

February 15, 2026
8:30 AM

TRANSFIGURATION SUNDAY



¶ Rise in body or in spirit.
The congregation speaks /
sings the text in **bold** type

ENTRANCE

Prelude

Seoyoung Lee, *Organist*



For information about the
ministries, mission, and
activities of Duluth First
UMC, please visit
duluthumc.org.

Welcome & Announcements

Vicki McLemore, *Liturgist*

¶ Call to Worship

On this Transfiguration Sunday, we gather on the mountaintop with Jesus, wondering what we will encounter.

We come to encounter God's glory revealed.

We witness the revelation of Christ's divinity made plain before us.

We come to witness God's glory revealed.

We remember that God's glory is not about spectacle but truth, not about show but about Love made real among us.

We come to remember God's glory revealed.

We follow Jesus down from the mountaintop into the valleys, as God's glory goes before us and behind us.

We come to be sent out to share God's glory revealed. Thanks be to God! Amen.



Children are welcome in
worship!

Children's activity sheets
& crayons are available at
the main entrance to help
guide them in active
participation of worship.

Children newborn through
Pre-K are invited to go to
Childcare Corner, near the
Gathering Room.

¶ Hymn 103 | *Immortal, Invisible, God Only Wise* – ST DENIO



Listening devices are
available during all
worship services. See an
usher or
greeter for assistance.

WORD & RESPONSE

✖ Scripture | Matthew 17:1-9

Harold Hickam

Common
English Bible

Six days later Jesus took Peter, James, and John his brother, and brought them to the top of a very high mountain.² He was transformed in front of them. His face shone like the sun, and his clothes became as white as light.³ Moses and Elijah appeared to them, talking with Jesus.⁴ Peter reacted to all of this by saying to Jesus, “Lord, it’s good that we’re here. If you want, I’ll make three shrines: one for you, one for Moses, and one for Elijah.”⁵ While he was still speaking, look, a bright cloud overshadowed them. A voice from the cloud said, “This is my Son whom I dearly love. I am very pleased with him. Listen to him!”⁶ Hearing this, the disciples fell on their faces, filled with awe.⁷ But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.”⁸ When they looked up, they saw no one except Jesus.⁹ As they were coming down the mountain, Jesus commanded them, “Don’t tell anybody about the vision until the Human One is raised from the dead.”

The Word of God for the people of God.
Thanks be to God.

Sermon | *Glory Revealed!*

Rev. Dr. C. Kay Fuino
Associate Pastor

Prayer of Confession & Assurance of Pardon

Hymnal pg.12

✖ Sharing the Peace of Christ

Ministry Moment | *Prayers and Squares*

Terrie Adkins

Receiving God’s Tithe & Our Offering


Your giving is the sole support of the ministries of Duluth First UMC. For online giving, go to duluthumc.org/ online-giving, or scan the QR code with your mobile device.

Offertory | *He Comes to Us as One Unknown* – arr. J. Ferguson

Members of Chancel Choir
Seoyoung Lee, *Organist*

✖ Doxology | *Praise God, from Whom All Blessings Flow* – OLD 100TH

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



THANKSGIVING

✠ The Great Thanksgiving

The Lord be with you. **And also with you.**
Lift up your hearts. **We lift them up to the Lord.**
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

...

And so, with your people on earth and all the company of heaven
we praise your name and join their unending hymn:
Holy, holy, holy, Lord, God of power and might,
heaven and earth are full of your glory. Hosanna in the highest.
Blessed is the One who comes in the name of the Lord.
Hosanna in the highest.

...

And so, in remembrance of these your mighty acts in Jesus Christ,
we offer our ourselves in praise and thanksgiving,
as a holy and living sacrifice, in union with Christ's offering for us,
as we proclaim the mystery of faith.
Christ has died; Christ is risen; Christ will come again.

...

All honor and glory is yours, Almighty God, now and forever.
Amen.

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.

Breaking the Bread, Receiving the Bread & Cup

Prayer after Communion

Eternal God, we give you thanks for this holy mystery in which you have
given yourself to us. Grant that we may go into the world in the strength
of your Spirit, to give ourselves for others, in the name of Jesus Christ
our Lord. Amen.

Invitation to Christian Discipleship & Church Membership

SENDING

❖ Hymn 258 | *O Wondrous Sight! O Vision Fair* – WAREHAM

Reception of New Members (as applicable)

Hymnal, pgs. 34, 38

For questions regarding membership, contact Rev. Dr. AnnaKate Rawles – arawles@duluthumc.org or 770.476.3776, x. 128.

Those who wish to join the church today are invited to come forward as we sing the final hymn.

We give thanks for all that God has already given you and we welcome you in Christian love. As members together with you in the body of Christ and in this congregation of The United Methodist Church, we renew our covenant faithfully to participate in the ministries of the church by our prayers, our presence, our gifts, our service, and our witness, that in everything God may be glorified through Jesus Christ.

