



## Lenten and Easter Schedule

Wed., Mar. 5 <sup>th</sup>	7pm	Ash Wednesday Service
Sun., Mar. 9 <sup>th</sup>	10:30am	First Sunday of Lent Worship Service
Sun., Mar. 16 <sup>th</sup>	10:30am	Second Sunday of Lent Worship Service
Sun., Mar. 23 <sup>rd</sup>	10:30am	Third Sunday in Lent Worship Service w/Communion
Sun., Mar. 30 <sup>th</sup>	10:30am	Fourth Sunday in Lent Worship Service
Sun., Apr. 6 <sup>th</sup>	10:30am	Fifth Sunday in Lent Worship Service
Sun., Apr. 13 <sup>th</sup>	10:30am	Palm/Passion Sunday Worship Service
	11:30am	Palm Sunday Family Celebration
Thu., Apr. 17 <sup>th</sup>	7pm	Holy Thursday Tenebrae Service w/Communion
Sun., Apr. 20 <sup>st</sup>	10:30am	Easter Sunday Worship Service w/Communion

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!

Read a book.

Have a nap.

Turn off your phone for an hour.

Go to bed early!

Buy yourself a treat.

Pause and listen to God's voice.

Have a lie in.

Look for pictures in the clouds.

Stretch!

Visit an art gallery or museum online.

Sing as loudly as you can!

Try a new hobby.

Hug a pillow.

Talk to a plant.

Watch a funny video.

Write a letter.

Put on an outfit that makes you feel good about yourself.

Make your bed.

Get creative, draw or write something.

Put on some music and dance like nobody is watching!

Say "I love you" to somebody.

Enjoy a hot drink.

Take a bath.

Drink a glass of water.

Get into your pyjamas early!

Phone a friend.

Count your blessings.

Write down your worries and bring them to God in prayer.

Read a Psalm.

Pray.

### 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.

# WELCOME



**Pooleville Memorial United Methodist Church**


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

301-349-2010 | office@pmumc.org

Ash Wednesday—March 5, 2025  
Worship Service—7 pm



“Beware of Piety”



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.

GREETERS—TBD

PRE-SERVICE MUSIC

*Jesus, Priceless Treasure*

Linda Custer  
by Johann Franck

WORSHIP SERVICE

ACOLYTE—Nicole L.

WELCOME—Introductions and Prayer

Rev. Timothy Dowell

PRELUDE MUSIC

*Jesus, With Us Abide*

Linda Custer  
by James Southbridge

\*CALL TO WORSHIP

LEADER: Rend your hearts and not your garments; return to your God.

PEOPLE: *For God is merciful and gracious, slow to anger and abounding in steadfast love.*

LEADER: I know well my misdeeds, and my sin is ever before me.

PEOPLE: *Wash away my guilt and cleanse me from my sin.*

LEADER: Let us ask God to break forth light into the dark places of our hearts and confront us with hidden and secret sin, all that we keep in the dark.

PEOPLE: *O God, open our hearts.*

led by David Melton

\*OPENING PRAYER

*O God, open our hearts. Here and now, O Holy One, we bring our secret sins to you, we lie open in your sight. Let your piercing light be also our healing, for the sake of Jesus Christ, who both taught us and brought us your forgiveness. Amen.*

Call to Worship/Opening prayer adapted from Weadon United Methodist Church Worship Commission, in *Bread for the Journey*, edited by Ruth C. Duck, (Pilgrim Press, 1981), 32-33. as cited at [www.umcdiscipleship.org/worship-planning/gathered-up-in-jesus/ash-wednesday-year-c-lectionary-planning-notes/ash-wednesday-year-c-liturgical-resources](http://www.umcdiscipleship.org/worship-planning/gathered-up-in-jesus/ash-wednesday-year-c-lectionary-planning-notes/ash-wednesday-year-c-liturgical-resources)

