



February 15, 2026  
11:00 AM

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



For information about the  
ministries, mission, and  
activities of Duluth First  
United Methodist Church,  
please visit [duluthumc.org](http://duluthumc.org).



Children of all ages are  
welcome in worship.

Children's activity sheets  
& crayons are available at  
the main entrance to the  
sanctuary 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.



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

# TRANSFIGURATION SUNDAY

## GATHERING

Chiming the Trinity

✠ Welcome, Greeting One Another

Rev. Dr. AnnaKate Rawles  
*Associate Pastor*

Attendance Registration, Announcements

Voluntary | *Love theme from Cinema Paradiso* – Andrea Morricone

Seoyoung Lee, *Organist*

✠ Call to Worship

Let us pray:

**God, open our eyes to see the world through your compassion.  
Open our minds to understand the world through your wisdom.  
Open our hearts to receive the world through your love. Amen.**

## PRAISE & THANKSGIVING

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

✠ Affirmation of Faith | *The Apostle's Creed*

**I believe in God the Father Almighty, maker of heaven and earth; and in  
Jesus Christ his only Son our Lord: who was conceived by the Holy Spirit,  
born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead,  
and buried; he descended into hell; the third day he rose from the dead; he  
ascended into heaven, and sitteth at the right hand of God the Father  
Almighty; from thence he shall come to judge the quick and the dead. I  
believe in the Holy Spirit, the holy catholic church, the communion of saints,  
the forgiveness of sins, the resurrection of the body, and the life everlasting.  
Amen.**

✠ Response 70 | *Glory Be to the Father* – MEINEKE

Anthem | *He Comes to Us as One Unknown* – arr. John Ferguson      Chancel Choir  
Seoyoung Lee, *Organist*

Ministry Moment | *Prayers and Squares*

✠ Hymn 420 | *Breathe on Me, Breath of God* - TRENTAM



Your giving is the sole support of the ministries of Duluth First UMC.

For online giving, go to [duluthumc.org/online-giving](http://duluthumc.org/online-giving), or scan the QR code.



## Receiving God's Tithe and Our Offering

### Prayer of Thanksgiving

#### Offertory | *Find Us Faithful* – Tom Fettke

Chancel Choir  
Susan Johnson, *Pianist*

#### ✠ Doxology 94 | *Praise God, from Whom All Blessings Flow* – LASST UNS ERFREUEN

Praise God, from whom all bless - ings flow; praise  
God, all crea-tures here be - low: Al - le - lu - ia! Al - le -  
lu - ia! Praise God, the source of all our gifts! Praise  
Je-sus Christ, whose power up-lifts! Praise the Spi - rit, Ho-ly  
Spi - rit! Al - le - lu - ia! Al - le -  
lu - ia! Al - le - lu - ia!

## WORD & RESPONSE

#### Hymn | *Where Children Belong* – RITCHIE

This, this is where chil-dren be-long, wel-come as part of the  
wor-ship-ping throng. Wa - ter, God's Word, bread and  
cup, prayer, and song: This is where chil-dren be - long.

## ✠ Scripture | Isaiah 58:1-12

Rev. Terry Tippens  
*Senior Pastor*New Revised  
Standard Version,  
Updated Edition

Shout out; do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. <sup>2</sup> Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments; they want God on their side.

<sup>3</sup> “Why do we fast, but you do not see? Why humble ourselves, but you do not notice?” Look, you serve your own interest on your fast day and oppress all your workers. <sup>4</sup> You fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. <sup>5</sup> Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? <sup>6</sup> Is not this the fast that I choose:

to loose the bonds of injustice, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? <sup>7</sup> Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them and not to hide yourself from your own kin? <sup>8</sup> Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you; the glory the Lord shall be your rear guard. <sup>9</sup> Then you shall call, and the Lord will answer; you shall cry for help, and he will say, “Here I am.” If you remove the yoke from among you, the pointing of the finger, the speaking of evil, <sup>10</sup> if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.

<sup>11</sup> The Lord will guide you continually and satisfy your needs in parched places and make your bones strong, and you shall be like a watered garden, like a spring of water whose waters never fail. <sup>12</sup> Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

The Word of God for the people of God.

**Thanks be to God.**Sermon | *What Matters to God*Hymn 452 | *My Faith Looks Up to Thee* – OLIVET

Prayers of the People

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.

