



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

FIFTH SUNDAY IN LENT

9:00 AM & 10:30 AM

MARCH 22, 2026

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.

(* - please stand in body or spirit)

Gathering for Worship

Announcements

Rev. Sheridan Allmond

Prelude (10:30 AM)

I Will Praise You

Gerald Near

*Call to Worship

Lay Reader

Leader: Out of the depths we cry to you, O God.

People: Holy One, hear our voice! Let your ears be attentive to our cry.

Leader: If you, O God, kept account of our sins, who could stand?

People: But with you there is forgiveness; therefore we worship you.

Leader: We wait for the Holy One; in God's word we hope.

**People: Our soul waits for God more than those who watch for the morning,
more than those who watch for the dawn.**

Leader: O people, hope in God! For with God there is steadfast love;
with God there is great power to redeem.

People: It is you, God, who redeems us! We thank you, and we worship.

Opening Prayer

Lay Reader

God of mercy, we come to you dry and lifeless, seeking your breath of life. Lead us to the place where our hopes lie buried and call us out from the tombs of despair. Call forth our faith that, with Martha, we may know you to be the resurrection and the life, in this world and the world to come. Amen.

Pastoral Prayer

Rev. Sheridan Allmond

The Lord's Prayer (10:30 AM)

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.

Anthem (10:30 AM)

What Wondrous Love Is This
Joyful Ringers Bells

Brenda E. Austin

Anthem (10:30 AM)

Near the Cross
Joyful Ringers Bells with Strings

arr. Arnold B. Sherman

Proclamation of the Word

Psalm 130 (NRSVUE)

Lay Reader

Pew Bible – Old Testament page 573-574

¹ Out of the depths I cry to you, O LORD.

² Lord, hear my voice!

Let your ears be attentive
to the voice of my supplications!

³ If you, O LORD, should mark iniquities,
Lord, who could stand?

⁴ But there is forgiveness with you,
so that you may be revered.

⁵ I wait for the LORD; my soul waits,
and in his word I hope;
⁶ my soul waits for the Lord
more than those who watch for the morning,
more than those who watch for the morning.
⁷ O Israel, hope in the LORD!
For with the LORD there is steadfast love,
and with him is great power to redeem.
⁸ It is he who will redeem Israel
from all its iniquities.

Leader: This is the Word of the Lord.

People: Thanks be to God.

Response to the Word

*Hymn #534

Be Still, My Soul

Sermon

Rev. Joey Heath-Mason

Invitation to Discipleship & Giving

Rev. Joey Heath-Mason

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. Thank you for supporting St. Paul's work engaging in meaningful worship and vibrant ministry in our community.



Offertory (10:30 AM)

Out of the Depths I Cry Unto You
Sanctuary Choir

Robert Lau

Out of the depths I cry unto you. Lord, hear my voice.
If you but trust in God to guide you with gentle hand through all your ways,
You'll find that God is there beside you when crosses come in trying days.
Out of the depths I cry unto you. Lord, hear my voice.
Trust in God's unchanging love; and build on the rock that will not move.
Out of the depths I cry unto you. Lord, hear my voice.

*Doxology #95

OLD 100TH

The Great Thanksgiving and Communion (9:00 AM)

The Invitation, Confession & Pardon (9:00 AM)

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 (9:00 AM)

The Great Thanksgiving (9:00 AM)

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 (9:00 AM)

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 (9:00 AM)

All communion bread is gluten-free.

Prayer of Thanksgiving (9:00 AM)

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 #357

Just As I Am, Without One Plea

*Benediction and Dismissal

Rev. Joey Heath-Mason

Postlude (10:30 AM)

I. [Allegro]

Vivaldi/Bach

from *Concerto in a minor, BWV 593, after Vivaldi Op. 3, No. 8 RV 522*



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



SANCTUARY FLOWERS

Flowers are given today by **Carlos & Jennifer Falcón**
in celebration of their 29th wedding anniversary.

WORSHIP NEXT WEEK

Sunday, March 29, 2026 – Palm & Passion Sunday

9:00 AM – Worship with Communion

10:30 AM – Worship with Sanctuary Choir

HOLY WEEK AND EASTER WORSHIP

Sunday, March 29: Palm & Passion Sunday, 9:00 & 10:30 AM

Thursday, April 2: Maundy Thursday, 7:30 PM with Sanctuary Choir

Friday, April 3: Good Friday, 7:30 PM with Organ

Sunday, April 5: First Service of Easter: 7:00 AM in Clum-Kennedy Park

Sunday, April 5: Easter Worship, 9:00 & 10:30 AM with Choir, Brass, and Communion
in the Sanctuary



ANNOUNCEMENTS

Weekly News – Visit 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).



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.

