

WELCOME



Poolesville Memorial United Methodist Church

17821 Elgin Rd. / PO Box 358, Poolesville MD 20837

301-349-2010 | office@pmumc.org

www.PMUMC.org

First Sunday in Lent—February 22, 2026
Worship Service—7 pm



“The Free Gift”



A special welcome to our guests today! Your visit is a blessing and we are glad you are here! As we gather, take time to relax and prepare your heart to listen for God through today's time of prayer, song, and scripture study.

* = Please stand in your heart or posture.

UMH = United Methodist Hymnal. **TFWS** = The Faith We Sing.

Italicized, BOLD Text = recite out loud

GREETERS—Joan Carroll

PRE-SERVICE MUSIC—*Reflection on 'Bryn Calfaria'*

by Owen/Vaughn
Williams/Wagner
Linda Custer

WORSHIP SERVICE

ACOLYTE—Grace H.

WELCOME—Introductions and Prayer

Rev. Timothy Dowell

PRELUDE MUSIC— *Reflection: When I Survey the
Wondrous Cross*

by Darwin Wolford
Linda Custer

***CALL TO WORSHIP**

led by Pam Flick

LEADER: Through one man, Adam, sin entered the world, and death through sin.

PEOPLE: ***But through one man, Jesus Christ, grace has overflowed to many.***

LEADER: The first Adam fell in the garden.

PEOPLE: ***The Second Adam stood firm in the wilderness.***

LEADER: Where sin increases,

PEOPLE: ***grace increases all the more.***

LEADER: Come, let us worship the One who conquers temptation,

PEOPLE: ***the Lord whose righteousness brings life.***

***OPENING PRAYER**

led by Pam Flick

Righteous and gracious God, we confess that we know the pull of temptation and the weight of sin. Yet we praise you for Jesus Christ, who stood strong where Adam fell, who resisted where we have yielded, and whose obedience brings us life. As we worship today, strengthen us in our weakness, steady us in our testing, and fill us with the grace that overcomes sin. Through Christ our Lord, Amen.

*OPENING HYMN—<i>Grace Greater Than Our Sin</i>	UMH 365
CHILDREN’S MOMENT	Betty King
FIRST READING—<i>Romans 5:12-19</i> This is the word of the Lord. <i>Thanks be to God.</i>	Scott McGrew
ANTHEM—<i>Amazing Grace My Chains Are Gone</i> Bell Choir	arr by Linda Lamb Becky Smalley
SECOND READING—<i>Matthew 4:1-11</i> This is the word of the Lord. <i>Thanks be to God.</i>	Rev. Timothy Dowell
MESSAGE—<i>The Free Gift</i>	Rev. Timothy Dowell
*HYMN OF RESPONSE—<i>And Can It Be that I Should Gain</i>	UMH 363
JOYS AND CONCERNS	Rev. Timothy Dowell
OFFERING—(offering plate in Spurrier Hall)	Rev. Timothy Dowell
*DOXOLOGY—<i>Praise God from Whom All Blessing Flow</i>	UMH 95
*THE LORD’S PRAYER	UMH 895
*CLOSING HYMN—<i>Amazing Grace</i>	UMH 378
*BENEDICTION	Rev. Timothy Dowell
POSTLUDE MUSIC—<i>Variations on the tune ‘Heinlein’</i> <i>(Forty Days and Forty Nights)</i>	by Henry Marcellus Higgs Linda Custer



THANK YOU to all those that planned, attended, and enjoyed last week’s Soup/Sing!



- Can you provide and deliver a meal for a neighbor?
- Would you like to be a Greeter once in a while?
- Is your heart being pulled to make a dish or serve at the Frederick Rescue Mission?

Please visit our Sign Up Genius page at www.SignUpGenius.com. From there you can “Search for a Sign Up” by putting in our “office@pmumc.org” email address. All of our active Signups will show up. Thank you in advance for your help!

UPCOMING HAPPENINGS

Sun – Feb 22 1st Sunday in Lent	9:15 - 10:15 am 9:15 - 10:15 am 10:15 - 11:45 am 10:30 - 11:30 am	Sunday School (Adult, Child/Youth)- Rms 2, 3, 4, 6 Chancel Choir Rehearsal - Rooms 8 then Sanctuary Nursery- Room 5 Worship Service w/Children’s Moment-Sanc/YouTube
Mon – Feb 23	5:30 - 6:30 pm 5:30 - 6:30 pm 7 - 8:30 pm 7 - 8:30 pm	Daisy Girl Scout Groop #32238 Meeting– Room 3 Girl Scout Troop #32066 Meeting– Room 1 Bell Choir Rehearsal– Sanctuary/Spurrier Hall Grief Group– Room 6
Tue – Feb 24	10:30 - 11:30 am 12 - 2 pm 7 - 8:30 pm	Tai Chi—Poolesville Seniors– Fellowship Hall Infestation Control Quarterly Service– Entire Bldg Christian Education Meeting– Room 6
Wed - Feb 25	9 - 10 am 7:30 - 9 pm	Body Sculpting—Poolesville Seniors– Fellowship Hall Chancel Choir Rehearsal– Sanctuary/Room 8
Thu – Feb 26	9 am - 5 pm 9:15 - 9:45 am 7 - 8 pm 7 - 8 pm 7 - 8:30 pm	Mobile Health Clinic/LCSW Therapy-WUMCO- PL/NARK Blue Heron Take It with You Tai Chi- PS–Fellow Hall Review/Preview with Pastor Tim– via ZOOM Zumba– Fellowship Hall Independent Order of Odd Fellows #97 Meeting– Rm 6
Fri - Feb 27	5 - 8 pm	Prep for Party– Fellowship Hall
Sat – Feb 28	10 am - 8 pm 1 - 4 pm 3 - 6:30 pm	Private Party– Fellowship Hall The Friendly Thrift Shop– Onsite Frederick Rescue Mission- Onsite
Sun – Mar 1 2nd Sunday in Lent	9:15 - 10:15 am 9:15 - 10:15 am 10:15 - 11:45 am 10:30 - 11:30 am	Sunday School (Adult, Child/Youth)- Rms 2, 3, 4, 6 Chancel Choir Rehearsal - Rooms 8 then Sanctuary Nursery- Room 5 Worship Service w/Children’s Moment-Sanc/YouTube
Mon – Mar 2	9 -11:30 am 5:30 - 6:30 pm 5:30 - 6:30 pm 7 - 8:30 pm 7 - 8:30 pm	Caregivers Support Group Meeting– CANCELLED Daisy Girl Scout Groop #32238 Meeting– Room 3 Girl Scout Troop #32066 Meeting– Room 1 Bell Choir Rehearsal– Sanctuary/Spurrier Hall Grief Group– Room 6
Tue – Mar 3	10:30 - 11:30 am 7 - 8 pm	Tai Chi—Poolesville Seniors– Fellowship Hall Men’s Group Meeting– Room 6
Wed – Mar 4	9 - 10 am 7:30 - 9 pm	Body Sculpting—Poolesville Seniors– Fellowship Hall Chancel Choir Rehearsal– Sanctuary/Room 8