## ALSO SERVING IN WORSHIP TODAY

*Acolyte & Cross Bearer:*  
Evelyn Williams  
Madelyn Williams

*Audio/Visual Team:*  
Joseph Lee  
Lynn Ometer  
Bryan Johnson

*Usher Captains:*  
David Burleson  
Charlie Doerlich

## 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.**

## 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

**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

✠ Postlude

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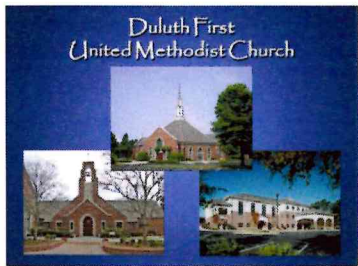
# The Sunday Supplement



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](http://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](mailto: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](mailto:ckfuino@duluthumc.org) or call Stephen Leader Ann Fleming at 678-644-9108.

## **Pancake Supper: Tuesday, February 17<sup>th</sup>**

Make plans to join with your family and friends and attend a **FREE** pancake supper on Tuesday, February 17<sup>th</sup>, 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 18<sup>th</sup>**

Join us at the Duluth Town Green on Wednesday, February 18<sup>th</sup>, 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 18<sup>th</sup>**

Ash Wednesday will be observed on Wednesday, February 18<sup>th</sup>, with a short service beginning at 6 p.m. in Hinton Hall, located on the 2<sup>nd</sup> 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 6<sup>th</sup> through 12<sup>th</sup> 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 1<sup>st</sup> 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 15<sup>th</sup>:** Sunday Night Gathering at 5:30 p.m. in the Youth Center ("The Fish Tank");
- **Sunday, February 22<sup>nd</sup>:** 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](mailto:mlee@duluthumc.org), or call 770-476-3776, ext. 119.

## **Wednesday Night Dinner in Hinton Hall: February 18<sup>th</sup>**

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 18<sup>th</sup>, 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 18<sup>th</sup>**

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 18<sup>th</sup> 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 22<sup>nd</sup>**

Everyone is invited to participate in Lenten study, based on the book **Taste and See** by Margaret Feinberg, beginning Sunday, February 22<sup>nd</sup>. The study, led by Rev. Dr. AnnaKate Rawles, will meet on Sundays, February 22<sup>nd</sup> through March 29<sup>th</sup>, from 2:00 to 3:00 p.m. in room F145, located on the 1<sup>st</sup> 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](mailto:arawles@duluthumc.org), or call 770-476-3776, ext. 128

## **Lenten Devotional Videos: Beginning Wednesday, February 25<sup>th</sup>**

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 25<sup>th</sup> through April 1<sup>st</sup>, 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](mailto: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](mailto:arawles@duluthumc.org) or call 770-476-3776, ext. 128.

## **Ancient Christianities - The First Five Hundred Years:**

### **A New Study Group Begins on February 24<sup>th</sup> and 25<sup>th</sup>**

Join us for a new small group class opportunity that will discuss the first five hundred years of Christianity. Beginning Tuesday, February 24<sup>th</sup>, and Wednesday, February 25<sup>th</sup>, 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, 1<sup>st</sup> floor of Sheldon Family Life Center;
- Wednesdays from 5:45 to 7:15 p.m., rooms F145/146, 1<sup>st</sup> 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](mailto:lfleming3832@att.net) or Rev. Dr. AnnaKate Rawles by e-mail at [arawles@duluthumc.org](mailto: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 24<sup>th</sup>**

The **Road Runners** invite you to join them as they re-launch on Tuesday, March 24<sup>th</sup>, 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](mailto:arawles@duluthumc.org). All registrations must be received by Tuesday, March 10<sup>th</sup>.





## **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](mailto: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 9<sup>th</sup>, and Thursday, May 7<sup>th</sup>, 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 4<sup>th</sup>, through Friday, May 8<sup>th</sup>.