❖ Benediction

ALSO SERVING IN WORSHIP TODAY

Audio/Visual Team:

Joseph Lee
Joel McLemore
Ian Toole

Usher Captains:

David Burleson
Charlie Doerlich

❖ Postlude

Music reprinted by permission: ONE LICENSE (A-724074)
Streaming license: CCLI (CSPL-137589)



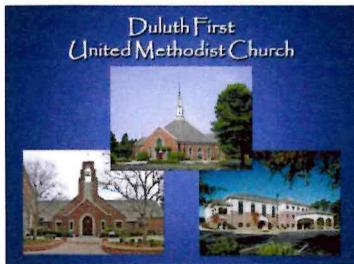
The Sunday Supplement



FEBRUARY 15, 2026

Welcome to Duluth First United Methodist Church!

We are glad that you came to worship with us today. The mission of Duluth First United Methodist Church is to make disciples of Jesus Christ. If you are looking for more information about Duluth First United Methodist Church and its ministries, Bible studies, and other programs and events, please be sure to visit our church's website at www.duluthumc.org.



To join Duluth First United Methodist Church, please come forward as we sing the song that follows the Invitation to Church Membership.

If you have any questions regarding membership or you are visiting and would like additional information, please contact Rev. Dr. AnnaKate Rawles, Associate Pastor, by e-mail at arawles@duluthumc.org, or call 770-476-3776, ext. 128.

Prayer Concerns

- Kathy Anderson
- Jack Brannon
- Lorraine Day
- Ann Fleming
- Sue French
- Jeff Greene
- Jeanine Gullett
- Rosemary Hall
- Shamain Hallett
- John Hammons
- Mary Hawker's daughter, Rhonda Hollison
- Carol Hitchcock
- Linton Jones
- Glenda King
- Judy Lockerman
- Frank & Linda Loose's daughter-in-law, Robin
- Jean Lowry
- ShirleyGrace Madajewski
- Stephanie Minschwaner
- Dottie Moor
- Ann Odum
- Charlie Pierce
- Ethel Sales
- Charlotte Schlubach
- Dale VanPelt
- Christy Wolfe's father, Gus Dozier
- Amy Worthington
- Debbie Toole & family in the death of her brother.

Stephen Ministry: Help — Hope — Healing

Stephen Ministers are here for you when life gets difficult. For more information or to request the support and care of a **Stephen Minister**, contact Rev. Dr. C. Kay Fuino by e-mail at ckfuino@duluthumc.org or call Stephen Leader Ann Fleming at 678-644-9108.

Pancake Supper: Tuesday, February 17th

Make plans to join with your family and friends and attend a **FREE** pancake supper on Tuesday, February 17th, from 5 to 6:30 p.m. in the Dorothy L. Rainey Fellowship Hall. There will also be sausage, bacon, coffee, juice, milk, and water. Supper is **FREE**, but donations are appreciated! Proceeds will benefit Duluth First UMC's **Music & Worship Arts Ministry**.



Ashes To-Go Community Outreach: Wednesday, February 18th

Join us at the Duluth Town Green on Wednesday, February 18th, from 11:00 a.m. to 1:00 p.m. for **Ashes To-Go**, our Ash Wednesday community outreach. Rev. Dr. AnnaKate Rawles and Rev. David Burchett will be there to administer the imposition of ashes (or glitter ashes if you choose). There will also be coffee available.

Ash Wednesday Service: February 18th

Ash Wednesday will be observed on Wednesday, February 18th, with a short service beginning at 6 p.m. in Hinton Hall, located on the 2nd floor of the Sheldon Family Life Center. During the service ashes will be placed on foreheads as we confront our own mortality and confess our sin before God within our community of faith.

PLEASE NOTE: The service will take place during our regular Wednesday evening supper format, so plan to arrive early and receive your food before the service begins. Dinner is served beginning at 5 p.m. Food service will be stopped while the Ash Wednesday service is taking place. It will resume at the conclusion of the service.

Youth Ministry Sunday Night Gatherings for February

Students in the 6th through 12th grades are invited to join us on Sunday nights for **Sunday Night Gatherings** from 5:30 to 7:30 p.m. in the Youth Center ("The Fish Tank"), located on the 1st floor of the Sheldon Family Life Center. **Sunday Night Gatherings** include great dinners, fun games, amazing worship, inspirational and relevant messages and life-changing small groups.

Our schedule for the month of February is:

- **Sunday, February 15th:** Sunday Night Gathering at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, February 22nd:** Sunday Night Gathering at 5:30 p.m. in the Youth Center ("The Fish Tank").



Please visit the **Youth Ministry's** website at <https://dfumcstudents.org> for more information. If you have any questions, please contact Rev. Min Lee, Director of Youth Ministries, by e-mail at mlee@duluthumc.org, or call 770-476-3776, ext. 119.

