloris Mims – need prayer for healing
- Eric Schott – health concerns
- Carol – prayers for healing – ongoing treatments

### Armed Forces

- Lt. Colonel Lane Daigle (USMC) – Pentagon, Washington, D.C.
- Major Jon Brown (Air Force) – Eglin AFB, FL
- ABFC Parker Travis (Navy) – Pensacola, Florida
- Christian Peterson (Navy)
- Staff Sgt. Jeff Wells (Army) – Syria
- Drew Moseley (Navy) – Whidbey Island Naval Air Station
- Levi Reulecke (Navy) – Chief Master at Arms – stationed in Guam
- Nate Smith LCpL (Marines) – stationed at Camp Hansen, Okinawa Japan
- Capt. Grant Capps, MD (Air Force) – Tinker AFB in Oklahoma
- Lieutenant Colonel (LTC) Clay Bagwell – Aviation Task Force Commander

### Missionaries

- Our missionaries in Egypt
- Donald and Cristy Stretch and family (Dominical, Costa Rica)

# How Can I Give?



Your generosity enables our church to continue its mission and ministry.  
Thank you for your faithful support!

## Ways to Give

### Offering Baskets

Place your offering in the baskets as they are passed through the pews during the service. This is a way to give and participate in the worship experience.

### Designated Giving Boxes

Offering boxes are located in the Narthex and Connector for your convenience. You can drop your contribution before or after the service.

### Online Giving

Give securely online through the website: [cannonchurch.org](http://cannonchurch.org), Give, Give Online  
Online giving allows you to set up a pledge, recurring donations, or make one-time gifts.

### Mail Your Gift

You are also welcome to mail your gift to the church at:

2424 Webb Gin House Road  
Snellville, GA 30078

Please make your checks payable to  
Cannon United Methodist Church.

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Your gifts support our ministries, outreach, and day-to-day functions of the church. We are grateful to you for your continued generous support.

## THIS WEEK <sup>AT</sup> A GLANCE



### Sunday, February 1

#### Have a Heart for the Hungry - bag distribution

- 9:30am Adult Sunday School
- 9:30am Youth Confirmation / Sunday School
- 9:30am Cannon Kids
- 11am Worship Service
- 4pm Youth Praise Band
- 5pm Youth Group

### Monday, February 2

- 6pm Boy Scouts
- 6:30pm Finance Committee Meeting
- 6:30pm Orchestra Rehearsal
- 7pm Alcoholics Anonymous
- 7:30pm Praise Band Rehearsal

### Tuesday, February 3

- 8am Tuesday Morning Men's Bible Study
- 10am Gwinnett Quilters Guild Board Meeting

### Wednesday, February 4

- 6pm Handbell Choir Rehearsal
- 7pm Worship Choir Rehearsal

### Thursday, February 5

- 6:30pm Cub Scouts
- 7pm Alcoholics Anonymous

### Saturday, February 7

#### Have a Heart for the Hungry - bag distribution

- 7:30am Men's Bible Study
- 8am Cub Scout Pack 526 Pinewood Derby
- 8:30am UMM Breakfast
- 9am Diamond in the Rough
- 7:45pm Narcotics Anonymous

### Sunday, February 8

#### Have a Heart for the Hungry - donation pick-up

- 9:30am Adult Sunday School
- 9:30am Youth Confirmation / Sunday School
- 9:30am Cannon Kids
- 10:30am Donuts & Coffee in the Connector
- 11am Worship Service
- 12pm SAM (Senior Adult Ministry) Meeting
- 12pm Cannon Academy Interest Meeting
- 4pm Youth Praise Band
- 5pm Youth Group

## Meet Our Staff

Direct Line: 678.501.xxxx (insert 4-digit extension)

Name	email	Title	Ext.
Receptionist			6410
Tim Emmett	time@cannonchurch.org	Pastor	6420
Jan Dwyer	jand@cannonchurch.org	Director of Discipleship	6413
Dr. Will Whittaker	willw@cannonchurch.org	Director of Music Ministries	6424
Miles Henry	miles@cannonchurch.org	Director of Worship Media	6419
Rebecca Rhodes	rebeccar@cannonchurch.org	Interim Dir. of Children's Ministry	6417
Jan Dwyer	jand@cannonchurch.org	Interim Youth Ministry Contact	6413
Dr. Mollita Jackson	mollitaj@cannonchurch.org	Director of Preschool Ministry	6440
Heather Gallagher	preschool@cannonchurch.org	Preschool Assistant Director	6441
Thea Hernandez	theah@cannonchurch.org	Interim AfterSchool/Summer Camp Contact	6411
Thea Hernandez	theah@cannonchurch.org	Director of Operations	6411
Dan Norris	dann@cannonchurch.org	Facilities Management	6428
Angie Ball	angieb@cannonchurch.org	Director of Communications	6412



Rev. Tim Emmett, Pastor  
2424 Webb Gin House Road, Snellville, GA 30078  
phone: 770.972.5463 fax: 770.985.5521 [info@cannonchurch.org](mailto:info@cannonchurch.org) [cannonchurch.org](http://cannonchurch.org)  
Wi-fi - Network: "Cannon Family", Password: CCConnect