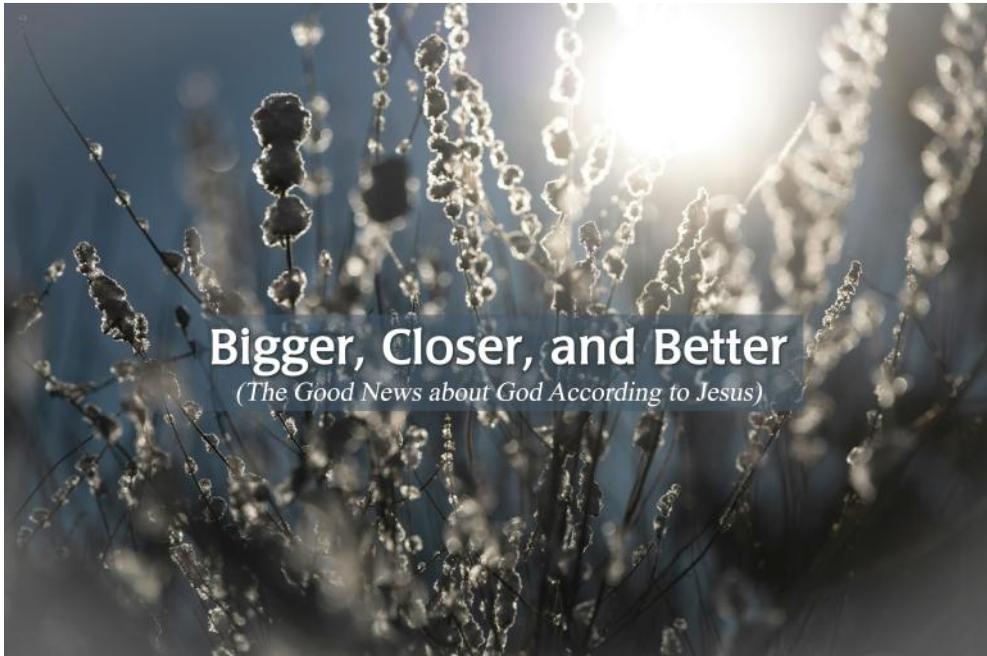




February 8, 2026 | 5th Sunday after the Epiphany



“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 Ambermarie Schweikhardt ([ambermaries@cannonchurch.org](mailto:ambermaries@cannonchurch.org))

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



**For information on Youth Ministry,** contact Katie Gray ([katieg@cannonchurch.org](mailto:katieg@cannonchurch.org) or 678.501.6413).

Join us Sunday mornings at 9:30 for Youth Sunday School, 4pm for Youth Praise Band, 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		Rick Adams
Call to Worship		
Opening Hymn	“To God Be the Glory” #98	Worship Choir, Mike Gaul, & Dr. Will Whittaker, Director of Music Ministries
Opening Prayer		
Children’s Message		
Choral Anthem	“At the Name of Jesus”	

### 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 of Response	“Open My Eyes, That I May See” #454	
Prayers of Thanksgiving and Intercession		
Invitation to the Table		
Prayer of Confession		
Assurance of Pardon		
Passing of the Peace		
Mission Moment		Have a Heart for the Hungry Doug Schendel
Invitation to Give		
Offertory	“Draw Me Nearer” <i>arr. Gaul</i>	

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.**

### WE GO FORTH TO SERVE GOD

Holy Communion		
Prayer after Communion		
Congregational Hymn	“Here I Am, Lord” #593	
Benediction		
Song of Response	“On Eagle’s Wings” #143	
Postlude	“Thine is the Glory”	



## **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? Since we are repeating this theme from last week, we’ll spend the week in Luke, watching Jesus withdraw from the crowds and his disciples to seek wisdom and rest from the Father through prayer.

Monday: Luke 3:21-22

Tuesday: Luke 4:42-44

Wednesday: Luke 5:12-16

Thursday: Luke 6:12-16

Friday: Luke 9:18-20, 28-29

Saturday: Luke 11:1-4

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. 8), 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.



