



# Lenten and Easter Schedule

Wed., Feb. 14 <sup>th</sup>	7pm	Ash Wednesday Service
Sun., Feb. 18 <sup>th</sup>	10:30am	First Sunday of Lent Worship Service
Sun., Feb. 25 <sup>th</sup>	10:30am	Second Sunday of Lent Worship Service
Sun., Mar. 3 <sup>rd</sup>	10:30am	Third Sunday in Lent Worship Service w/Communion
Sun., Mar. 10 <sup>th</sup>	10:30am	Fourth Sunday in Lent Worship Service
Sun., Mar. 17 <sup>th</sup>	10:30am	Fifth Sunday in Lent Worship Service
Sun., Mar 24 <sup>th</sup>	10:30am	Palm/Passion Sunday Worship Service
	11:30am	Palm Sunday Family Celebration
Thu., Mar. 28 <sup>th</sup>	7pm	Holy Thursday Tenebrae Service w/Communion
Sun., Mar. 31 <sup>st</sup>	10:30am	Easter Sunday Worship Service w/Communion
Sun., Apr. 21 <sup>st</sup>	10:30am	Worship Service with Musical Drama of "The Three Trees"



**Memorial United Methodist Church**  
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 www.PMUMC.org

*Ash Wednesday - February 14, 2024*  
**Worship Service at 7pm**



**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!
- Enjoy a hot drink.
- Take a bath.
- Drink a glass of water.
- Get into your pyjamas early!
- Read a Psalm.
- Read a book.
- Have a nap.
- 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.
- Put on some music and dance like nobody is watching!
- Look through old photos.
- Bake something.
- Go to bed early!
- Get creative, draw or write something.
- Buy yourself a treat.
- 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.
- Buy yourself a treat.
- Try a new hobby.
- Sing as loudly as you can!
- Visit an art gallery or museum online.
- Stretch!
- Look for pictures in the clouds.
- Have a lie in.
- Pause and listen to God's voice.



*A special welcome to our guests. Your visit is a blessing and we are glad you are here!*

Hearing assistance is available during worship. A greeter will be happy to assist you with your choice of devices (headphones, earbud, or T-coil).

Please let us know if there is anything we can do for you.

\* = Please stand in your heart or posture. **UMH** = United Methodist Hymnal. **TFWS** = The Faith We Sing.

***Bold Italicized*** = recite out loud

**PRE-SERVICE**— A Selection of UMH Hymns Linda Custer

## Worship Service

Nicole L., Acolyte

**WELCOME**— Introductions and Prayer Rev. Timothy Dowell

**PRELUDE**— *What Wondrous Love Is This?* by Hayes/Gaspard

**\*CALL TO WORSHIP** led by Kirsten Lewis

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.***

**\*OPENING PRAYER** led by Kirsten Lewis

***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 and 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)

**\*OPENING HYMN**— *Near to the Heart of God* UMH 472

**FIRST READING** - *Isaiah 58:1-12* Brenda Boulter

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

**ANTHEM**—**CHANCEL CHOIR**— *Lay Up Your Treasures to Heaven* by Pepper Choplin

**SECOND READING** - *Matthew 6:1-6, 16-21* Rev. Timothy Dowell

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

**MESSAGE**— *True 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** Rev. Timothy Dowell

**IMPOSITION OF ASHES** Rev. Timothy Dowell

**MUSIC**— Various Chorales by Marcel Dupre

**\*CLOSING HYMN**— *Lord, Who Throughout These Forty Days* UMH 269

**\*BENEDICTION** Rev. Timothy Dowell

**POSTLUDE**— *Adagio* by Grieg/Smith

## Lyrics to *Lay Up Your Treasures in Heaven* – by Pepper Choplin

“Lay up your treasures in heaven. O people, lay up your treasures in glory  
Where nothing in this world can take them away,” O listen people hear the Master say,  
“Come and lay up your treasures in heaven, O people, lay up your treasures in glory,  
Your treasures in this world will fade away but the things of the Lord will last forever-more!”

Well the Lord looked out and saw the people there.  
Tied up in worry and burdened with care,  
He said, “Seek first the kingdom and you will see the things that will last for eternity.