led by David Melton

\*OPENING HYMN—*Near to the Heart of God*

UMH 472

FIRST READING—*Isaiah 58:1-12*

This is the word of the Lord. *Thanks be to God.*

Ralph Hitchens

ANTHEM—CHANCEL CHOIR

FLUTIST

*Come and Find the Quiet Center*

Janet Hartz/Linda Custer  
Beth Parker  
by Shirley Erena Murray

SECOND READING—*Matthew 6:1-6, 16-21*

This is the word of the Lord. *Thanks be to God.*

Rev. Timothy Dowell

MESSAGE—*Beware of Piety*

Rev. Timothy Dowell

INVITATION TO THE OBSERVANCE OF LENTEN DISCIPLINE

Rev. Timothy Dowell

THANKSGIVING OVER THE ASHES

Rev. Timothy Dowell

THE LORD’S PRAYER

UMH 895

IMPOSITION OF ASHES

Rev. Timothy Dowell

\*CLOSING HYMN—*Lord Who Throughout These Forty Days*

UMH 269

\*BENEDICTION

Rev. Timothy Dowell

POSTLUDE MUSIC

*Poco Lento*

Linda Custer  
by Cesar Franck

Lyrics to Today’s Anthem—*Come and Find the Quiet Centre*—words by Shirley E. Murray

Come and find the quiet center  
in the crowded life we lead,  
Find the room for hope to enter,  
find the frame where we are freed:  
Clear the chaos and the clutter,  
clear our eyes, that we can see  
All the things that really matter,  
be at peace, and simply be.

Silence is a friend who claims us,  
cools the heat and slows the pace,  
God it is who speaks and names us,  
knows our being, touches base,  
Making space within our thinking,

lifting shades to show the sun,  
Raising courage when we're shrinking,  
finding scope for faith begun.

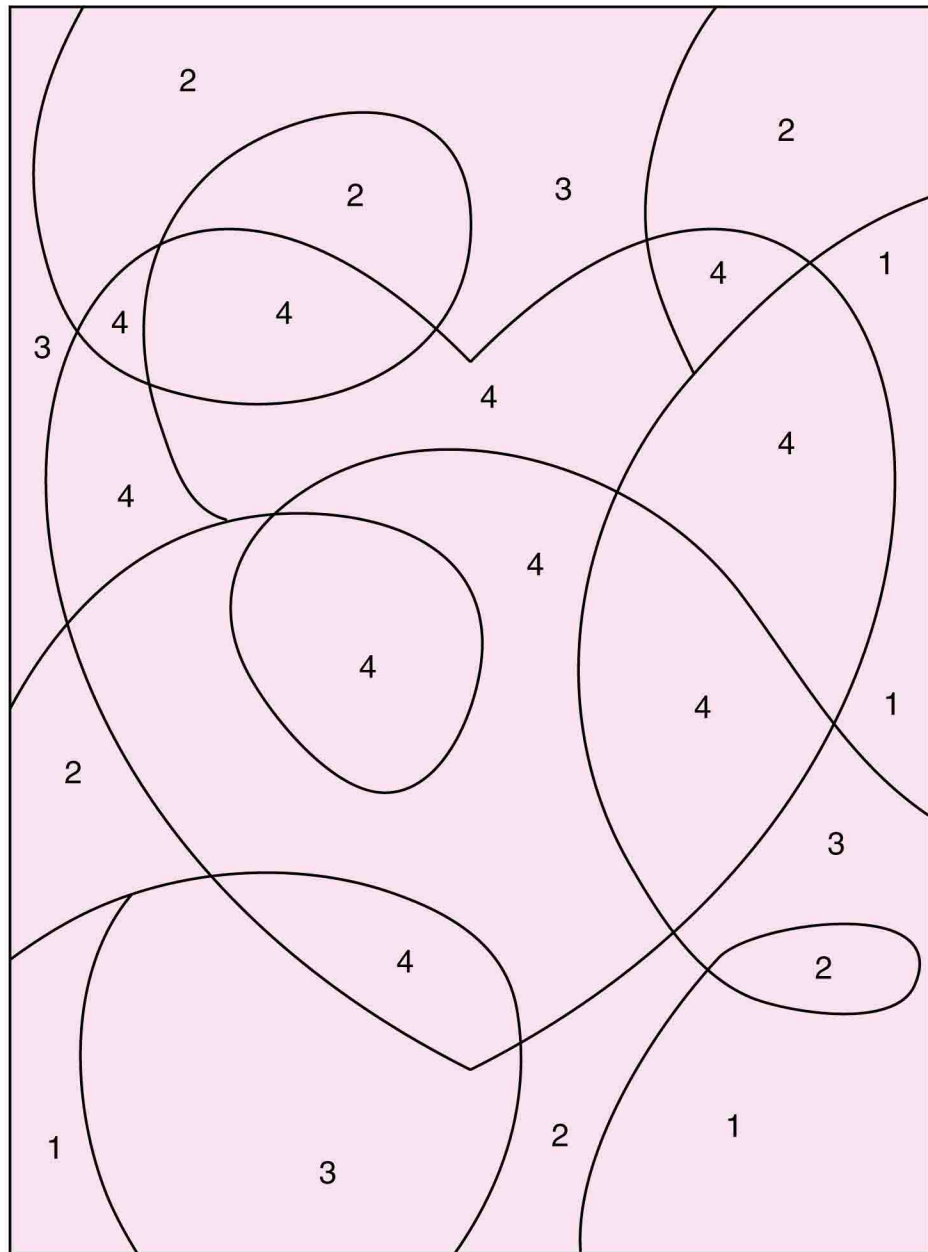
In the Spirit let us travel,  
open to each other's pain,  
Let our loves and fears unravel,  
celebrate the space we gain:  
There's a place for deepest dreaming,  
there's a time for heart to care,  
In the Spirit's lively scheming  
there is always room to spare!