## State of Church Finances

Our Finance Committee will host a State of Church Finances Conversation on Sunday, February 15 at 9:30am in the fellowship hall. We urge all Cannon members and friends to attend, since our challenges are real and this discussion will be helpful.



## Have a Heart for the Hungry

Bravo to the dedicated who braved the weather and have completed their Have a Heart for the Hungry food drive! For those who would still like to help, we're providing another opportunity - Feb. 21-22 for bag distribution and Feb. 28 - Mar. 1 for pick up.

Supplies will be available in the Connector after the services on Feb. 8 and Feb. 15 and in the Main entrance reception area Mondays-Thursdays 9am-3pm. Or you can help by bringing donated items to the Co-op barrels during February.

Sign up or questions? Contact Doug Schendel ([dougschendel@icloud.com](mailto:dougschendel@icloud.com) or 770.687.1710)



## 2026 Preschool Registration

Registration for the 2026/27 school year is open.

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)



## 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.



## 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).



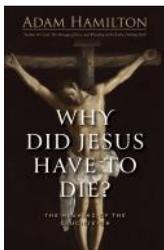
## Reception of New Members: February 15

We would love to be your new (or first) church! Therefore, we'll receive new members on February 15 during the service of worship. For more information - or to sign up for February 15 - please register at [cannonchurch.org](http://cannonchurch.org), Registrations or contact Jan Dwyer, our Director of Discipleship and Hospitality, at [JanD@cannonchurch.org](mailto:JanD@cannonchurch.org).



## Get Your Ash in Here

Join us for worship on Ash Wednesday, February 18, at 6:30pm 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 25 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).

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### **Cannon Appreciates Our Staff**

The Staff Parish Relations Committee will be celebrating the tremendous work done by all of our staff.

Small groups at Cannon will be preparing gift baskets for presentation to our Church Staff. If you are not a member of a small group and wish to contribute monetarily, you can do so online ([cannonchurch.org](http://cannonchurch.org), Give, Give Online & choose Staff Appreciation), in the offering baskets passed at Sunday Worship, or in the boxes in the Narthex and Connector. Please mark your checks with "Staff Appreciation".

There will be Thank You cards available for you to write individual notes to staff. These are located in the Narthex and can also be put into the boxes in the Narthex and Connector.

Any contribution to this effort will be greatly appreciated.

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### **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)

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### **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: Ambermarie Schweikhardt (ambermaries@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 Katie Gray  
 678.501.6414  
 katieg@cannonchurch.org

**CANNON YOUTH CALENDAR**

**weekly sunday schedule**

- 9:30am Combined Confirmation/ Sunday School**
- 4pm Praise Band Practice**
- 5-7pm Youth Group**

Scan to sign up to feed our Youth

# Prayer List

## February

### Prayer Focus:

Renewed faith,  
spiritual growth,  
and God's  
guidance

## February Mission

### Prayer Focus:

UMCOR / Have a  
Heart for the  
Hungry

### 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 for 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)

\*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.

# 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 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

### Monday, February 9

- 6pm Boy Scouts
- 6:30pm Stephen Ministry Meeting
- 6:30pm Orchestra Rehearsal
- 7pm Prayer Shawl Meeting
- 7pm Alcoholics Anonymous
- 7pm Families Anonymous
- 7:30pm Praise Band Rehearsal

### Tuesday, February 10

- 8am Tuesday Morning Men's Bible Study
- 6:30pm Trustees Monthly Meeting

### Wednesday, February 11

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

### Thursday, February 12

- 8:30am Boy Scouts Fundraising Meeting
- 7pm Alcoholics Anonymous

### Friday, February 13

- 10am Art Bee - Gwinnett Quilters

### Saturday, February 14

#### Valentine's Day

- 7:30am Men's Bible Study
- 9am Diamond in the Rough
- 7:45pm Narcotics Anonymous

### Sunday, February 15

- 9:30am Adult Sunday School
- 9:30am Youth Confirmation / Sunday School
- 9:30am Cannon Kids
- 11am Worship Service: Joining Sunday
- 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
Ambermarie Schweikhardt	ambermaries@cannonchurch.org	Director of Children's Ministry	6417
Katie Gray	katieg@cannonchurch.org	Director of Youth Ministry	6414
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