Wednesday Night Dinner in Hinton Hall: February 18th

Our **Food Ministry** staff, along with our amazing **Dinner Belles and Beaus** volunteers, prepare excellent meals at very reasonable prices. Enjoy fellowship around the table with family and friends. The menu for **Wednesday, February 18th**, is fried chicken, mashed potatoes, green beans, biscuits, and dessert. For the kids – chicken tenders. Dinner service hours are 5 to 6:30 p.m., with to-go boxes available from 6 to 6:30 p.m.

The prices for **Wednesday Night Dinners** are:

- \$10.00 for adults (including seniors and from 11 years up);
- \$7.00 for children 10 years and younger;
- \$30.00 for family meals (nuclear family members only – husband, wife, and their children under 18 years);
- \$7.00 for salad bar only, which includes the salad bar, a choice of baked potato or sweet potato, dessert and a drink.



Credit/debit card payments, as well as cash and checks, are accepted.

PLEASE NOTE: The Ash Wednesday service will take place during our regular Wednesday evening supper format, so plan to arrive early and receive your food before the service begins. Dinner is served beginning at 5 p.m. Food service will be stopped while the Ash Wednesday service is taking place. It will resume at the conclusion of the service.

Wednesday Night Food Drive: February 18th

The **Wednesday Night Food Drive** at Duluth First UMC for the **Hands of Christ Duluth Co-Op** is our weekly mission project, combined with the many Wednesday evening activities offered at the church. **On February 18th we ask you to bring cans of soup.** A table for donated items will be located outside of the main entrance to Hinton Hall.

Join us for a delicious dinner and fellowship in Hinton Hall, pick up a to-go dinner for your family, join us for any of our Wednesday evening activities, and drop off food items to help other families in need. We thank you for your support.

"Taste and See" Lenten Study: Begins Sunday, February 22nd

Everyone is invited to participate in Lenten study, based on the book **Taste and See** by Margaret Feinberg, beginning Sunday, February 22nd. The study, led by Rev. Dr. AnnaKate Rawles, will meet on Sundays, February 22nd through March 29th, from 2:00 to 3:00 p.m. in room F145, located on the 1st floor of the Sheldon Family Life Center.

Taste and See will be a different type of Lenten study – it will be one about feasting and “discovering God among butchers, bakers, and fresh food makers.” We will discuss where we can find God and that we are all invited to “**Taste and See**” that God is good. We will also sample some of the dishes that the author discusses! The cost of the class is \$20 is per person to cover the cost of the book and food samples. Childcare will be available by request. To register and for more information, please contact Rev. Dr. AnnaKate Rawles by e-mail at arawles@duluthumc.org, or call 770-476-3776, ext. 128

Lenten Devotional Videos: Beginning Wednesday, February 25th

The season of Lent will soon be underway, and students in our church's **Youth Ministry** are excited to share their Lenten devotional videos with you! Every Wednesday, from February 25th through April 1st, we will post a short devotional video created by one of our students on our **Youth Ministry** YouTube channel, **dfumcstudents**, as well as on the church's website, duluthumc.org.

We would love for you to journey with us this Lenten season by watching and sharing these videos with others. Please also be sure to subscribe to the **Youth Ministry's** YouTube channel to receive notifications whenever new content is posted.

Volunteers Needed During Month of March at Hands of Christ Duluth Co-op

March is Duluth First UMC's month to volunteer at the **Hands of Christ Duluth Cooperative Ministry**. Duluth First UMC was one of the founding members of **Hands of Christ Duluth Co-op**, created more than 30 years ago to help with food insufficiency in the 30096 and 30097 zip codes. Volunteers stock pantry shelves, divide bulk food items into smaller packages, and fill orders. An experienced "captain" for the day guides you.

Choose to work a 2-hour shift from 10 a.m. to noon, or noon to 2 p.m. on a Monday, Wednesday, or Friday during the month March. **Hands of Christ Duluth Co-op** is located at 3649 Rogers Bridge Road in Duluth. To volunteer please scan the QR code located to the right with your smart phone or tablet. If you have any questions, please contact Rev. David Burchett by e-mail at dburchett@duluthumc.org.



Greeters Needed for 8:30 and 11:00 Worship Services

We need **YOU** to be a greeter at our brand-new **Welcome Center** located in the Veterans Memorial Gathering Room on Sunday mornings. People attend churches where they feel like they are warmly received and welcomed, and we want to be sure every visitor at Duluth First United Methodist Church experiences that!



Greeters are needed for the 8:30 and 11:00 worship services. Please sign up to volunteer and be at the new **Welcome Center** one service and one Sunday each month to help us welcome those who have walked through our doors. It's simple and a wonderful way to serve our church!

To sign up and/or get more information, please contact Rev. Dr. AnnaKate Rawles by e-mail at arawles@duluthumc.org or call 770-476-3776, ext. 128.