Come and find the quiet center,  
be at peace, be at peace in God.



For where your treasure is, your heart is.

Shade in the 4's .



# Children's Worship Bulletin™



Ages 3+

March 9, 2025 • Matthew 6:1-6, 16-21

## Treasure in Heaven

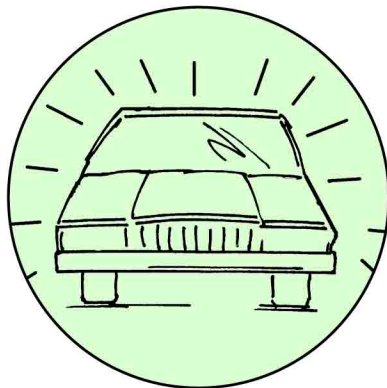
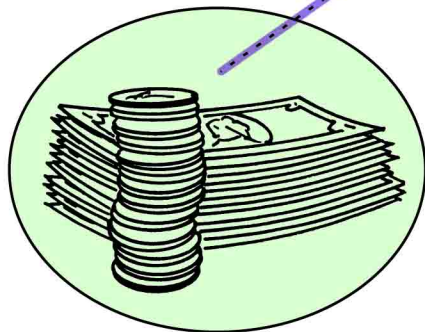
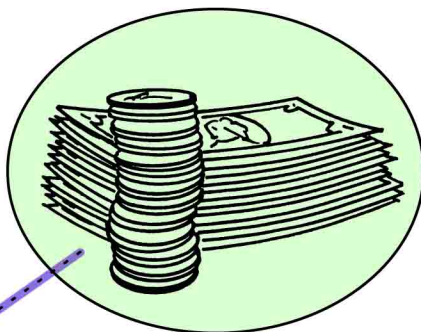
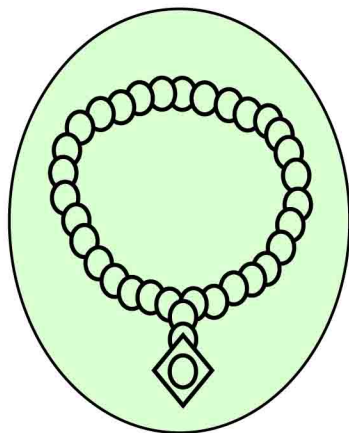
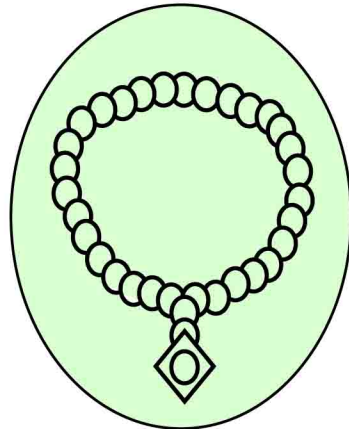
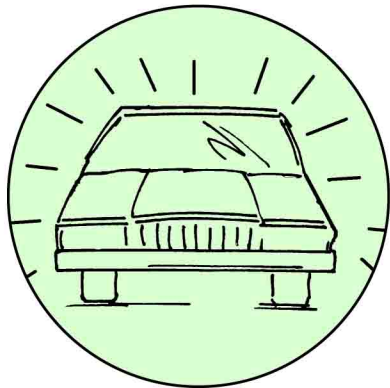
Jesus taught the people, "Do not store treasures on earth."

