



**St. Paul's**  
United Methodist Church  
*Journeying Together Since 1885*

SECOND SUNDAY IN LENT

9:00 AM & 10:30 AM

MARCH 1, 2026

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**Thank you for worshipping with us today.**

*Wherever you are on your spiritual journey, we welcome you to St. Paul's, a Reconciling congregation of the United Methodist Church. All are celebrated here and all are safe. This bulletin will guide our service today. More helpful information can be found following the order of worship.*

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(\* - please stand in body or spirit)

**Gathering for Worship**

Announcements

Rev. Joey Heath-Mason

Prelude (10:30)

*I Will Meditate on Your Commandments,  
Which I Loved Greatly*

Gerald Near

\*Call to Worship

Lay Reader

Leader: Come, people of God and speak!

Speak of the wondrous things God has done!

**People: We will testify to God's goodness and grace!**

Leader: Praise the holy Name of Jesus!

**People: We lift up your name, O Jesus!**

**May your glory shine in this place!**

Leader: Come and believe in the hope and promise of our Savior -

**People: The promise of new life, reconciliation, and resurrection!**

**May our hearts be opened and our voices ready for prayer and singing  
as we celebrate the gift of new birth in Jesus Christ!**

Opening Prayer

Lay Reader

**Infinite Love, heart of all life, you loved this word into being with such love as to birth yourself among us, Love begotten as the Beloved.**

**Your presence does not separate but unites; love does not push away, but embraces; you do not condemn, but save.**

**Trusting this, we know we are loved, never rejected. Thanks be to God! Amen.**

Pastoral Prayer

Rev. Joey Heath-Mason

Children's Moment

Rev. Sheridan Allmond

### **Proclamation of the Word**

Genesis 12:1-4a (NRSVUE)

Lay Reader

*Pew Bible – Old Testament page 10*

<sup>1</sup>Now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. <sup>2</sup>I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. <sup>3</sup>I will bless those who bless you, and the one who curses you I will curse, and in you all the families of the earth shall be blessed."

<sup>4</sup>So Abram went, as the LORD had told him, and Lot went with him.

Leader: This is the Word of the Lord.

**People: Thanks be to God.**

### **Response to the Word**

## Invitation to Discipleship and Giving

Rev. Sheridan Allmond

*Offerings by check may be made out to St. Paul's UMC. Scan the QR code to see one-time and recurring online giving options at [stpaulsk.org](http://stpaulsk.org). Thank you for supporting St. Paul's work engaging in meaningful worship and vibrant ministry in our community.*



Offertory (10:30 only)

*O Saviour of the World*

John Goss

O Saviour of the world,  
Who by thy cross and precious blood hast redeemed us,  
Save us and help us, save us and help us.  
O Saviour of the world,  
Who by thy cross and precious blood hast redeemed us,  
Save us and help us, we humbly beseech thee, O Lord.

\*Doxology #95

OLD 100TH

\*Prayer of Dedication

Rev. Joey Heath-Mason

## The Great Thanksgiving and Communion

The Invitation, Confession & Pardon

UM Hymnal p. 12

**Merciful God, we confess that we have not loved you with our whole heart. We have failed to be an obedient church. We have not done your will, we have broken your law, we have rebelled against your love, we have not loved our neighbors, and we have not heard the cry of the needy. Forgive us, we pray. Free us for joyful obedience, through Christ Jesus our Lord. Amen.**

Passing the Peace

The Great Thanksgiving

UM Hymnal p. 13-14

Leader: The Lord be with you.

**People: And also with you.**

Leader: Lift up your hearts.

**People: We lift them up to the Lord.**

Leader: Let us give thanks to the Lord our God.

**People: It is right to give our thanks and praise.**

*The pastor gives thanks, remembering God's acts of salvation and concludes:*

L: And so, with your people on earth and all the company of heaven we praise your name and join their unending hymn:

**P: 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.**

*The pastor continues the thanksgiving and concludes:*

L: And so, in remembrance of these your mighty acts in Jesus Christ, we offer 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.

