



Lenten and Easter Schedule

- Wed., Feb. 22nd, 7pm **Ash Wednesday Service**
- Sun., Feb. 26th, 10:30am **First Sunday of Lent Worship Service**
- Sun., Mar. 5th, 10:30am **Second Sunday of Lent Worship Service w/Communion**
- Sun., Mar. 12th, 10:30am **Third Sunday in Lent Worship Service**
- Sun., Mar. 19th, 10:30am **Fourth Sunday in Lent Worship Service**
- Sun., Mar. 26th, 10:30am **Fifth Sunday in Lent Worship Service**
- Sat., Apr. 1st, 12-2pm **Family Easter Egg Hunt w/Light Lunch**
RSVP to mdmcgrews@aol.com
- Sun., Apr. 2nd, 10:30am **Palm/Passion Sunday Worship Service w/Communion**
- Thu., Apr. 6th, 7pm **Maundy Thursday Worship Service w/Communion**
- Sun., Apr. 9th, 10:30am **Easter Sunday Worship Service**



Memorial United Methodist Church
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 www.PMUMC.org

Ash Wednesday - February 22, 2023
Worship Service at 7pm

Love yourself through Lent

In a really challenging season why not focus on self-care this Lent. Here are 40 self-care ideas to choose from, why not pick one each day and give yourself a boost of positivity.

- Listen to a favourite song.
- Light a candle.
- Cook your favourite meal.
- Go for a walk.
- Watch a favourite film.
- Open a window and breath deeply!
- Build a nest and snuggle up!
- Enjoy a hot drink.
- Take a bath.
- Drink a glass of water.
- Get into your pyjamas early!
- Read a Psalm.
- Read a book.
- Have a nap.
- Pray.
- Phone a friend.
- Write down your worries and bring them to God in prayer.
- Count your blessings.
- Turn off your phone for an hour.
- Go to bed early!
- Say "I love you" to somebody.
- Put on some music and dance like nobody is watching!
- Look through old photos.
- Bake something.
- Make your bed.
- Get creative, draw or write something.
- Buy yourself a treat.
- Hug a pillow.
- Talk to a plant.
- Watch a funny video.
- Write a letter.
- Put on an outfit that makes you feel good about yourself.
- Say "no" to something.
- Pause and listen to God's voice.
- Try a new hobby.
- Sing as loudly as you can!
- Visit an art gallery or museum online.
- Stretch!
- Look for pictures in the clouds.
- Have a lie in.





A special welcome to our guests. Your visit is a blessing and we are glad you are here!

Hearing assistance is available during worship. A greeter will be happy to assist you with your choice of devices (headphones, earbud, or T-coil).

Please let us know if there is anything we can do for you.

* = Please stand in your heart or posture. UMH = United Methodist Hymnal. TFWS = The Faith We Sing.
Regular bold print = recite out loud

PRE-SERVICE *Meditation on St. Flavian* from J. Day's Psalter 1562

Worship Service

Isabel S., Acolyte

WELCOME Introductions and Prayer

PRELUDE *Forty Days & Forty Nights* by Michael McCabe

***CALL TO WORSHIP** led by Gary Hartz

LEADER: Rend your hearts and not your garments; return to your God.

PEOPLE: **For God is merciful and gracious, slow to anger and abounding in steadfast love.**

LEADER: I know well my misdeeds, and my sin is ever before me.

PEOPLE: **Wash away my guilt and cleanse me from my sin.**

LEADER: Let us ask God to break forth light into the dark places of our hearts and confront us with hidden and secret sin, all that we keep in the dark..

PEOPLE: **O God, open our hearts.**

***OPENING PRAYER** led by Gary Hartz

O God, open our hearts. Here and now, O Holy One, we bring our secret sins to you, we lie open in your sight. Let your piercing light be also our healing, for the sake of Jesus Christ, who both taught us and brought us your forgiveness. Amen.

Call to Worship and Opening prayer adapted from Weadon United Methodist Church Worship Commission, in *Bread for the Journey*, edited by Ruth C. Duck, (Pilgrim Press, 1981), 32-33. as cited at www.umcdiscipleship.org/worship-planning/gathered-up-in-jesus/ash-wednesday-year-c-lectionary-planning-notes/ash-wednesday-year-c-liturgical-resources

***OPENING HYMN**

Open Our Eyes

TFWS 2086

FIRST READING - Matthew 6:1-6, 16-21

Beth Parker

This is the word of the Lord. **Thanks be to God.**

ANTHEM - CHANCEL CHOIR

Renew Your People

by Welch/Currie

SECOND READING - Joel 2:1-2, 12-17

This is the word of the Lord. **Thanks be to God.**

Rev. Timothy Dowell

MESSAGE

Rev. Timothy Dowell

INVITATION TO THE OBSERVANCE OF LENTEN DISCIPLINE

Rev. Timothy Dowell

THANKSGIVING OVER THE ASHES

Rev. Timothy Dowell

THE LORD'S PRAYER

Rev. Timothy Dowell

**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.

IMPOSITION OF ASHES

Rev. Timothy Dowell

***CLOSING HYMN**

Lord, Who Throughout These Forty Days

UMH 269

***BENEDICTION**

Rev. Timothy Dowell

POSTLUDE *Sarabande*

by Handel/Lasky

Joel said, "Return to the Lord!"