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](mailto: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](http://www.duluthumc.org)

Facebook: DuluthFirstUMC • Instagram: duluthfirstumc

## **Church Staff Directory**

### **Johnathan Ancell**

*Director of Worship Technology*  
[jancell@duluthumc.org](mailto:jancell@duluthumc.org)

### **Verena Lucía Anders,** Ext. 116

*Minister of Music & Worship Arts*  
[vanders@duluthumc.org](mailto:vanders@duluthumc.org)

### **Tracy Brinker,** Ext. 112

*Receptionist*  
[tbrinker@duluthumc.org](mailto:tbrinker@duluthumc.org)

### **David Burchett,** Ext. 124

*Assistant Pastor*  
[dburchett@duluthumc.org](mailto:dburchett@duluthumc.org)

### **C. Kay Fuino,** Ext. 117

*Associate Pastor*  
[ckfuino@duluthumc.org](mailto:ckfuino@duluthumc.org)

### **Sherry Griffeth,** Ext. 110

*Executive Assistant*  
[sgriffeth@duluthumc.org](mailto:sgriffeth@duluthumc.org)

### **Susan Johnson, Pianist**

### **Jan Jones,** Ext. 113

*Financial Assistant*  
[jjones@duluthumc.org](mailto:jjones@duluthumc.org)

### **Min Lee,** Ext. 119

*Director of Youth Ministries  
& Contemporary Worship Music Director*  
[mlee@duluthumc.org](mailto:mlee@duluthumc.org)

### **Seoyoung Lee, Organist**

### **Kenny Lewis,** Ext. 145

*Director of Food Services*  
[klewis@duluthumc.org](mailto:klewis@duluthumc.org)

### **Benjamin Rah,** Ext. 120

*Church Administrator*  
[brah@duluthumc.org](mailto:brah@duluthumc.org)

### **AnnaKate Rawles,** Ext. 128

*Associate Pastor*  
[arawles@duluthumc.org](mailto:arawles@duluthumc.org)

### **Marilyn Scheiwe,** Ext. 111

*Event Coordinator*  
[mscheiwe@duluthumc.org](mailto:mscheiwe@duluthumc.org)

### **Lee Stribling,** Ext. 136

*Director of Maintenance/Security*  
[lstribling@duluthumc.org](mailto:lstribling@duluthumc.org)

### **Pat Szathmary,** Ext. 131

*Christian Beginnings Assistant Director*  
[pszathmary@duluthumc.org](mailto:pszathmary@duluthumc.org)

### **Terry Tippens,** Ext. 114

*Senior Pastor*  
[ttippens@duluthumc.org](mailto:ttippens@duluthumc.org)

### **Linda Wettlaufer,** Ext. 213

*Childcare Director*  
[lwettlaufer@duluthumc.org](mailto:lwettlaufer@duluthumc.org)

### **Ken Willi,** Ext. 127

*Director of Communications*  
[kwilli@duluthumc.org](mailto:kwilli@duluthumc.org)

### **Leslie Yokeley,** Ext. 138

*Director of Children's Ministries  
& Christian Beginnings*  
[lyokeley@duluthumc.org](mailto:lyokeley@duluthumc.org)

### **Louise McDaniel Memorial**

**Church Library**  
[library@duluthumc.org](mailto:library@duluthumc.org)

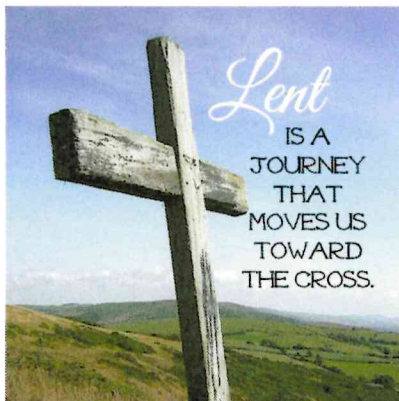


# LENT

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 18<sup>th</sup>) and ends on Holy Saturday (April 4<sup>th</sup>). 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 29<sup>th</sup>) and concluding with Holy Saturday (April 4<sup>th</sup>). The Great Three Days—sometimes called the Triduum or Pasch—from sunset Holy Thursday (April 2<sup>nd</sup>) through sunset Easter Day (April 5<sup>th</sup>) 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](http://ResourceUMC.org)

## **Why Forty Days?**

The season of Lent spans a 40-day period beginning on Ash Wednesday (March 18<sup>th</sup>) and ending the Saturday (April 4<sup>th</sup>) 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](http://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**