UPCOMING HAPPENINGS - CONTINUED

Thu – Mar 5	9 am - 5 pm 9:15 - 9:45 am 6:30 - 9 pm 7 - 8 pm 7 - 8 pm	Mobile Health Clinic/LCSW Therapy-WUMCO- PL/NArk Blue Heron Take It with You Tai Chi- PS-Fellow Hall Poolesville Day Committee Meeting- Rm 6 Review/Preview with Pastor Tim- via ZOOM Zumba- Fellowship Hall
Fri – Mar 6	7 – 8:30 pm	Line Dancing-Poolesville Seniors- Fellowship Hall
Sat – Mar 7	1 - 4 pm	The Friendly Thrift Shop- Onsite
Sun – Mar 8 3rd Sunday in Lent	9:15 - 10:15 am 9:15 - 10:15 am 10:15 - 11:45 am 10:30 - 11:30 am 3 – 4:30 pm	Sunday School (Adult, Child/Youth)- Rms 2, 3, 4, 6 Chancel Choir Rehearsal - Rooms 8 then Sanctuary Nursery- Room 5 Worship Service w/Children's Moment-Sanc/YouTube Senior Girl Scout Troop #32009 – Room 1



Poolesville Seniors! - Open to All (*mandatory registration*) 301-875-7701

REGULAR EVENTS: Ping Pong, Walking, Seniors at Barre, Pickleball, Tai-Chi, Bridge, Zumba Gold, Golf Social at Crossvines, Knitting & Crocheting Instruction & Support, Trivia Game Night, Mahjong, Hip Hop, County Line Dancing, Chair One Fitness, Trail Hikes, Book Club, etc.!

Below is just a sampling - check out www.PoolesvilleSeniors.org to view all!

Feb 24 – **Current Tax Changes** - 7-8 pm

Feb 25 – **Enjoying European Travel with Barbara Paulson** - 7-9 pm

Feb 26 – **An Invitation to Dine Out for Single Seniors: Firebirds Grill**- 5:30-6:30 pm

Feb 27 – **Line Dancing with Ashley Kelch** - 7-8:30 pm



Problems with money? Debtors Anonymous can help. DA Meetings are held throughout the DMV and on Zoom. Visit www.debtorsanonymousdc.org for details.

SCHEDULE	March 1 2 nd Sunday in Lent <i>Communion/Chancel Choir</i>	March 8 3 rd Sunday in Lent <i>Chancel Choir</i>	March 15 2 nd Sunday in Lent <i>Bell Choir</i>
Liturgist	Pam Flick Nicole Lewis	Eleanor Bateman Beth Parker	Kirsten Lewis Betty Jean Selby
Acolyte	Isabel S.	Grace H.	Knox H.
Greeters	<i>Available</i>	Craig Winning Lillian Winning	<i>Available</i>

**Starting March 8, our Chancel Choir will share the Cantata,
 "Upon This Rock" - a musical interpretation of Peter's call and passion.**

Sun., 3/1	10:30am	SECOND SUNDAY IN LENT Worship Service w/Communion
Sun., 3/8	10:30am	THIRD SUNDAY IN LENT Worship Service <i>"What Is Your Passion"</i>
Sun., 3/15	10:30am	FOURTH SUNDAY IN LENT Worship Service <i>"Walkin Cross the Sea"</i>
Sun., 3/22	10:30am	FIFTH SUNDAY IN LENT Worship Service <i>"Upon This Rock"</i>
Sun., 3/29	10:30am	PALM/PASSION SUNDAY Worship Service <i>"Pray with Me at Gethsemane"</i>
	11:30am	Church Family Easter Party-Potluck, Craft, Story, Egg Hunt
Thu., 4/2	7pm	HOLY THURSDAY Worship Service w/Communion <i>"Didn't I Deny Him and Were You There"</i>
Sun., 4/5	10:30am	EASTER SUNDAY Worship Service w/Communion <i>"The Empty Tomb"</i>

Lent, Holy Week & Easter Schedules

Love yourself through Lent

In a really challenging season why not focus on self-care this Lent. Here are 40 self-care ideas to choose from, why not pick one each day and give yourself a boost of positivity.