Ancient Christianities - The First Five Hundred Years: A New Study Group Begins on February 24th and 25th

Join us for a new small group class opportunity that will discuss the first five hundred years of Christianity. Beginning Tuesday, February 24th, and Wednesday, February 25th, this class will meet twice each week for 20 weeks and participants may attend either class. Classes will be held on:

- Tuesdays from 10:00 to 11:30 a.m., rooms F153/154, 1st floor of Sheldon Family Life Center;
- Wednesdays from 5:45 to 7:15 p.m., rooms F145/146, 1st floor of Sheldon Family Life Center;

The subject matter will be based on **Ancient Christianities: The First Five Hundred Years**, a series of 20 lectures by Paula Fredriksen, Professor of Scripture Emerita at Boston University and Professor Emerita of Comparative Religion at the Hebrew University of Jerusalem. Dr. Fredriksen, and author of numerous books and a widely sought-after speaker, is a worldwide recognized scholar of early Christianity. A former Catholic, Fredriksen converted to Judaism several years ago.

The class, led by Pete Fleming, will consist of 20 fifty-minute lectures by Dr. Fredriksen which will follow her latest book. Participants are not required to purchase the book, but they may wish to. Classes will be augmented with weekly summaries of the material plus optional additional readings and bibliographies. If you would like to participate in this new study or have questions, please contact Pete Fleming by e-mail at lfleming3832@att.net or Rev. Dr. AnnaKate Rawles by e-mail at arawles@duluthumc.org. Please let them know which day of the week you will most likely be attending the class so that classroom space can be planned for.

Road Runners Visiting Booth Western Art Museum in Cartersville: Tuesday, March 24th

The **Road Runners** invite you to join them as they re-launch on Tuesday, March 24th, and travel to Cartersville to visit the Booth Western Art Museum. The group will leave the church's front parking lot at 9:00 a.m. The cost is \$35 per person and includes entry into the museum and transportation via a 15-person van (please see notes below). The cost of lunch will be on your own.

PLEASE NOTE:

- In order to attend you must be able to get in and out of a 15-passenger van and be healthy enough to travel several hours by car.
- We must have a minimum of 12 people to sign up in order to rent a van, otherwise travel will be via caravan.

To register please scan the QR code located to the right with your smart phone or tablet, or contact Rev. Dr. AnnaKate Rawles by e-mail at arawles@duluthumc.org. All registrations must be received by Tuesday, March 10th.



Register Now for the Christian Beginnings Preschool & Kindergarten 2026-2027 School Year

Registration for Christian Beginnings Preschool & Kindergarten's 2026-2027 school year is open and spots will go fast! We are an award-winning program that nurtures students learning in a loving, Christian environment. If you are interested in registering your little one or you would like to set up a tour, please contact Pat Szathmary by e-mail at pszathmary@duluthumc.org or call 770-497-1743.

Volunteer Opportunities to Partner with Coleman Middle School

Are you looking for a meaningful way to serve our community? If so, there are a few upcoming volunteer opportunities at Coleman Middle School, and we'd love for you to join us! Volunteer opportunities include:

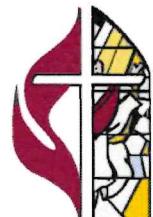
- **Lunch Duty for Teachers:** A team of volunteers is needed on the days when duty-free lunch is offered to teachers, between 11:20 a.m. to 2:00 p.m.
- **Walk-N-Talk Celebrations:** Volunteers assist staff with snack sales (keeping the students in line, handing the snacks to students who have paid, etc.). The next Walk-N-Talk days are Monday, March 9th, and Thursday, May 7th, from 11:15 a.m. to 12:30 p.m. and 2:45 p.m. to 4:00 p.m.
- **Teacher Appreciation Week in May:** Volunteers are needed to monitor the cafeteria so teachers can have duty-free lunch on 2 days during the week of Monday, May 4th, through Friday, May 8th.



If you're interested in serving or would like more details, please contact Rev. Min Lee, Director of Youth Ministries, by e-mail at mlee@duluthumc.org. Thank you for being the hands and feet of Christ in our community!



Duluth First United Methodist Church



3208 Duluth Hwy. 120, Duluth, GA 30096

Office Phone: 770-476-3776 • Fax: 770-623-8511

Website: www.duluthumc.org

Facebook: DuluthFirstUMC • Instagram: duluthfirstumc

Church Staff Directory

Johnathan Ancell

Director of Worship Technology
jancell@duluthumc.org

Verena Lucía Anders, Ext. 116
Minister of Music & Worship Arts
vanders@duluthumc.org

Tracy Brinker, Ext. 112
Receptionist
tbrinker@duluthumc.org

David Burchett, Ext. 124
Assistant Pastor
dburchett@duluthumc.org

C. Kay Fuino, Ext. 117
Associate Pastor
ckfuino@duluthumc.org

Sherry Griffeth, Ext. 110
Executive Assistant
sgriffeth@duluthumc.org

Susan Johnson, *Pianist*
Jan Jones, Ext. 113
Financial Assistant
jjones@duluthumc.org

Min Lee, Ext. 119

Director of Youth Ministries & Contemporary Worship Music Director
mlee@duluthumc.org

