



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

THIRD SUNDAY IN LENT

9:00 AM & 10:30 AM

MARCH 8, 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. Joey Heath-Mason

Prelude (10:30)

He Who Brings Water

Gerald Near

*Call to Worship

Lay Reader

Leader: Come, let us worship God!

People: Let us make a joyful noise to the rock of our salvation!

Leader: Come, let us worship our Shepherd!

People: We are the sheep of God's pasture, and we follow where God leads us.

Leader: Come, let us open our hearts!

People: We receive God's love poured into our hearts through the Spirit.

Leader: Come, let us worship God, the rock of our salvation!

People: Let us worship God, whose mercy guides and sustains us on the path of new life!

*Hymn #298

When I Survey the Wondrous Cross

Opening Prayer

Lay Reader

Eternal God, from the beginning of time, you have called your children into communion with you. Yet we confess that like all the rest, we have turned to our own way and refused your love and grace. Restore us to the joy of knowing you and of recognizing your reign among us, through Jesus Christ, bringer of your good news. Amen.

Pastoral Prayer

Rev. Joey Heath-Mason

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.

Proclamation of the Word

Exodus 17:1-7 (NRSVUE)

Lay Reader

Pew Bible – Old Testament page 64

¹From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. ²The people quarreled with Moses and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" ³But the people thirsted there for water, and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" ⁴So Moses cried out to the LORD, "What shall I do for this people? They are almost ready to stone me." ⁵The LORD said to Moses, "Go on ahead of the people and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile and go. ⁶I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. ⁷He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

Leader: This is the Word of the Lord.

People: Thanks be to God.

Response to the Word

*Hymn #413

A Charge to Keep I Have

Sermon

Rev. Sheridan Allmond

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



Offertory (10:30 only)

How Can I Keep from Singing?
Sanctuary Choir

Leo Nestor

My life flows on in endless song above earth's lamentation.

I hear the clear though far-off hymn that hails a new creation.

Refrain: No storm can shake my inmost calm while to that rock I'm clinging.

Since Love is Lord of heaven and earth, how can I keep from singing?

Through all the tumult and the strife, I hear that music ringing.

It finds an echo in my soul. How can I keep from singing? (*Refrain*)

What though my joys and comforts die? I know my Savior liveth.

What though the darkness gather round? Songs in the night he giveth. (*Refrain*)

The peace of Christ makes fresh my heart, a fountain ever springing!

All things are mine since I am his! How can I keep from singing? (*Refrain*)

*Doxology #95

OLD 100TH

*Prayer of Dedication

Rev. Joey Heath-Mason

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 #130

God Will Take Care of You

*Benediction and Dismissal

Rev. Sheridan Allmond

Postlude (10:30 only)

3. *Fuga*

J. S Bach

from *Concerto in d*, BWV 596 (arr. Op. 3, No. 11 by Vivaldi)



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



JOY

The special flower on the altar is given today to celebrate the birth of

Sydney Saglio

daughter of **Alice Graham & Eric Saglio**, granddaughter of **Grace Graham**.

SANCTUARY FLOWERS

Flowers are given today by **Rick Bond** and family,
in loving memory of the March birthdays of his parents **John & Carolyn**.

WORSHIP NEXT WEEK

Sunday, March 15, 2026

9:00 AM – Worship with Communion

10:30 AM – Worship with Sanctuary Choir



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! Easter Lily Dedications** – *now-March 27*. The St. Paul's Sanctuary will be filled with lilies at Easter. Lily sponsors may make a dedication, in memory or honor of loved ones, which will be shared in our commemorative Lily Bulletin. The cost per plant is \$20 and you may take your plant home following the 10:30 AM worship service on Easter Sunday. Online ordering using a credit card is available at <https://stpaulsk.org/worship/lent-and-easter> and in-person ordering using cash or check will be available by visiting the Lily Volunteers in the Narthex between worship services on March 8, 15, and 22.

- **New! Egg My Yard Is Back!** – *now-March 25*. How would you like to wake up on Easter to a yard filled with candy-stuffed eggs from the Easter Bunny? We can make it happen! Proceeds from the Egg My Yard Fundraiser support St. Paul's Youth activities.
 - 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. Once you've submitted the form, one of the volunteers will confirm your order and send payment instructions. Your Easter eggs will be delivered either Friday or Saturday night before Easter (based on your preference). Please share this with your friends and neighbors, or consider signing up to "egg" another house! Last day to sign up is Wednesday, March 25.

- **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 8, 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. Contact Megan Montgomery (megan.w.montgomery@gmail.com) with questions about the trip.
- **Next Week: 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. To learn more about the NBSI, visit the organization's website at www.nbsint.org.
- **Next Week: 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).

- **This Month: Funeral for Bob Arthur** – *Saturday, March 21, 1:00 PM*. A funeral service celebrating the life and faith of Robert Stanley “Bob” Arthur will be held at St. Paul’s on March 21 at 1:00 PM in the Sanctuary, followed by refreshments and a time of visitation with the family in the Octagon. Please read more at <https://stpaulsk.org/worship/memorials>
- **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).
- **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! Pick up a flyer with the list of items needed monthly for donation ideas. Please make sure containers are in good condition and have not passed their use-by/sell-by date. Through your help, we now serve over 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.
- **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. 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.

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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: Deanna Hodgson (9:00 AM); Deb Harris (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

Journeying Together Since 1885