- Listen to a favourite song.
- Light a candle.
- Cook your favourite meal.
- Go for a walk.
- Watch a favourite film.
- Open a window and breath deeply!
- Build a nest and snuggle up!
- Take a bath.
- Drink a glass of water.
- Get into your pyjamas early!
- Read a Psalm.
- Read a book.
- Have a nap.
- Enjoy a hot drink.
- Pray.
- Phone a friend.
- Write down your worries and bring them to God in prayer.
- Count your blessings.
- Turn off your phone for an hour.
- Say "I love you" to somebody.
- Get creative, draw or write something.
- Go to bed early!
- Put on some music and dance like nobody is watching!
- Bake something.
- Buy yourself a treat.
- Look through old photos.
- Write a letter.
- Put on an outfit that makes you feel good about yourself.
- Make your bed.
- Hug a pillow.
- Talk to a plant.
- Watch a funny video.
- Say "no" to something.
- Try a new hobby.
- Sing as loudly as you can!
- Visit an art gallery or museum online.
- Stretch!
- Look for pictures in the clouds.
- Pause and listen to God's voice.
- Have a lie in.

Confirmation

Confirmation Class—A Journey of Faith for Youth

A long awaited Confirmation Class is being offered. Confirmation is an opportunity for youth

to explore the Christian faith, ask honest questions, and decide for themselves what it means to follow Jesus Christ within the United Methodist tradition.

Who Is Confirmation For? - Confirmation is open to **all middle & high school youth** who want to learn more about Christian faith and the church.

What Is Confirmation? - Confirmation is a **12-week class** that helps youth:

- Learn the basics of Christian faith and Methodist beliefs
- Understand worship, prayer, and the sacraments
- Explore what it means to belong to Poolesville Memorial UMC
- Build relationships with mentors and peers

Confirmation is **not a test** and there are no “right answers”—questions are encouraged.

What Will Youth Do?

- Read and discuss Scripture
- Learn how the United Methodist Church understands grace and discipleship
- Participate in worship and service
- Reflect on their own beliefs and faith journey

At the end of the process, youth may choose to:

- Publicly profess their faith and become professing members of the church, **or**
- Continue exploring faith without pressure

When & Where - Sunday School hour (9:15-10:15) in Rm 2. **Dates and topics:**

2/22—You Belong Here	4/12—Sin, Forgiveness, and New Life
3/1—Our Story: God’s & PMUMC’s	4/19—The Church: Why It Matters
3/8—The Bible: A Living Book	4/26—Worship & Sacraments
3/15—God: Bigger than We Can Explain	5/3—Prayer and Christian Practices
3/22—Jesus: God with Us	5/10—Faith in Action
3/29—Grace: God’s Love Comes First	5/17—Saying “Yes” Confirmation Prep
4/5—Easter	5/24—Confirmation Sunday—Pentecost

Parent & Family Involvement—Parents/guardians are partners in this journey and invited to:

- Support conversations at home
- Attend an orientation meeting
- Celebrate Confirmation Sunday

Interested/Have Questions?- Please contact **Pastor Tim** at pastortim@pmumc.org or **443-206-4949**. We look forward to walking alongside your youth as they explore faith, belonging, and discipleship.

Poolesville Memorial's



PERSONNEL & CONTRIBUTORS TO WORSHIP

PASTOR - Rev. Timothy A. Dowell

ORGANIST - Linda Custer

MUSIC DIRECTOR - Janet Hartz

WORSHIP CMTE CHAIR - Priscilla Lyon

CHANCEL CHOIR - Janet Hartz (Director), Eleanor Bateman, Tim Dowell, Chris Giarratano, Wendy Huff, Steve Krasner, Priscilla Lyon, David Melton, Tim Melton, Walter Moskwa, Marty Pauley, Roger Powers, Betty Jean Selby, Becky Smalley, Erin Smeller, Madelon Stone

BELL CHOIR - Becky Smalley (Director), Jennifer Fielder, Jim Hardter, Janet Hartz, Cindy Heivilin, Kirsten Lewis, Nicole Lewis, Priscilla Lyon, Beth Parker, Kevin Schramm, Corrine Selby, Isabel Smalley

ACOLYTES - Kirsten Lewis (Coord.), Grace H., Knox H., Nicole L. (Head Acolyte), Sam L., Isabel S.

ALTAR GUILD/SACRAMENT STEWARD - Janet Spiker, Jenny Rivenbark (Alt)

CHILDREN'S MOMENT - Betty King

HEAD USHER - Dr. Robert Spiker

VISUAL ARTS - Dianna McGrew, Jenny Rivenbark, Janet Spiker,

AUDIO/VIDEO - Tim Melton (Coordinator), Nicole Lewis, Kevin Schramm

CHURCH COORDINATOR - Shirley Prasada-Rao

CUSTODIAN - Ximenia "Patricia" Murdock

EVENT MONITOR - Linda Self

NURSERY - Cynthia Cook, Stephanie Parker, Julie Seger

OFFICE INFO

OFFICE HOURS

Mon-Fri, 12-3pm, and by appointment

PASTORAL APPOINTMENTS

Please contact the office at 301-349-2010, office@pmumc.org, or visit www.pmumc.org

PHONE MESSAGES

Voicemails are sent electronically to emails

EMERGENCIES

For immediate pastoral care, please email PastorTim@PMUMC.org

GIVING

AVERAGE WEEKLY GIVING (last 8 weeks)
\$8,491.63

WAYS TO GIVE:

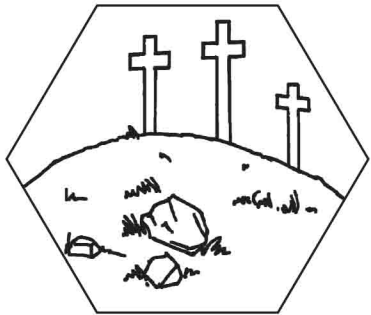
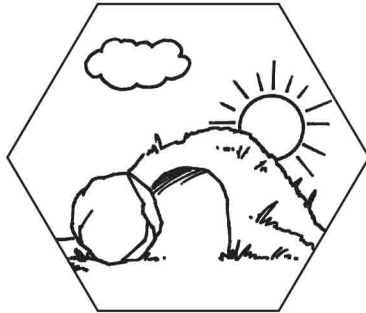
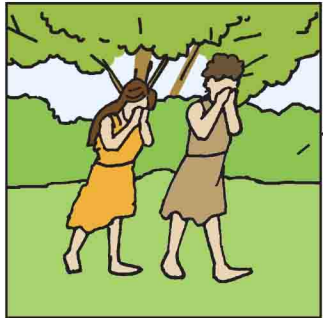
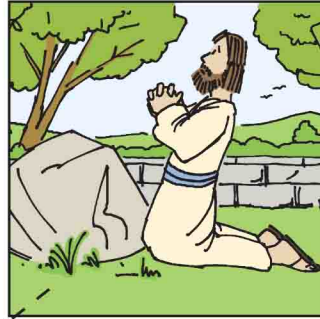
- **ENTERING/EXITING WORSHIP** - Place in Offering Plate in Spurrier Hall
- **MAIL** to Memorial's PO Box 358
- **DROP** in Memorial's secured mailbox next to main entrance on side of building
- **SEND ELECTRONICALLY** via PMUMC.org

PURPOSE



We were made sinners through Adam,
but will be made righteous through Christ.

Match the shapes to connect the opposite pictures.



Children's Worship Bulletin™



Ages 3+

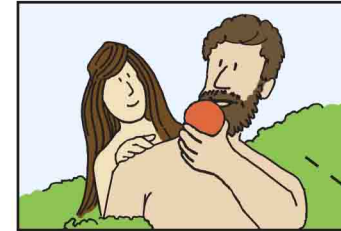
February 22, 2026 • Romans 5:12-19

Life Through Christ

Sin and death entered
the world when Adam disobeyed God.

Match and put the pictures in order.

Eve tempted
Adam to sin.



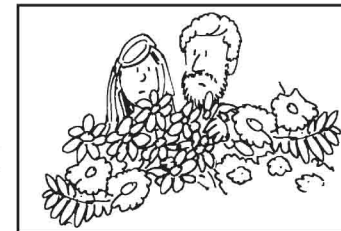
1

The serpent
tempted
Eve to sin.



2

They felt
ashamed
because they
had disobeyed
God.



3

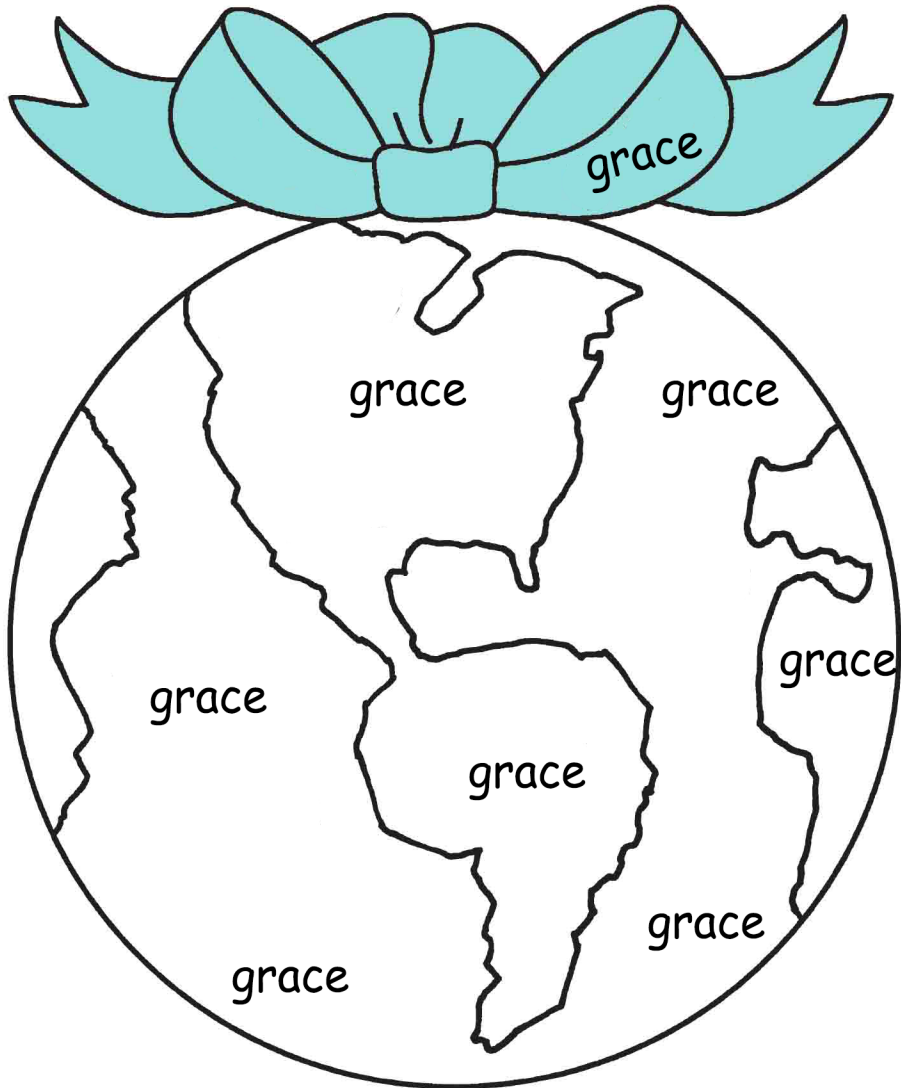
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God gave the world the gift of His grace.