Seoyoung Lee, *Organist*

Kenny Lewis, Ext. 145
Director of Food Services
klewis@duluthumc.org

Benjamin Rah, Ext. 120
Church Administrator
brah@duluthumc.org

AnnaKate Rawles, Ext. 128
Associate Pastor
arawles@duluthumc.org

Marilyn Scheiwe, Ext. 111
Event Coordinator
mscheiwe@duluthumc.org

Lee Stribling, Ext. 136
Director of Maintenance/Security
lstribling@duluthumc.org

Pat Szathmary, Ext. 131

Christian Beginnings Assistant Director
pszathmary@duluthumc.org

Terry Tippens, Ext. 114
Senior Pastor
tippens@duluthumc.org

Linda Wetlaufer, Ext. 213
Childcare Director
lwettlaufer@duluthumc.org

Ken Willi, Ext. 127
Director of Communications
kwilli@duluthumc.org

Leslie Yokeley, Ext. 138
Director of Children's Ministries & Christian Beginnings
lyokeley@duluthumc.org

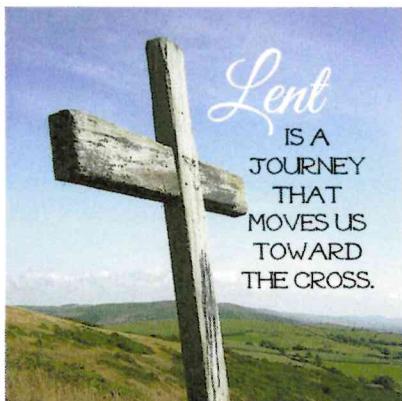
Louise McDaniel Memorial Church Library
library@duluthumc.org

LENT

40 days to prepare your heart for Easter

An Introduction to the Season of Lent

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday (March 18th) and ends on Holy Saturday (April 4th). The English word “Lent” comes from the Anglo-Saxon word lencten, which means “lengthen” and refers to the lengthening days of “spring.” The season is a preparation for celebrating Easter.



Historically, Lent began as a period of fasting and preparation for baptism by converts and then became a time for penance by all Christians. The First Sunday describes Jesus’ temptation by Satan; and the Sixth Sunday (Passion/Palm Sunday), Christ’s triumphal entry into Jerusalem and his subsequent passion and death. Because Sundays are always little Easters, the penitential spirit of Lent should be tempered with joyful expectation of the Resurrection.

Holy Week is the final week of Lent, beginning with Passion/Palm Sunday (March 29th) and concluding with Holy Saturday (April 4th). The Great Three Days—sometimes called the Triduum or Pasch—from sunset Holy Thursday (April 2nd) through sunset Easter Day (April 5th) are the climax of Lent (and of the whole Christian year) and a bridge into the Easter Season. These days proclaim the paschal mystery of Jesus Christ’s passion, death, and resurrection. During these days, the community journeys with Jesus from the upper room, to the cross, to the tomb, and to the garden.

Source: ResourceUMC.org

Why Forty Days?

The season of Lent spans a 40-day period beginning on Ash Wednesday (March 18th) and ending the Saturday (April 4th) before Easter. Now, if you’re astute about the calendar, you realize that there are more than 40 days between Ash Wednesday and Easter! So why is Lent considered 40 days? It’s because the six Sundays that occur during this time don’t count. (That’s why you may hear a reference to the Sundays *IN* Lent, rather than the Sundays *OF* Lent.)

Forty also is a very significant number in the Bible. For instance, Scripture tells us that Jesus spent 40 days in the wilderness struggling with temptation. Before the flood mentioned in Genesis, it rained for 40 days and 40 nights. The Israelites wandered in the desert for 40 years.

What is also significant is that most personal trainers, psychologists and coaches will tell you that it takes between 30 and 40 days (give or take a few) to “re-train” yourself in a new habit. So if you decide to eat healthier, or start exercising, or commit to any new habit/routine, it takes somewhere around 40 days to really get that routine ingrained in your life. That means when we commit to a spiritual habit for 40 days, we may actually be able to integrate that into our minds in a meaningful and significant way.

Source: ResourceUMC.org



Why Should I “Do” Lent, and How Do I Start?

Are you searching for something more? Tired of running in circles, but not really living life with direction, purpose or passion? It's pretty easy to get caught up in the drama of classes, relationships, family, and work. Our lives are filled with distractions that take us away from living a life with Christ. We try to fill the emptiness inside us with

mindless activities, meaningless chatter, stimulants, alcohol, too many activities or other irrelevant stuff. We run away from life and from God.