**P: Christ has died; Christ is risen; Christ will come again.**

*The pastor continues and concludes:*

L: All honor and glory is yours, almighty Father, now and for ever.

**P: Amen.**

The Lord's Prayer

UM Hymnal, #895

**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 and Giving the Bread & Cup

*All communion bread is gluten-free.*

Prayer of Thanksgiving

**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.**

## Sending Forth

\*Hymn #159

*Lift High the Cross*

\*Benediction and Dismissal

Rev. Joey Heath-Mason

Postlude (10:30 only)

*Kyrie II*  
from *Mass in b minor, BWV 232*

J. S. Bach/Mills



*Please visit the Octagon following the 10:30 worship service for a Sipping Ministry time of coffee, snacks, and fellowship hosted by the Scott Family.*



### SANCTUARY FLOWERS

Flowers are given today in loving memory of **Jack Lipscomb** (2/6/1938-3/3/2023), loving husband, father, grandfather, great-grandfather, friend, and proud member of the United Methodist Church.

### WORSHIP NEXT WEEK

**Sunday, March 8, 2026**

9:00 AM – Worship with Communion

10:30 AM – Worship with Sanctuary Choir



### ANNOUNCEMENTS

**Weekly News** – Visit [stpaulsk.org/community/epistle-weekly-news](http://stpaulsk.org/community/epistle-weekly-news) or scan the QR code to find all the announcements, links, and event details shared in our Weekly News. For questions about announcements, please contact Erin Steele in the church office ([stpaulsunited@stpaulsk.org](mailto:stpaulsunited@stpaulsk.org)).



**Welcome!** – **Restrooms** including a family restroom with changing table can be found past the church office, near the water fountain. **Large-print Bibles and Hymnals** are available from our ushers. **T-coil hearing aids** work in our Sanctuary. **Sign in!** Please use the attendance

pads in the pews to share your name and note your attendance with us today. Read more at [stpaulsk.org/worship](http://stpaulsk.org/worship).

**Weekday Hours** – The office is typically open for drop-in visits and phone calls Monday.-Thursday, 10:00 AM to 3:00 PM. We encourage appointments since staff hours vary! If you have a pastoral emergency when the office is closed, please call the emergency line for Rev. Sheridan Allmond (410-205-5568) and she will be notified of your call.

### **Events, Activities, and Information**

- **New! Cantate Concert** – *Saturday, March 7, 5:00 PM in the Sanctuary*. This program by Cantate Concert Choir presents themes of separation and yearning with Maurice Duruflé's haunting *Requiem* as the centerpiece. This chant-based masterwork, focused on peace and forgiveness, is complemented by Alan Hovhaness's *From the End of the Earth*, Shruthi Rajasekar's *A Heart in Port*, and Samuel Coleridge-Taylor's *By the Waters of Babylon*. Featuring baritone James Rogers, mezzo-soprano Magdalena Wór, and organist Marvin Mills. This is a ticketed community event (admission \$20-\$45, children 17 and under free). Please visit <https://cantate.org/2526season/> for tickets and more information.
- **New! Jim Smith Educational Award Leaders** – We are in the season of planning for the Jim Smith Educational Award. These modest financial awards are presented each year to select graduating high school seniors. This is a fulfilling and time-limited volunteer opportunity to support those in the congregation who are taking their next exciting steps. If you are interested in serving on the Educational Award leadership team, please reach out to Anne Dean ([annepdean@gmail.com](mailto:annepdean@gmail.com)).
- **Today: Lenten Study: UMC 101** – *Sundays through March 22, 12:00-1:00 PM in Room 109*. Pastor Joey offers this adult study during Lent. Each week has a different focus, so new attendees are welcome at any time! This is the perfect class for folks discovering our church, long-time members, and anyone interested in diving into what it means to be United Methodist. A light soup lunch will be served.
- **Today: Lenten Devotional** – Visit the table in the Narthex to pick up this year's free devotional guide with scripture, prayers, artwork, and music from A Sanctified Art. This year's Lenten guide "Tell Me Something Good" focuses on the experience of Lent as a time to study Jesus, and reminds us of the good news of his life and ministry, radical welcome, and inspiring teachings.
- **Today: SPY** – *Sunday, March 1, 7:00-8:30 PM*. St. Paul's Youth is for everyone in grades 6-12. Join us in the MultiPurpose Room for fellowship, fun activities, Bible study, and food! Our group will attend the IGNITE youth conference in Ocean City MD, March 21-22. Late registration is still available – contact Megan Montgomery as soon as possible to be added to the trip ([megan.w.montgomery@gmail.com](mailto:megan.w.montgomery@gmail.com)).