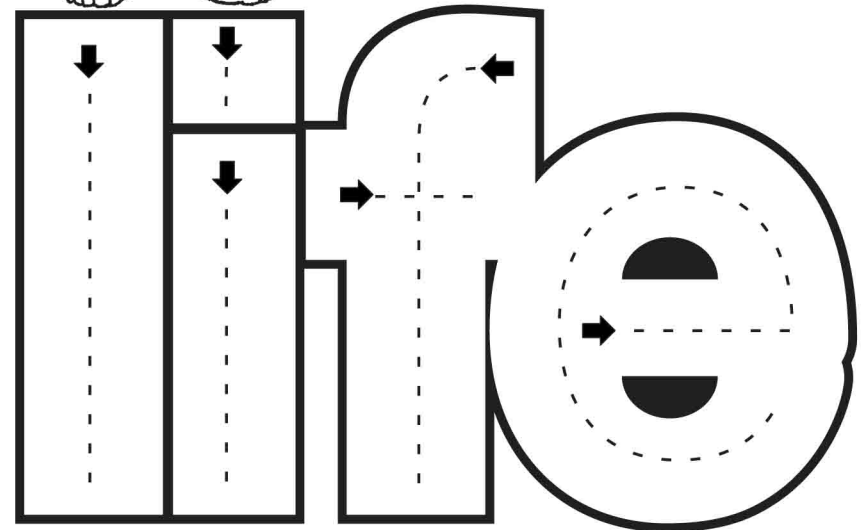
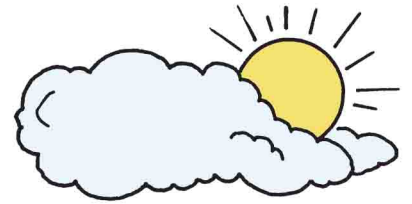
Circle the word "grace" each time you find it below. Then count the words and trace the correct number.

7 or 8 ?



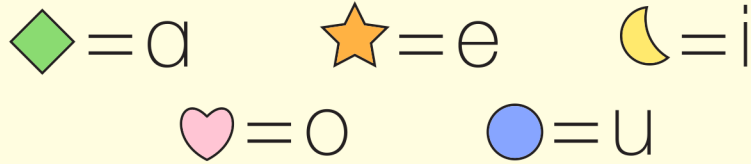
Through the obedience of Christ came life.

Trace the bubble letters. Start at the → .



It was Satan who tempted Jesus.
Jesus told him to leave.


Use the code to write the missing letters.



Jesus quoted the Scriptures and said,

“W_rsh_p th_

L_rd y_r G_d



nd s_rv_

H_m_nly.”

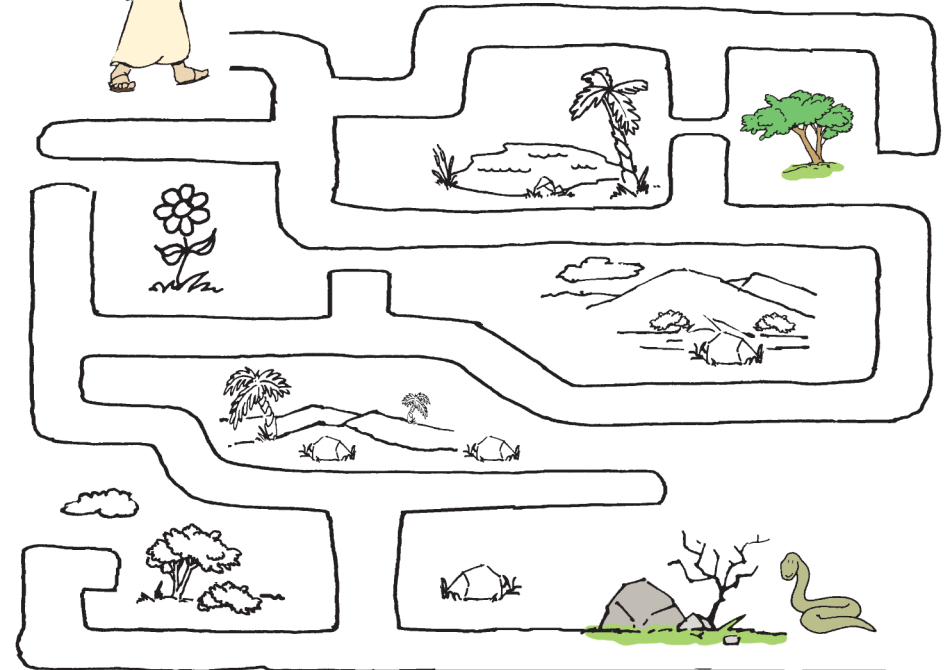
The devil left and
angels attended to Jesus.



The Temptations of Jesus

Jesus was led by the
Holy Spirit into the wilderness.

Help Jesus get to the wilderness.