Lent is a great time to “repent” — to return to God and refocus our lives to be more in line with Jesus. It's a 40-day trial run in changing your lifestyle and letting God change your heart. You might try one of these practices for Lent:

- **FASTING:** You can fast by cutting out things in your life that distract you from God. Some Christians use the whole 40 days to fast from candy, TV, soft drinks, or something else as a way to purify their bodies and lives. You might skip one meal a day and use that time to pray instead. Or you can give up some activity like worry or reality TV to spend time outside enjoying God's creation. What do you need to let go of or “fast” from in order to focus on God? How can you simplify your life in terms of what you eat, wear or do?
- **SERVICE:** Some Christians take something on for Christ. You can collect food for the needy, volunteer once a week to tutor children, or work for reform and justice in your community. You can commit to help a different stranger, coworker or friend everyday of Lent. Serving others is one way we serve God.
- **PRAYER:** Christians also use Lent as a time of intentional prayer. Pray while you walk, create music or art as a prayer to God, or savor a time of quiet listening. All can be ways of becoming more in tune with God.

How will you use your time to grow closer to God?

Source: ResourceUMC.org

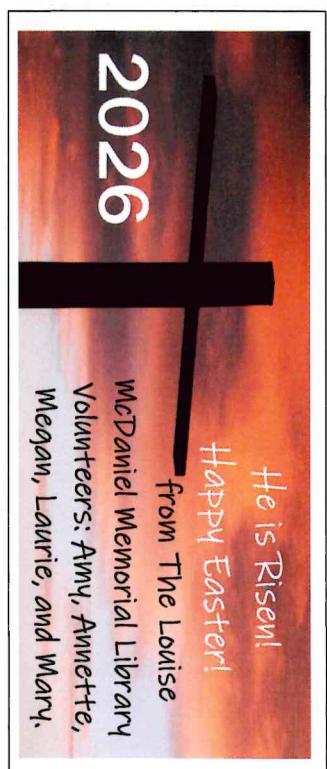
Top Ten Things You Can Try for the Lenten Season

10. **Try an electronic fast.** Give up TV, social media, texting, tweeting, email and all things electronic for one day every week. Use the time to read and pray.
9. **Start a prayer rhythm.** Each day of Lent, pray for another person.
8. **Go deeper.** Take an online course as a part of your Lenten discipline.
7. **Forgive someone who doesn't deserve it (maybe even yourself).** Study a book on forgiveness, such as Forgiveness, the Passionate Journey: Nine Steps of Forgive through Jesus' Beatitudes by Flora Slosson Wuellner.
6. **Give up soft drinks, fast food, tea or coffee.** Give the money you save to help folks in your community or in a different part of the world who are in crisis.
5. **Create a daily quiet time.** Spend 10 minutes a day in silence and prayer. Read a daily devotional for the season of Lent. See how it can help you add spiritual practice to your daily life beyond Lent.
4. **Cultivate a life of gratitude.** Write someone a thank-you letter each week, and be aware of how many people have helped you along the way. Learn more about the spiritual practice of gratitude.
3. **Visit Sight Psalms (www.upperroom.org/sight_psalms)** and spend time in visual meditation and prayer.
2. **Volunteer one hour or more each week** with a local shelter, community food bank, tutoring program, nursing home, or ministry in your church or community.
1. **Pray for others you see** as you walk to and from classes or drive to and from work.



Source: ResourceUMC.org

40 Days of Lent in the Names of Jesus 2026



SUN	MON	TUES	WED	THU	FRI	SAT
			Feb. 18 th Ash Wednesday	Feb. 19 th Advocate	Feb. 20 th Overseer	Feb. 21 st Bread of Life
2026			"...But if anybody does sin, we have one who speaks to the Father in our Defense—Jesus Christ, the Righteous One." -I John 2:1	"For you were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls." -I Peter 2:25	"I am the Bread of Life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." -John 6: 35, 48	"Then Jesus declared, "I am the Bread of Life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." -John 6: 35, 48
Feb. 22nd	Feb. 23rd	Feb. 24th	Feb. 25th	Feb. 26th	Feb. 27th	Feb. 28th
First Sunday of Lent	Chief Shepherd "And when the Chief Shepherd appears you will receive the crown of glory that will never fade away." -I Peter 5:4	Christ "...and Jacob the father of Joseph, the husband of Mary, of whom was born Jesus, who is called Christ." -Matthew 1:6	Cornerstone "...built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone." -Ephesians 2:20	Deliverer "He is my loving god and my fortress, my stronghold, and my deliverer, my shield, in whom I take refuge, who subdues people under me." -Psalms 14:2	Gate "I am the gate; whoever enters through me will be saved. He will come in and go out and find pasture." -John 10:9	Immanuel "The virgin will be with child and will give birth to a son, and they will call him Immanuel, which means 'God with us'." -Matthew 1:23
March 1st	March 2nd	March 3rd	March 4th	March 5th	March 6th	March 7th
Second Sunday of Lent	Friend "A man of many companions may come to ruin, but there is a friend who sticks closer than a brother." -Proverbs 18:24	Word "In the beginning was the Word, and the Word was with God, and the Word was God." John 1:1	Good Shepherd "I am the Good Shepherd. The Good Shepherd lays down his life for his sheep." -John 10:11	Head of the Body <i>(the Church)</i> "And he is the Head of the body; he is the beginning and the firstborn among the dead, so that in everything he might have the supremacy." -Colossians 1:18	Holy One of God "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" -Mark 1:24	Hope "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." -Romans 13:15
March 8th	March 9th	March 10th	March 11th	March 12th	March 13th	March 14th
Third Sunday of Lent	I Am "I tell you the truth," Jesus answered, "before Abraham was born, I am!" - John 8:58	Jesus "She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins." -Matthew 1:21	Judge "He commanded us to preach to the people and to testify that he is the one whom God appointed as judge of the living and the dead." -Acts 10:42	King of Kings and Lord of Lords "On his robe and on his thigh, he has this name written: KING OF KINGS AND LORD OF LORDS." -Revelation 19:16	Lamb of God "The next day John saw Jesus coming toward him, and said, 'Look, the Lamb of God who takes away the sin of the world!'" -John 1:29	Last Adam "So it is written: 'The first man Adam became a living being; the last Adam, a life-giving Spirit.'" -I Corinthians 15:45