- **Today: Community News - Brookewood School Play** – *Sunday, March 1, 2:00 PM*. Our tenant, the Brookewood School, presents their winter Players Guild production of *Much Ado About Nothing* in the Fellowship Hall. Free and open to the public, donations appreciated. Please be patient if you are parking near the church at that time!
- **This Week: Pancake Breakfast** – *Saturday, March 7, 8:00-10:30 AM*. Come to the Fellowship Hall on the first Saturday each month to join friends and neighbors for pancakes, scrambled eggs, sausage, grits, fruit, beverages, and a specialty treat. Please make a goodwill donation at the door (suggested \$8 per adult or \$20 for a family of four) – all proceeds benefit local charities.
- **Next Week: Daylight Saving Time!** – *Sunday, March 8*. Make sure to “spring forward” an hour on your clocks when you go to bed on Saturday night (unless you plan to be awake at 2:00 AM on Sunday when the time change officially happens!).
- **This Month: An Evening of Biblical Storytelling** – *Monday, March 16, 7:00 PM*. Please join Meg Baker and friends for this rich experience of seeing and hearing the story of the Book of Esther told. This event is brought to you by Voices of the Heart, the Metro-DC Guild of the Network of Biblical Storytellers International (NBSI). To join the Zoom presentation, go to <https://tinyurl.com/5n8jpu6a>. For more information, please contact Meg Baker at [megbaker@verizon.net](mailto:megbaker@verizon.net). To learn more about the NBSI, visit the organization’s website at [www.nbsint.org](http://www.nbsint.org).
- **This Month: Taste & Sing** – *Tuesday, March 17, 12:00-1:30 PM*. Come to the Octagon for this monthly hymn sing with Tom Pedersen and Erin Steele. Feel free to request your favorites! Stay for a short program about the stories behind our worship songs, then enjoy fellowship over a tasty lunch prepared by Ginny Hagberg (\$5 donation).
- **Next Month: Let there be Light!** – *Saturday, April 4, 8:00-10:30 AM*. Folks from Montgomery County Energy Connection, a program of the Montgomery County Department of Environmental Protection, will be at St. Paul’s Pancake Breakfast in April to conduct a lightbulb exchange! Lighting accounts for about 12% of an average home’s electricity use. Making the switch to LEDs is an easy way to lower your energy bills and keep money in your pocket. Bring in your used incandescent or compact fluorescent light bulbs and exchange them for up to three free energy efficient LEDs. You can also drop off additional used CFL, LED, or incandescent bulbs for recycling. Questions? Contact Anne Rush ([annesprush@gmail.com](mailto:annesprush@gmail.com)).
- **This Month: Pasta Sauce in Plastic Jars!** – This month our donation focus is: *pasta sauce – in plastic!* It’s easy to find glass jars, but those break in transit and create a hazard (and a mess!) for recipients and volunteers. Please help by looking for plastic jars of pasta sauce. We gratefully accept other non-perishables in the bins in the Narthex. Please make sure containers are in good condition and have not passed their use-by/sell-by date. Through your help, we continue to serve 160 households in our

ZIP code every month. We never ask our recipients about their employment or family status. We simply welcome hungry neighbors and provide them with grocery resources. Thank you for making this possible! To find out about volunteer opportunities, please reach out to Mr. Pat Maloney at [hunger@stpaulsk.org](mailto:hunger@stpaulsk.org).