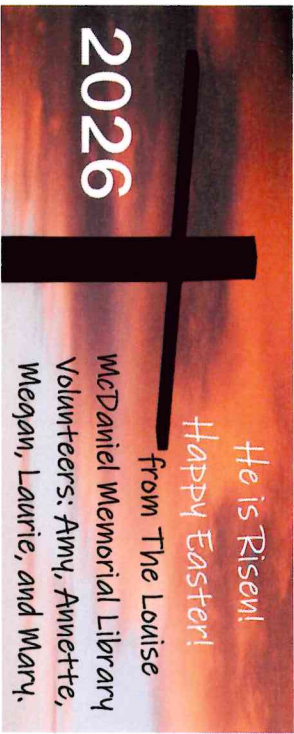
10. **Try an electronic fast.** Give up TV, social media, texting, tweeting, email and all things electronic for one day every week. Use the time to read and pray.
9. **Start a prayer rhythm.** Each day of Lent, pray for another person.
8. **Go deeper.** Take an online course as a part of your Lenten 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 Forgiving 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](http://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
						
<p>He is Risen! Happy Easter! from The Louise McDaniel Memorial Library Volunteers: Amy, Annette, Meghan, Laurie, and Mary.</p>						
<p>Ash Wednesday <b>Advocate</b> "...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</p>						
<p><b>Author and Finisher of Our Fate</b> "Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorned its shame, and sat down at the right hand of the throne of God." -Hebrews 12:2</p>						
<p><b>Overseer</b> "For you were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls." -I Peter 2:25</p>						
<p><b>Bread of Life</b> 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</p>						

Feb. 22nd  
**First Sunday of Lent**

Feb. 23rd  
**Chief Shepherd**

"And when the Chief Shepherd appears you will receive the crown of glory that will never fade away."  
-I Peter 5:4

Feb. 24th  
**Christ**

"...and Jacob the father of Joseph, the husband of Mary, of whom was born Jesus, who is called Christ."  
-Matthew 1:6

Feb. 25th  
**Cornerstone**

"...built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone."  
-Ephesians 2:20

Feb. 26th  
**Deliverer**

"He is my loving god and my fortress, my stronghold, and my deliverer, my shield, in whom I take refuge, who saves people under me."  
-Psalms 144:2

Feb. 27th  
**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

Feb. 28th  
**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  
**Second Sunday of Lent**

March 2nd  
**Friend**

"A man of many companions may come to ruin, but there is a friend who sticks closer than a brother."  
-Proverbs 18:24

March 3rd  
**Word**

"In the beginning was the word, and the word was with God, and the word was God." -John 1:1

March 4th  
**Good Shepherd**

"I am the Good Shepherd. The Good Shepherd lays down his life for his sheep."  
-John 10:11

March 5th  
**Head of the Body (the Church)**

"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

March 6th  
**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

March 7th  
**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  
**Third Sunday of Lent**

March 9th  
**I Am**

"I tell you the truth," Jesus answered, "before Abraham was born, I am!" - John 8:58

March 10th  
**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

March 11th  
**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

March 12th  
**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.

March 13th  
**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

March 14th  
**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 <sup>th</sup>	March 16 <sup>th</sup>	March 17 <sup>th</sup>	March 18 <sup>th</sup>	March 19 <sup>th</sup>	March 20 <sup>th</sup>	March 21 <sup>st</sup>
<b>Fourth Sunday of Lent</b>	<i>Light of the world</i>	<i>Master</i>	<i>Servant</i>	<i>Passover Lamb</i>	<i>Prophet</i>	<i>Sacrifice</i>
"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	"But you are not to be, called 'Rabbi,' for you have only one Master and you are all brothers."	"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."	"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."	"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	"He is the atoning sacrifice for our sins, and not only for ours but for the sins of the whole world."	
-Matthew 23:8	-Mark 10:45	-1 Corinthians 5:7	-Acts 3:22	-1 John 2:2		

March 22 <sup>nd</sup>	March 23 <sup>rd</sup>	March 24 <sup>th</sup>	March 25 <sup>th</sup>	March 26 <sup>th</sup>	March 27 <sup>th</sup>	March 28 <sup>th</sup>
<b>Fifth Sunday of Lent</b>	<i>Redeemer</i>	<i>Resurrection</i>	<i>Rock</i>	<i>Savior</i>	<i>Son of God</i>	<i>Son of Man</i>
... " who gave himself for us to <b>redeem</b> 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 <b>am the resurrection and the life.</b> 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 <b>Savior,</b> " -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 <b>Son of God.</b> " -Luke 1:35	"For the Son of <b>Man</b> came to seek and to save what was lost." -Luke 19:10	