March 15 th	March 16 th	March 17 th	March 18 th	March 19 th	March 20 th	March 21 st
Fourth Sunday of Lent EASTER SUNDAY Happy Easter!	Light of the World March 22 nd	Master March 23 rd	Servant March 24 th	Passover Lamb March 25 th	Prophet March 26 th	Sacrifice March 27 th
"When Jesus spoke again to the people, he said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'" -John 3:12	"But you are not to be called Rabbi; for you have only one Master and you are all brothers." -Matthew 23:8	"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." -Mark 10:45	"Get rid of the old yeast that you may be a new batch without yeast—as you really are. For Christ, our Passover lamb, has been sacrificed." -1 Corinthians 5:7	"For Moses said, 'The Lord your God will raise up for you a prophet like me from among your own people; you must listen to everything he tells you.'" -Acts 3:22	"The angel answered, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the Holy One to be born will be called the Son of God.'" -Luke 1:35	"He is the atoning sacrifice for our sins, and not only for ours but for the sins of the whole world." -1 John 2:2
Fifth Sunday of Lent March 29 th	Redeemer March 30 th	Resurrection Rock March 31 st	Savior April 1 st	Son of God April 2 nd	Son of Man April 3 rd	Healer April 4 th
"...who gave himself for us to redeem us from all wickedness and to purify for himself a people, that are his very own, eager to do what is good." -Titus 2:14	"Jesus said to her, 'I am the resurrection and the life. He who believes in me will live, even though he dies;'" -John 11:25	"...and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them and that rock was Christ." -1 Corinthians 10:4	"...and my spirit rejoices in God, my Savior,..." -Luke 1:47	"The angel answered, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the Holy One to be born will be called the Son of God.'" -Luke 1:35	"For the Son of Man came to seek and to save what was lost." -Luke 19:10	"...I know that Messiah (called Christ) is coming. When he comes, he will explain everything to us." -John 4:25
Sixth Sunday of Lent Palm Sunday April 5 th	The Great High Priest April 6 th	Prince of Peace April 7 th	Maundy Thursday April 8 th	The Way, the Truth, and the Life April 9 th	Messiah April 10 th	
"For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin." -Hebrews 4:15	"I am the True Vine and my father is the gardener." -John 15:1	"And he will be called wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace." -Isaiah 9:6	"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'" -John 14:6	"He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his righteousness; by his wounds you have been healed." -1 Peter 2:24	"...I know that Messiah (called Christ) is coming. When he comes, he will explain everything to us." -John 4:25	
"He is not here. He has risen!" -Luke 24:6						