- **Ongoing Activities** – *Please contact group leaders directly to confirm meeting times!*
  - **Sanctuary Choir** – *Most Sundays*. Open to grade 7 and up and adult singers. We rehearse each week at 9:30 AM on Sundays in Room 211 and sing for the 10:30 service. Contact Tom Pedersen ([tpedersen@stpaulsk.org](mailto:tpedersen@stpaulsk.org)).
  - **Children’s Choir** – *Most Sundays, 11:45-12:30*. Children in grades K-6 will meet in the MPR to prepare music to share in worship. Email Ms. Christina Griffin, director, at [childrenschoir@stpaulsk.org](mailto:childrenschoir@stpaulsk.org), for up to date schedules and info.
  - **Yarn Ministry** – *Mondays twice a month, 7:00-8:30 PM*. Bring your knitting, crochet, or other craft project and craft alongside friends in the church library. Contact Karen Codner for meeting info: [KDC811@gmail.com](mailto:KDC811@gmail.com).
  - **Joyful Ringers** – *Wednesdays, 7:00 PM*. A handbell choir for adults that offers fun and fellowship! Contact Tom Pedersen: [tpedersen@stpaulsk.org](mailto:tpedersen@stpaulsk.org)
  - **Prayerwaves** – *Wednesdays, 10:00-10:30 AM*. To pray together by phone, dial 425-436-6326 then enter access code 774042 followed by the # sign. To receive the prayer list by email, please contact Erin at [stpaulsunited@stpaulsk.org](mailto:stpaulsunited@stpaulsk.org).
  - **Sermon Safari** – *Wednesdays, 4:00-5:00 PM*. In this drop-in Zoom study, we watch a video of a sermon by a notable speaker, and then discuss it. Contact Dr. Meg Baker at [megbaker@verizon.net](mailto:megbaker@verizon.net) for the Zoom link.
  - **Still Wednesday** – *Wednesdays, 7:00-8:00 PM*. Still Wednesday gathers in either the Sanctuary or the Octagon for a guided time of poetry, scripture, music, and about 20 minutes of silent prayer. Text/call Marty Bartley at 301-873-6630.
  - **Lydia Circle Sisters** – *Wednesdays once a month, 2:30-4:00 PM*. All ladies are welcome at Lydia Circle gatherings, usually on the first Wednesday of the month. Contact Susan Schwarz at 301-339-8242 or [susan10748@aol.com](mailto:susan10748@aol.com).
  - **Bible & Brews** – *Saturday or Sunday, once a month*. Join us at a local restaurant for family-friendly interfaith conversations with Rabbi Adam and neighbors from Temple Emanuel. Full schedule at [stpaulsk.org/community/calendar-events](http://stpaulsk.org/community/calendar-events) or contact Pastor Joey: [joeyhm@stpaulsk.org](mailto:joeyhm@stpaulsk.org).
  - **Pancake Breakfast** – *First Saturday each month*. Meet friends and neighbors and enjoy pancakes, scrambled eggs, sausage, grits, fruit, beverages, and a specialty treat, served 8:00-10:30 AM in the Fellowship Hall. \$20 for a family of four.
  - **Stephen Ministers** – Move through difficult seasons of life with a Stephen Minister by your side. Contact Martha Lipscomb (301-518-1642) to be connected to a trained Stephen Minister.

- **Sanctuary Flower Sponsors** – The flower chart for 2026 is available in the church office! Please add your name to the chart to reserve a date, then fill out a yellow form with dedication information. The cost is \$45.
- **Sipping Ministry** – To host this fellowship time with coffee and snacks, sign up on the office bulletin board and take a “how to host” guide.
- **SAM Meeting** – St. Paul’s leaders will be meeting on the fourth Monday of the month throughout the year to attend to the mission, ministry, and wellbeing of the church. All SAM meetings are open to the public. For questions or to find out about virtual attendance options, please contact SAM Chairperson Bill Stephens (wtstephens@verizon.net).