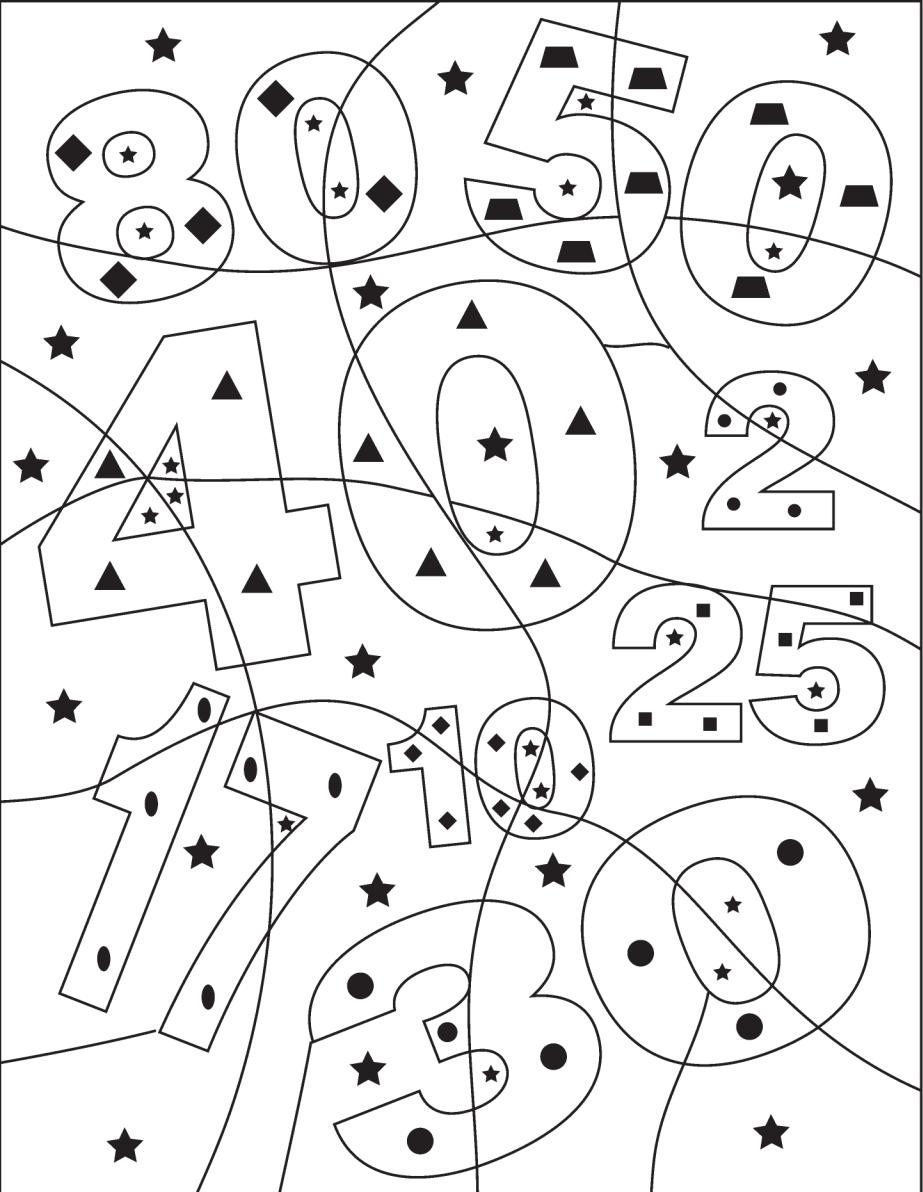


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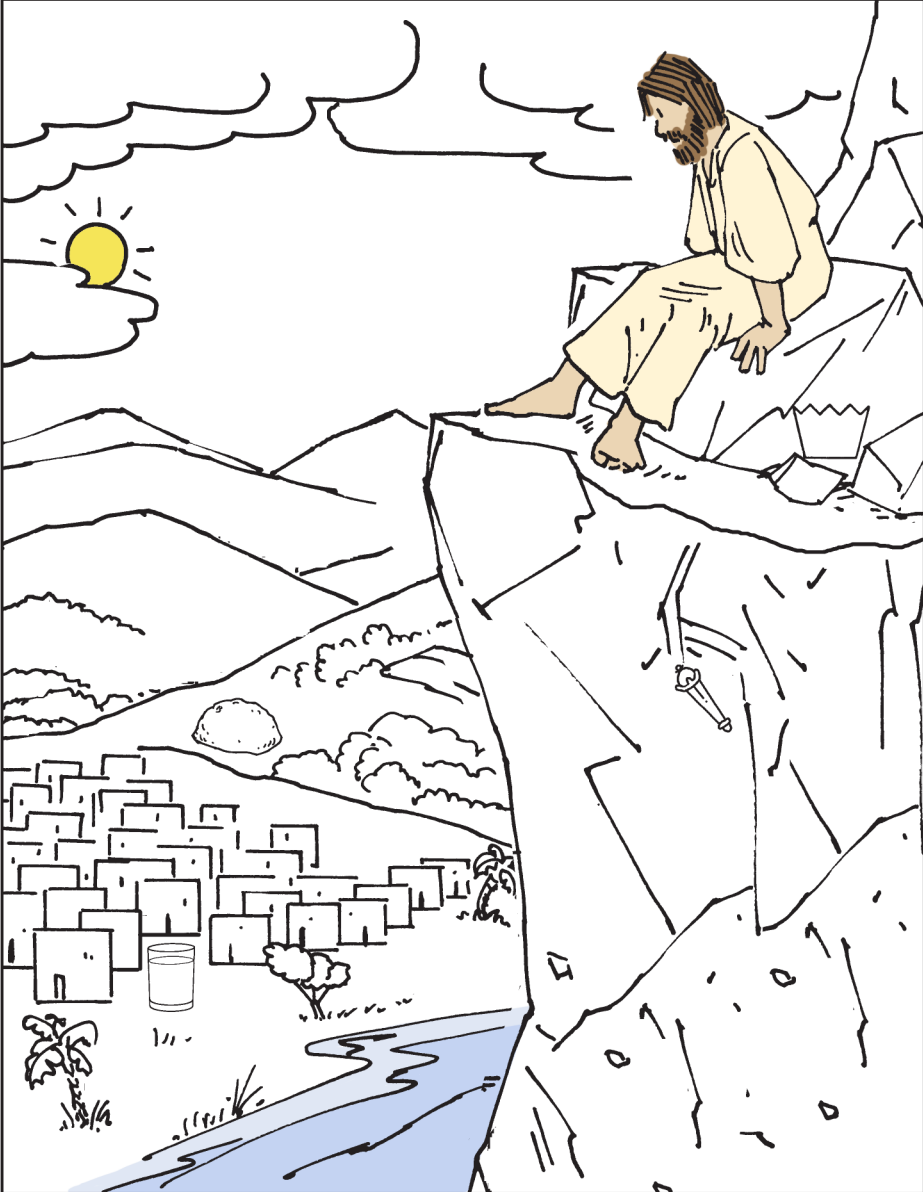
Jesus fasted many days,
and He was very hungry.