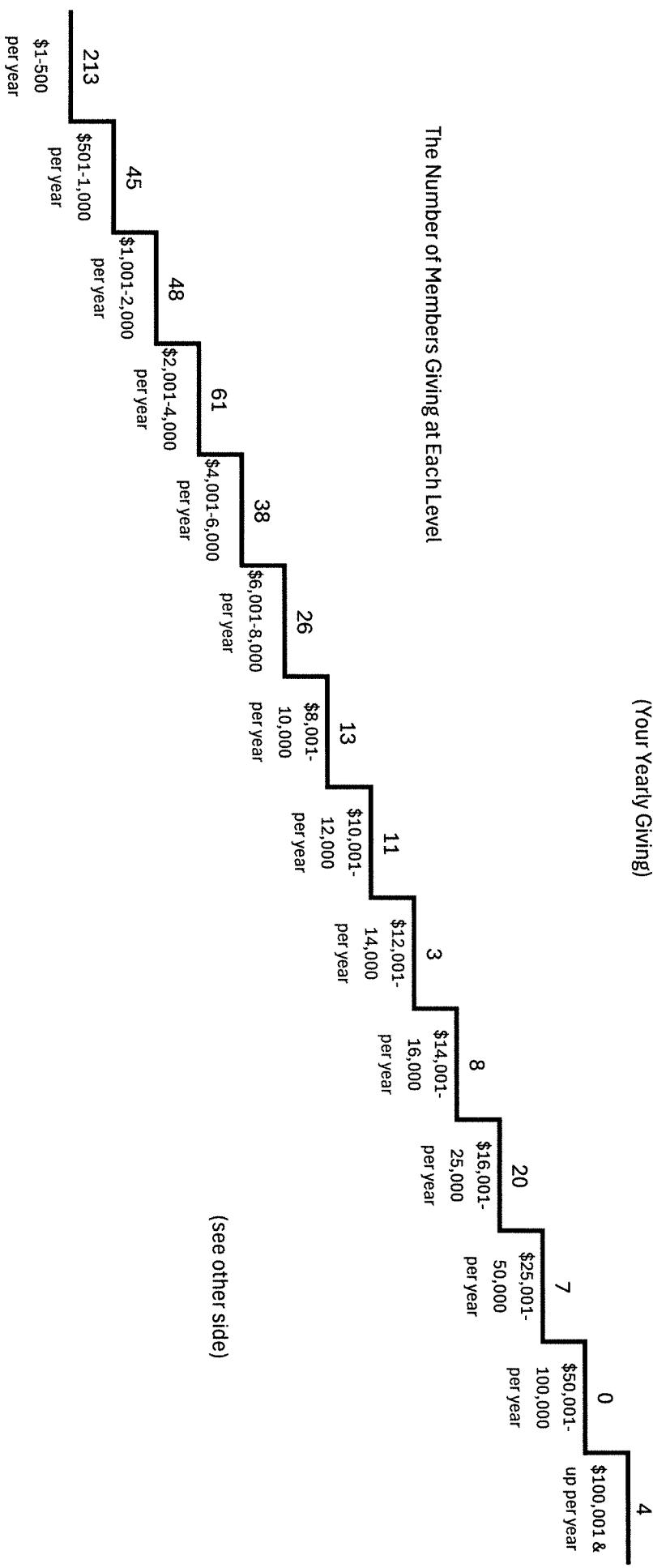
GROW ONE STEP each year until you're giving 10% to God

Winter 2026

Our Congregation's Giving Patterns
(includes ALL giving to the church)

Find where you are on this chart

(Your Yearly Giving)



Duluth First United Methodist Church

GROW ONE STEP each year until you're giving 10% to God

1. Find where you are on the chart (your income and your giving).
2. Move one block to the right to determine what GROW ONE % would be for you, in order to grow one step each year until you are tithing.

Yearly Giving

Yearly Household Income	Lower Giving Range			Middle Giving Range			Upper Giving Range			Title
	1%	2%	3%	4%	5%	6%	7%	8%	9%	
\$15,000	150.00	300.00	450.00	600.00	750.00	900.00	1,050.00	1,200.00	1,350.00	1,500.00
\$20,000	200.00	400.00	600.00	800.00	1,000.00	1,200.00	1,400.00	1,600.00	1,800.00	2,000.00
\$40,000	400.00	800.00	1,200.00	1,600.00	2,000.00	2,400.00	2,800.00	3,200.00	3,600.00	4,000.00
\$60,000	600.00	1,200.00	1,800.00	2,400.00	3,000.00	3,600.00	4,200.00	4,800.00	5,400.00	6,000.00
\$80,000	800.00	1,600.00	2,400.00	3,200.00	4,000.00	4,800.00	5,600.00	6,400.00	7,200.00	8,000.00
\$100,000	1,000.00	2,000.00	3,000.00	4,000.00	5,000.00	6,000.00	7,000.00	8,000.00	9,000.00	10,000.00
\$120,000	1,200.00	2,400.00	3,600.00	4,800.00	6,000.00	7,200.00	8,400.00	9,600.00	10,800.00	12,000.00
\$140,000	1,400.00	2,800.00	4,200.00	5,600.00	7,000.00	8,400.00	9,800.00	11,200.00	12,600.00	14,000.00
\$160,000	1,600.00	3,200.00	4,800.00	6,400.00	8,000.00	9,600.00	11,200.00	12,800.00	14,400.00	16,000.00
\$180,000	1,800.00	3,600.00	5,400.00	7,200.00	9,000.00	10,800.00	12,600.00	14,400.00	16,200.00	18,000.00
\$200,000	2,000.00	4,000.00	6,000.00	8,000.00	10,000.00	12,000.00	14,000.00	16,000.00	18,000.00	20,000.00
\$500,000	5,000.00	10,000.00	15,000.00	20,000.00	25,000.00	30,000.00	35,000.00	40,000.00	45,000.00	50,000.00
\$800,000	8,000.00	16,000.00	24,000.00	32,000.00	40,000.00	48,000.00	56,000.00	64,000.00	72,000.00	80,000.00
\$1,000,000	10,000.00	20,000.00	30,000.00	40,000.00	50,000.00	60,000.00	70,000.00	80,000.00	90,000.00	100,000.00

(see other side)

Duluth First United Methodist Church