March 29 <sup>th</sup>	March 30 <sup>th</sup>	March 31 <sup>st</sup>	April 1 <sup>st</sup>	April 2 <sup>nd</sup>	April 3 <sup>rd</sup>	April 4 <sup>th</sup>
Sixth Sunday of Lent	The Great High Priest	True Vine	Prince of Peace	Maunder Thursday	Healer	Messiah
"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	The way, the Truth, and the Life "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 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	

April 5<sup>th</sup>  
EASTER  
SUNDAY  
Happy  
Easter!

"He is not here. He has risen!" -Luke 24:6



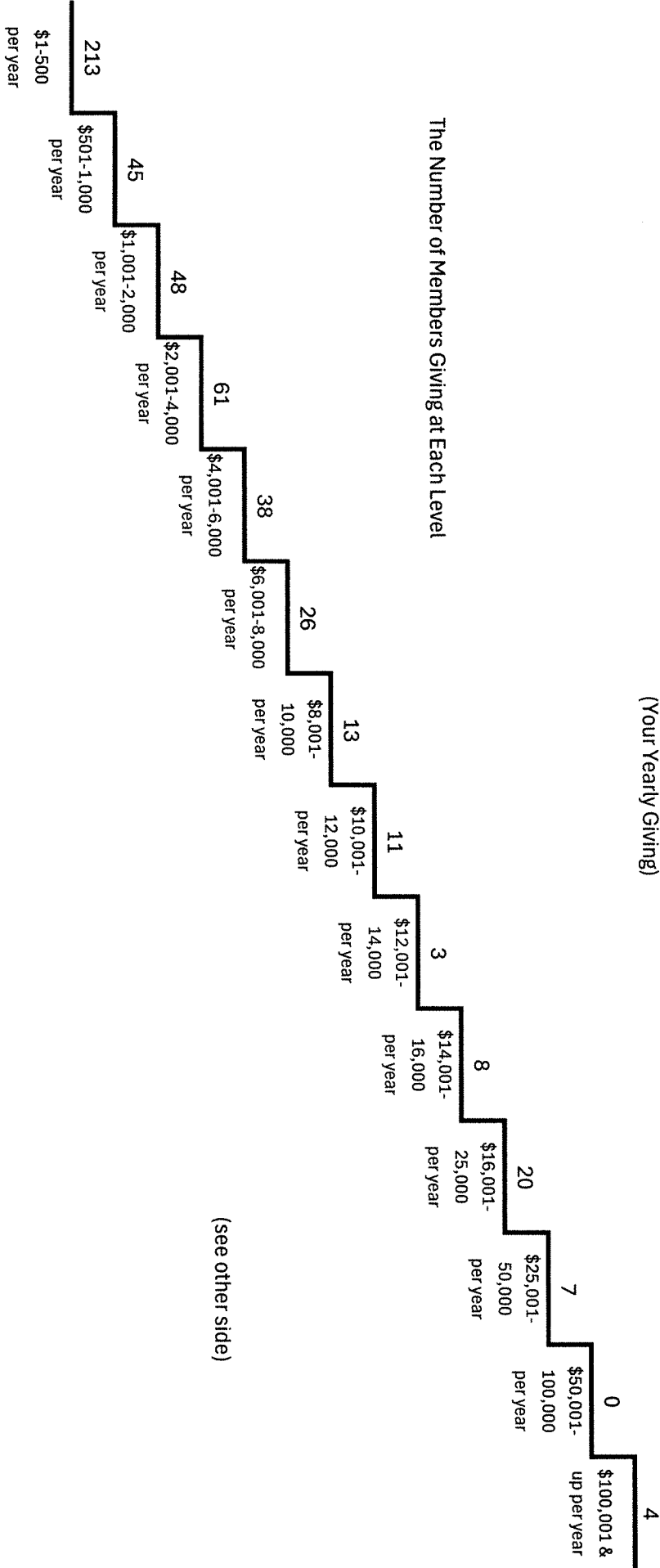


# GROW ONE STEP each year until you're giving 10% to God

## 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			Tithe
	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%
\$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