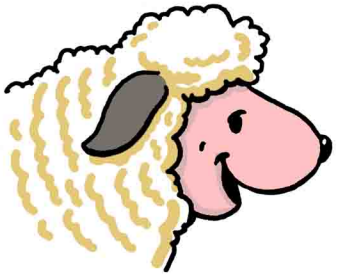
How many days was Jesus tempted in the wilderness? Shade in the shapes with a ▲.



Jesus was tempted,
but He did not do wrong.

Find the hidden objects.





What is God's promise about sin, life through Christ and righteousness?



To complete the passage below, fill in the missing vowels in order.

O U A O U E I O E I E E O E O E A E A E E A E I
 E O A O O U E O E I E E O O E A E A I E A E I E O U

Just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people.

F _ R J _ S T _ _ S T H R _ _ G H T H _
 D _ S _ B _ D _ _ N C _ _ F T H _ _ N _
 M _ N T H _ M _ N Y W _ R _ M _ D _
 S _ N N _ R S , S _ _ L S _ T H R _ _ G H
 T H _ _ B _ D _ _ N C _ _ F _ N _
 M _ N T H _ M _ N Y W _ L L B _
 M _ D _ R _ G H T _ _ _ S .

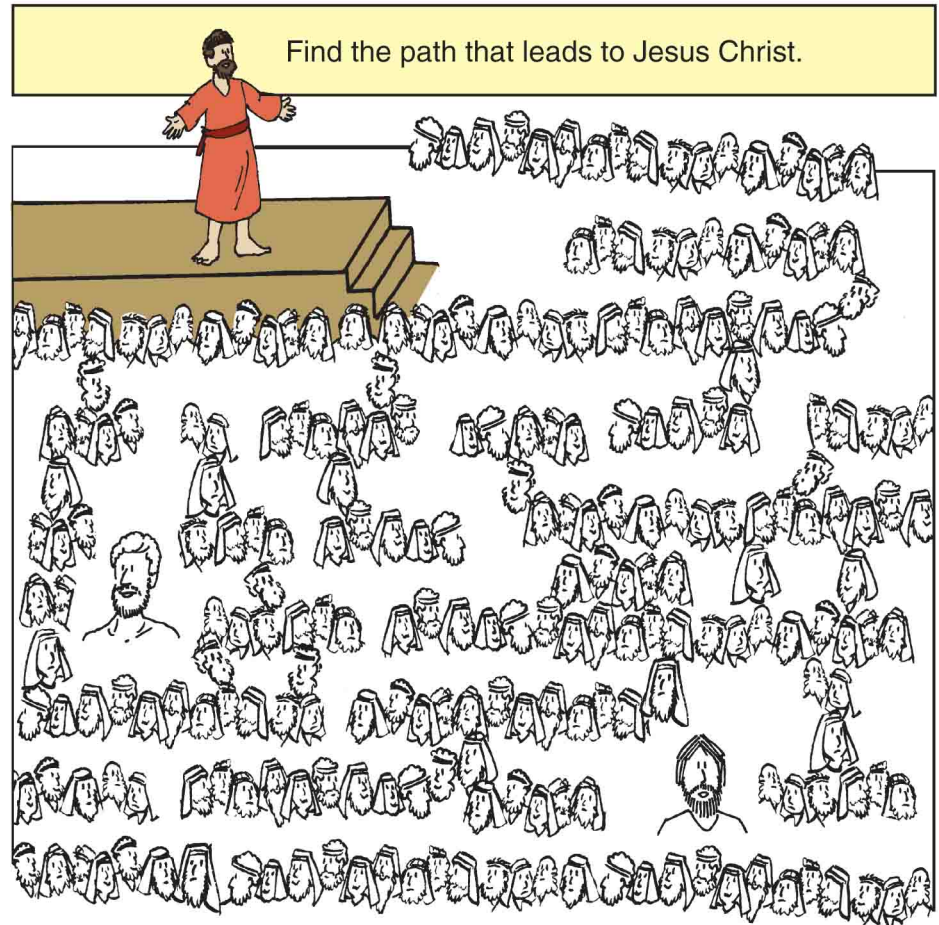
Children's Worship Bulletin™

Ages 7+

February 22, 2026 • Romans 5:12-19

Life Through Christ


















Paul contrasts two men: Adam and Jesus Christ.



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TV8599

Many died because one man sinned.
What does the writer say to give us hope?

Use the code to fill in the blanks.

 8+5=___ H	 10+5=___ R	 2+6=___ T	 8+8=___ S	
 5-3=___ G	 9-6=___ E	 4+3=___ D	 3+1=___ M	
 11-5=___ F	 7-2=___ A	 6+5=___ I	 15-3=___ C	 10-9=___ N
 5+9=___ O	 5+4=___ J	 6+4=___ W	 10+7=___ U	

How much $\frac{4}{2}$ $\frac{14}{14}$ $\frac{15}{7}$ $\frac{3}{16}$ $\frac{7}{2}$ $\frac{11}{15}$ $\frac{7}{3}$
,
 $\frac{8}{12}$ $\frac{13}{5}$ $\frac{3}{4}$ $\frac{2}{3}$ $\frac{11}{8}$ $\frac{6}{8}$ $\frac{8}{8}$ $\frac{13}{13}$ $\frac{5}{5}$ $\frac{8}{8}$
by $\frac{12}{8}$ $\frac{5}{13}$ $\frac{4}{3}$ $\frac{3}{3}$
 $\frac{2}{8}$ $\frac{15}{8}$ $\frac{5}{13}$ $\frac{12}{6}$ $\frac{3}{8}$ $\frac{14}{13}$ $\frac{6}{3}$
 $\frac{14}{12}$ $\frac{1}{13}$ $\frac{3}{15}$ $\frac{4}{11}$ $\frac{5}{16}$ $\frac{1}{8}$ $\frac{9}{8}$ $\frac{3}{13}$ $\frac{16}{16}$ $\frac{17}{17}$ $\frac{16}{16}$
, overflow $\frac{8}{8}$ $\frac{14}{14}$
 $\frac{8}{8}$ $\frac{13}{13}$ $\frac{3}{3}$ many!