Connect the dots.

A B C D E F G H I J K 1 2 3 4 5 6 7 8 9 10 11



Children's Worship Bulletin™



Ages 3+

February 26, 2023 • Joel 2:1-2, 12-17

Return to the Lord

The word of the Lord came to the prophet Joel.
"Return to the Lord with all your heart!"

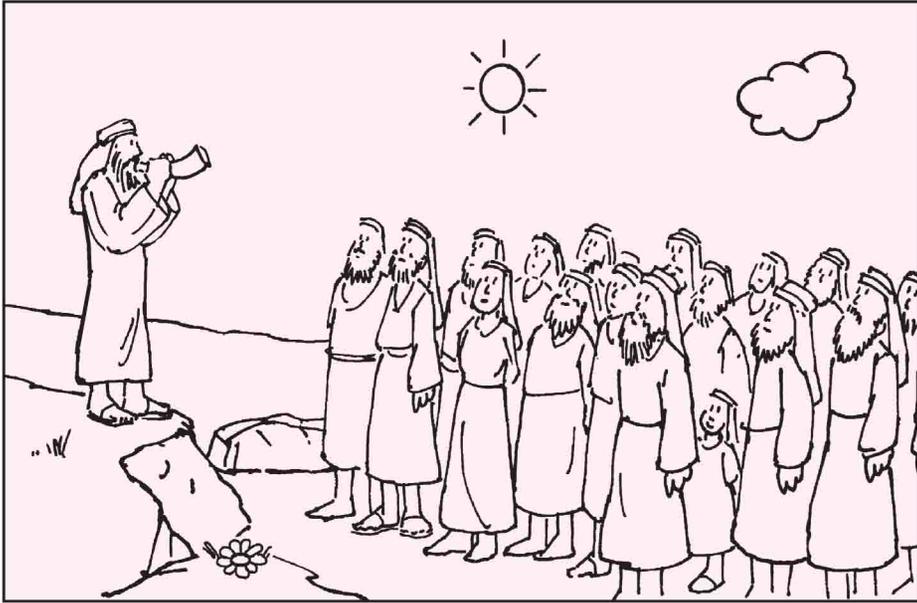
Count the hidden hearts. Circle the correct number.

♡ 8 9 or 10 ? ♥ 8 9 or 10 ?



Joel said, "Blow the trumpet in Zion."

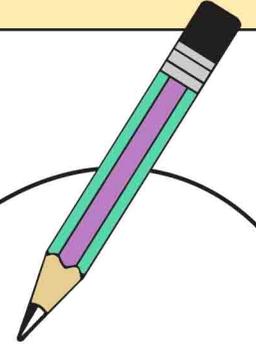
Circle 8 differences in the 2nd picture.



Joel also said, "God is slow to anger and abounding in love."

Use the code to fill in the missing vowels.

• = a •• = e ••• = i •••• = o ••••• = u



Th____ L____rd ____s
• •• •••

f____ll ____f gr____c____
••• •• • ••

____nd l____v____.
• •• ••



Who will be at this assembly?

Unscramble the words, then match each picture with its title.

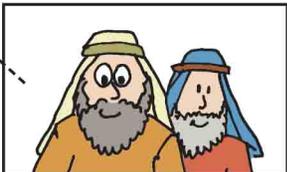
drslee



dhecilnr



smteroh



ebdir



mgroo



srhfaet



Return to the Lord

What did the Lord declare through the prophet Joel?

Fit the pieces into the puzzle to read the answer.

LL HE A

WI

R ME

RET TO URN TH YOU ART.

"

What did the Lord say?

Use this code to find out.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26



“
 18 5 20 21 18 14
 20 15 20 8 5
 12 15 18 4 25 15 21 18
 7 15 4, 6 15 18 8 5 9 19
 7 18 1 3 9 15 21 19 1 14 4
 3 15 13 16 1 19 19 9 15 14 1 20 5
 19 12 15 23 20 15 1 14 7 5 18
 1 14 4 1 2 15 21 14 4 9 14 7
 9 14 12 15 22 5, 1 14 4
 8 5 18 5 12 5 14 20 19
 6 18 15 13 19 5 14 4 9 14 7
 3 1 12 1 13 9 20 25.”

What were the people to do?

Match the words with the numbers and fill in the blanks below.

13 assembly	4 a	1 Zion	15 fast	18 holy
16 assembly	10 the	2 people	7 a	19 call
11 trumpet	6 Gather	5 the	9 consecrate	12 in
3 sacred	14 declare	8 the	17 Blow	

17 8 11 12
 1, 14 4 18
 15, 19 7 3
 13. 6 5
 2, 9
 10 16