## SOURCES AND LICENSING

Livestreaming each week at 10:30 AM at [stpaulsk.org/worship/worship-at-home](http://stpaulsk.org/worship/worship-at-home).

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\*\* Prelude: *I Will Meditate on Your Commandments, Which I Loved Greatly*; by Gerald Near, "Lent 2" from *A Liturgical Year for Organ*, Vol. 2, copyright 2012 Aureole Editions.

Call to Worship: *Call & Response: The Abingdon Guidebook for Worship and Preaching*, Year A, 2025-2026. (Nashville TN: Abingdon Press, 2025). Used by permission.

Opening Prayer: Steve Garnaas-Holmes, "Unfolding Light," <https://www.unfoldinglight.net/>. Re-posted on the "re:Worship" blog at <https://re-worship.blogspot.com/2018/05/john-316-prayer-paraphrase.html>.

Hymn: *Blessed Assurance*. Words: Fanny J. Crosby (1873). Music: Pheobe P. Knapp (1873). Public domain.

Bible Reading: *New Revised Standard Version Bible Updated Edition (NRSVUE)*, copyright 2021 National Council of Churches of Christ in the United States of America. Used by permission.

\* Hymn: *Freely, Freely*. Words & Music: Carol Owens (1972). Copyright 1972 Bud John Songs, Inc. (Admin. by Capitol CMG Publishing).

\*\* Offertory: *O Saviour of the World* by John Goss (1903), revised by Will C. MacFarlane, copyright 1930 by G. Schirmer Inc.. All rights reserved.

Doxology: *Praise God, from Whom All Blessings Flow (Old 100th)*. Words: Thomas Ken (1674). Music: Attr. to Louis Bourgeois (1551). Public domain.

\* Hymn: *Lift High the Cross*. Words: George William Kitchin and Michael Robert Newbolt (1916), alt. Music: Sydney Hugo Nicholson (1916). Copyright 1978 by Hope Publishing.

Postlude: *Kyrie II* by J. S. Bach, from *Mass in b minor, BWV 232*, arr. Marvin Mills. Copyright 1992 by Marvin Mills. Used by permission of the composer. All rights reserved.



## LEADING AND SERVING

**Senior Pastor:** Rev. Sheridan Allmond, [sallmond@stpaulsk.org](mailto:sallmond@stpaulsk.org)

**Associate Pastor:** Rev. Joey Heath-Mason, [joeyhm@stpaulsk.org](mailto:joeyhm@stpaulsk.org)

**Music Director:** Mr. N. Thomas Pedersen, [tpedersen@stpaulsk.org](mailto:tpedersen@stpaulsk.org)

**Organist:** Mr. Marvin Mills, [mmills@stpaulsk.org](mailto:mmills@stpaulsk.org)

**Bookkeeping & Facilities:** Ms. Tracey Furman, [tfurman@stpaulsk.org](mailto:tfurman@stpaulsk.org)

**Communications & Administration:** Dr. Erin Bone Steele, [stpaulsunited@stpaulsk.org](mailto:stpaulsunited@stpaulsk.org)

**A/V Team:** John & Biljana Regan

**Children's Choir Director:** Christina Griffin

**Lay Leader:** Anne Dean

**Usher Coordinator:** Nathan Bazawada

**Lay Readers:** Beth Pierce (9:00 AM); Iris Clark (10:30 AM)



*We, the community of St. Paul's United Methodist Church, Kensington, welcome you in love. Jesus Christ accepts all, excluding none. So we welcome and affirm you who are gay, straight, lesbian, bisexual, transgender, or queer. We welcome you without regard to your sexual orientation, gender identity or expression, national origin, culture, race, ethnicity, ability, education, or age. We welcome you no matter your immigration, marital, or economic status. Wherever you are on your spiritual journey, we welcome and affirm you as one of God's children into our community of God's unbounded love. All are celebrated here and all are safe.*





# St. Paul's

United Methodist Church

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