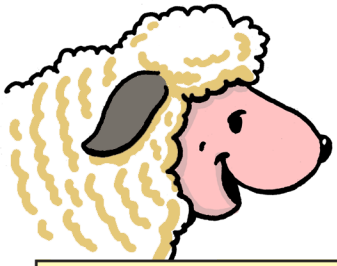
God's abundant gift of grace
brings life through Jesus Christ.

Find the underlined words in the word search below.

For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one Man, Jesus Christ.

m	u	c	h	t	r	e	s	p	a	s	s	t
k	b	l	i	f	e	s	b	h	b	c	d	c
p	r	h	d	m	c	f	o	r	u	f	u	f
r	i	g	h	t	e	o	u	s	n	e	s	s
o	h	r	f	h	i	t	j	p	d	m	t	g
v	n	a	r	o	v	h	o	r	a	v	h	w
i	t	c	s	s	e	e	u	w	n	b	r	i
s	p	e	w	e	p	g	i	f	t	o	o	l
i	d	e	a	t	h	c	y	b	w	n	u	l
o	a	r	e	i	g	n	e	d	v	e	g	h
n	m	d	c	n	m	a	n	e	m	s	h	y





After the devil tested Jesus a third time, Jesus sent the devil away. What did Jesus say?

Find the letters that appear in the box six or more times and cross them out. Write the remaining letters in order on the lines below.

W k o f r b s f h i
 p t b h e k k L o b
 f r d b y f o f b u
 r k G o f d a k n f
 f b d s e r v k e H
 i b m k o b n l k y



“ _____
 _____,

 _____.”

The Temptations of Jesus



Jesus was led by the Spirit into the wilderness to be tempted by the devil. After 40 days, Jesus was hungry and the devil tested Him. What did the devil say?

Copy the words from the numbered rocks.

9 tell	7 of	13 stones	“ 3 11
11 You	2 to	5 the	12 5
4 Son	10 these	8 become	4 7 1
6 bread	12 are	1 God	9 10
		3 If	13
			2 8
			6 ”

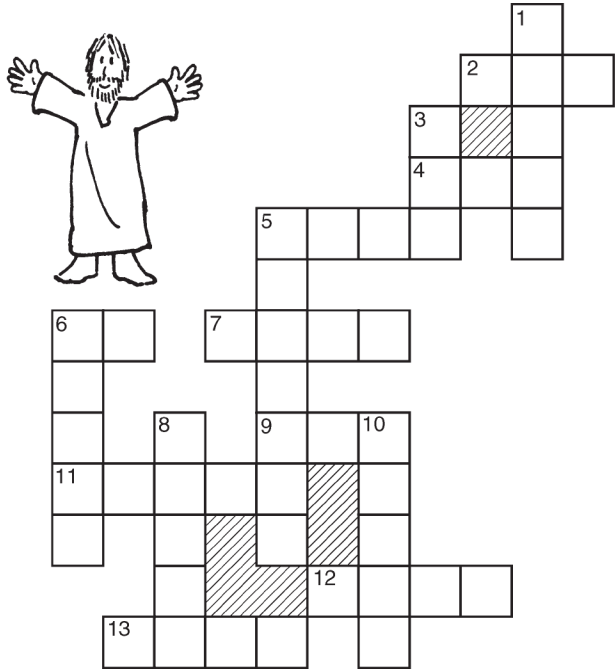
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How did Jesus answer?

Fit the words from this list into the crossword puzzle. Then transfer the letters from the crossword to the numbered lines below.

by	One	live	bread	comes
the	God	that	alone	mouth
not	from	word	every	written



"It is _____, _____ does _____

5D 4 2

_____, but _____

7 6A 6D 11 6A

10 5A 13 1

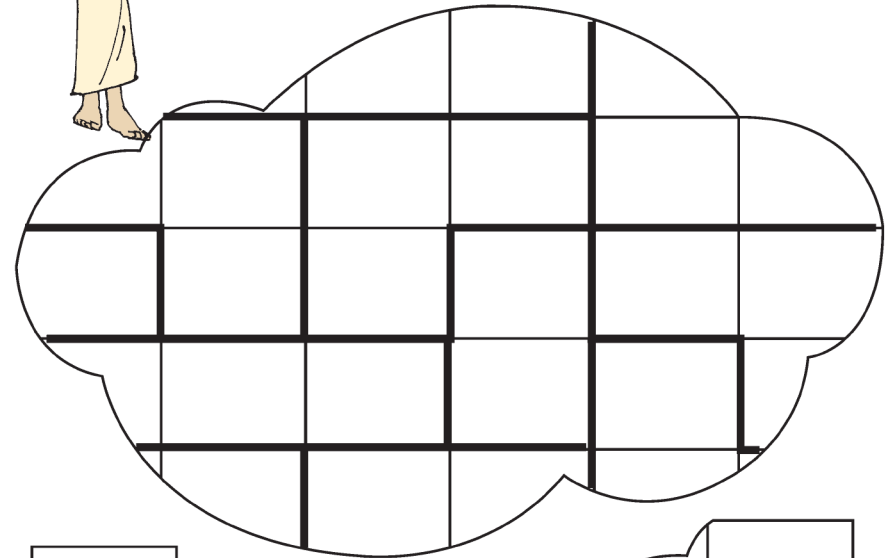
_____ of _____."

12 9 8 3

The devil tested Jesus again. How did Jesus answer?



Fit the pieces in the puzzle.



d

the

also
not

written:
t

Do
the

Lor d

to

pu

It is

te st.

yo ur Go