Circle the hidden objects in the picture.



Earthly treasures wear out.  
Some can be stolen.

Match the pictures.



Store your treasures with God.

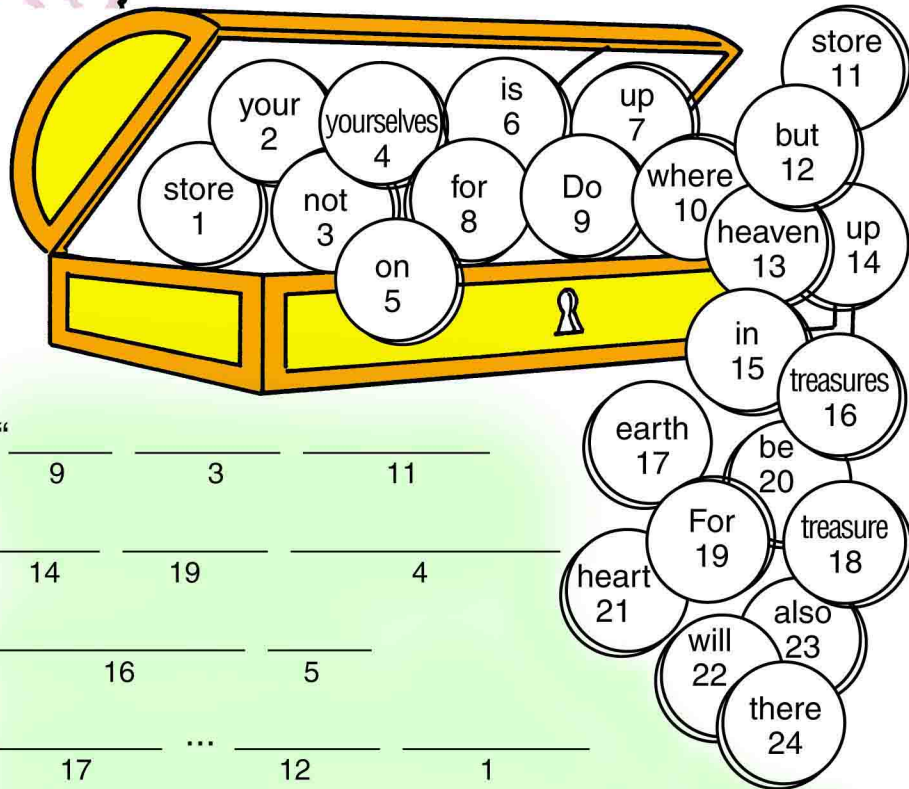
Circle 6 differences in the 2nd picture.







Write the words from the coins on the correct lines.