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: Funeral for John Brookbank** – *Friday, March 27*. A funeral service celebrating the life and faith of John Brookbank will be held in the Sanctuary of St. Paul's on Friday evening, March 27. The family welcomes friends for a time of visitation at 4:00 PM. The funeral will begin at 5:00 PM, and will be followed by a reception. Please read more at <https://stpaulsk.org/worship/memorials>
- **New: UMCOR Special Sunday** – *Sunday, March 22*. The United Methodist Committee on Relief (UMCOR) provides humanitarian relief when natural disasters or armed conflicts disrupt life to such an extent that communities cannot recover on their own. Because we join our church's designated Special Sunday offerings with those of United Thanks to the Special Sunday offering, 100% of funds donated for disaster relief go directly to disaster relief – because administrative costs have already been covered.

Our offerings join with United Methodist congregations around the world so UMCOR remains strong, from training first responders to emergency logistics to day-to-day operations. Donate by using the Special Sunday offering envelopes in the bulletin today, or mail offerings to the church office. Please make checks payable to St. Paul's UMC and note "Special Sunday: UMCOR" in the memo line. To donate by credit card, visit stpaulsk.org/giving and scroll down for the UMC Special Sunday section.

- **Today: Lenten Study: UMC 101** – *Sunday, March 22, 12:00-1:00 PM in Room 109*. 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. Each week has a different focus, so new attendees are welcome at any time! A light soup lunch will be served. Contact Pastor Joey (joeym@stpaulsk.org) with questions.
- **Today: No SPY** – St. Paul's Youth will not meet today (Sunday, March 22) because we are at the BWC youth conference in Ocean City, MD! We are also taking a break during Palm Sunday & Easter. Join us for the next SPY meeting when we return on April 12, 7:00-8:30 PM. All friends of St. Paul's in grades 6-12 are welcome for fellowship, fun activities, Bible study, and food! Contact Pastor Sheridan (sallmond@stpaulsk.org) with questions.
- **Today: Easter Lily Dedications** – *March 22*. The St. Paul's Sanctuary will be filled with lilies at Easter. Please visit the Lily Volunteers in the Narthex between worship services today to order lilies in-person using cash or check. Online ordering will remain open until March 27; go to stpaulsk.org/worship/lent-and-easter to order by credit card. The cost per plant is \$20. Lily sponsors may make a dedication, in memory or honor of loved ones, which will be shared in our commemorative Lily Bulletin.
- **This Week: Last Call for Egg My Yard!** – *now-March 25*. Wake up on Easter to a yard filled with candy-stuffed eggs from the Easter Bunny! Proceeds from the Egg My Yard Fundraiser support St. Paul's Youth activities. Last day to sign up is Wednesday, March 25!
 - 30 eggs = \$30
 - 50 eggs = \$50
 - 70 eggs = \$70

You must live in Rockville/Silver Spring/Kensington area. To participate, email Rachel Stalcup directly at rachelstalcup@gmail.com or visit stpaulsk.org/worship/lent-and-easter for the sign-up form and payment portal. Please share this with your friends and neighbors, or consider signing up to "egg" another house!

- **Next Week: Easter Egg Hunt Donations!** – *now-March 29*. We're planning now for a happy egg hunt experience on Easter Sunday! Donations of stuffed plastic eggs (no nuts or chocolates, please!) are appreciated! Please drop stuffed egg donations in the box at the church office until March 29. Then, on Easter Sunday, April 5, all children

grades 5 and younger are invited to bring a basket or bag to church to participate in the Egg Hunt following the 10:30 AM worship service. Children will begin in the Octagon and will be escorted by age group to Reinhardt Park, immediately across from St. Paul's front doors, for the egg hunt. To help with the egg hunt, contact Meg Baker at megbaker@verizon.net.

- **Next Month: Taste & Sing** – *Tuesday, April 21, 12:00-1:30 PM*. Come to the Octagon for this monthly hymn sing (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).
- **This Month: 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. "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.
- **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 as well! Make sure containers are in good condition and have not passed their use-by/sell-by date. Through your help, we serve over 160 households each month. To find out about volunteer opportunities, please reach out to Mr. Pat Maloney at hunger@stpaulsk.org.
- **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 (annesrush@gmail.com).
- **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).
 - **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, 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.
- **Joyful Ringers** – *Wednesdays, 7:00 PM.* A handbell choir for adults that offers fun and fellowship! Contact Tom Pedersen: 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.
- **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 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.
- **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 or contact Pastor Joey: 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. To confirm meeting dates, ask questions, or to find out about virtual attendance options, 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.

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LEADING AND SERVING

Senior Pastor: Rev. Sheridan Allmond, sallmond@stpaulsk.org

Associate Pastor: Rev. Joey Heath-Mason, joeyhm@stpaulsk.org

Music Director: Mr. N. Thomas Pedersen, tpedersen@stpaulsk.org

Organist: Mr. Marvin Mills, mmills@stpaulsk.org

Bookkeeping & Facilities: Ms. Tracey Furman, tfurman@stpaulsk.org

Communications & Administration: Dr. Erin Bone Steele, 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); Ryan Lipford (10:30 AM)

Guest Musicians: Hilde Singer, Violin I; Christine Showalter, Violin II;
Amy Stennett Smith, Cello



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

Journeying Together Since 1885