“ 9 3 11  
14 19 4  
16 5  
17 ... 12 1  
7 19 4 16  
15 13 ... 8 10 2  
18 6 , 24 2 21  
22 20 23 ” - Matthew 6:19



# Children's Worship Bulletin™

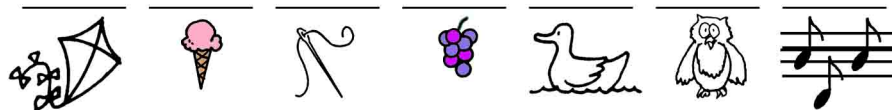
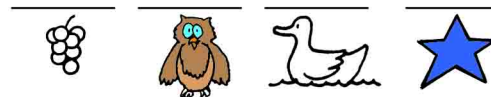
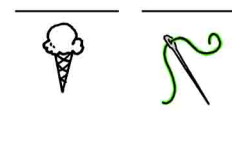
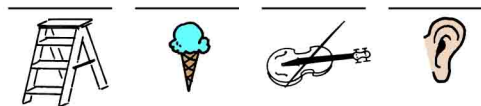
Ages 7+

March 9, 2025 • Matthew 6:1-6, 16-21

## Treasure in Heaven

Jesus gives us guidelines in Matthew so that we can do something. What is it?

Write the first letter of each picture.



First do the crossword puzzle using the clues below. Then take the words from the crossword puzzle to fill in the blanks.

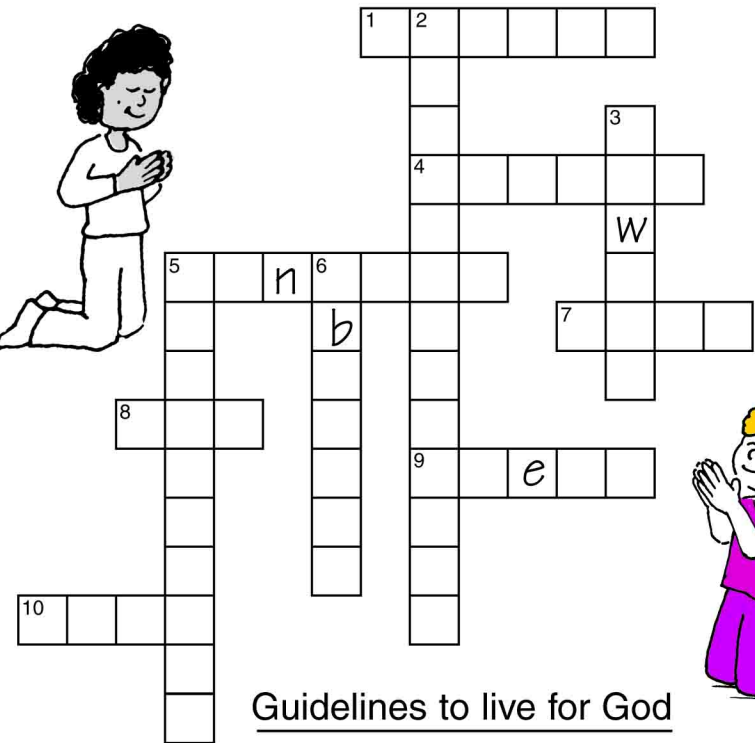


## ACROSS

1. A type of plastic card for shopping
4. God's kingdom
5. Praised, awarded
7. Talk to God
8. The Heavenly Father
9. Persons without necessities of life
10. To not eat

## DOWN

2. Holiness
3. Prize for doing well
5. Persons who say one thing, but do another
6. Easy to use, readily understood



## Guidelines to live for God

God wants us to do acts of \_\_\_\_\_  
2

We should help the \_\_\_\_\_ without expecting  
9

\_\_\_\_\_ or \_\_\_\_\_. We should not be  
3 1

\_\_\_\_\_ when we \_\_\_\_\_ for \_\_\_\_\_.  
6 10 8

We should \_\_\_\_\_ quietly to God, not loudly  
7  
in front of everyone as the \_\_\_\_\_ do.  
5D

All of the things we do for God will be \_\_\_\_\_  
5A

in \_\_\_\_\_.  
4