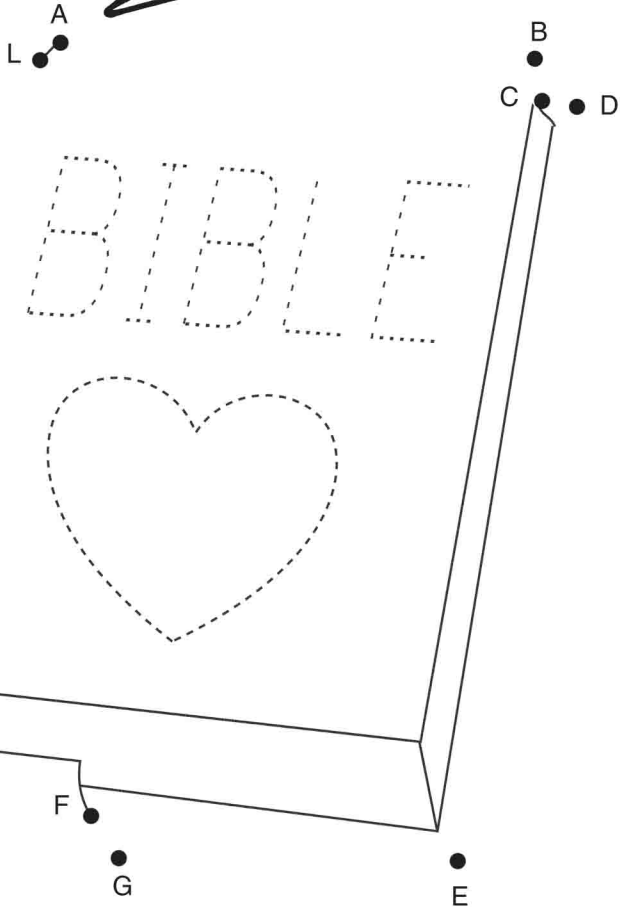
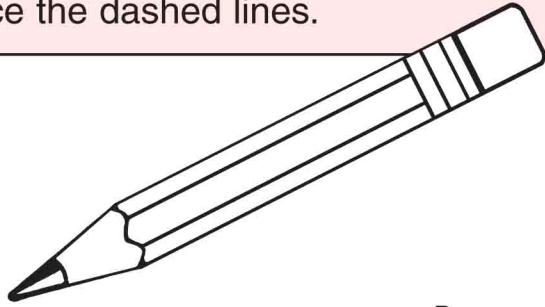
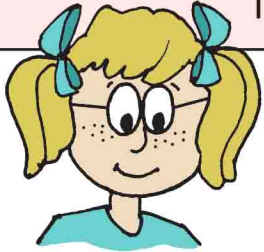
Come and lay up your treasures in heaven.  
O people, lay up your treasures in glory where nothing in this world can take them away,”  
O listen people hear the Master say, “Come and lay up your treasures in heaven,  
O people, lay up your treasures in glory,  
Your treasures in this world will fade away but the things of the Lord will last forever-more.

Some people trust in their silver and gold, they put their faith in the wealth they hold.  
But fortunes will fade and kingdoms fall. So put your trust in the Lord of all,  
Won't you lay up your treasures in heaven.

O people, lay up your treasures in glory where nothing in this world can take them away,”  
O listen people hear the Master say, “Come and lay up your treasures in heaven,  
O people, lay up your treasures in glory,  
Your treasures in this world will fade away but the things of the Lord will last forever-more,  
forever--more, forever-more, forever-more!

“O Lord, teach me wisdom.”

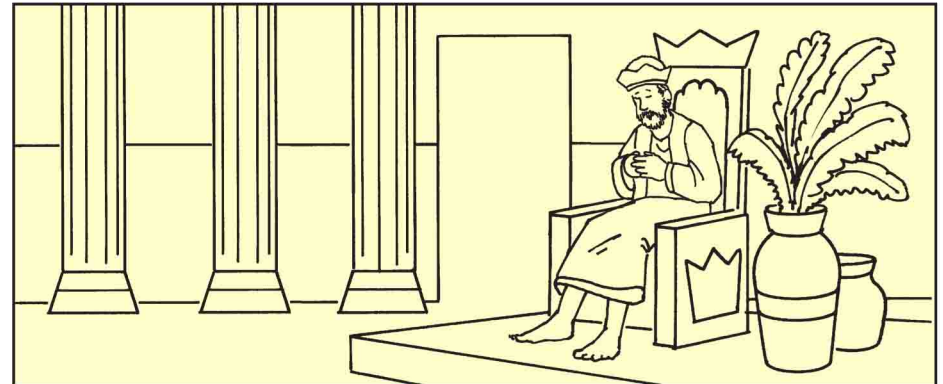
How can we learn to be wise in God’s sight?  
Connect the dots. A B C D E F G H I J K L  
Trace the dashed lines.



A Prayer of Repentance

David prayed, “Forgive my sins, O God.”

Circle 6 differences in the second picture.





He also prayed ...

Use this code to fill in the missing letters.



= h



= m



= s



= t



= w



\_\_\_ a \_\_\_



\_\_\_ e \_\_\_ i \_\_\_ er

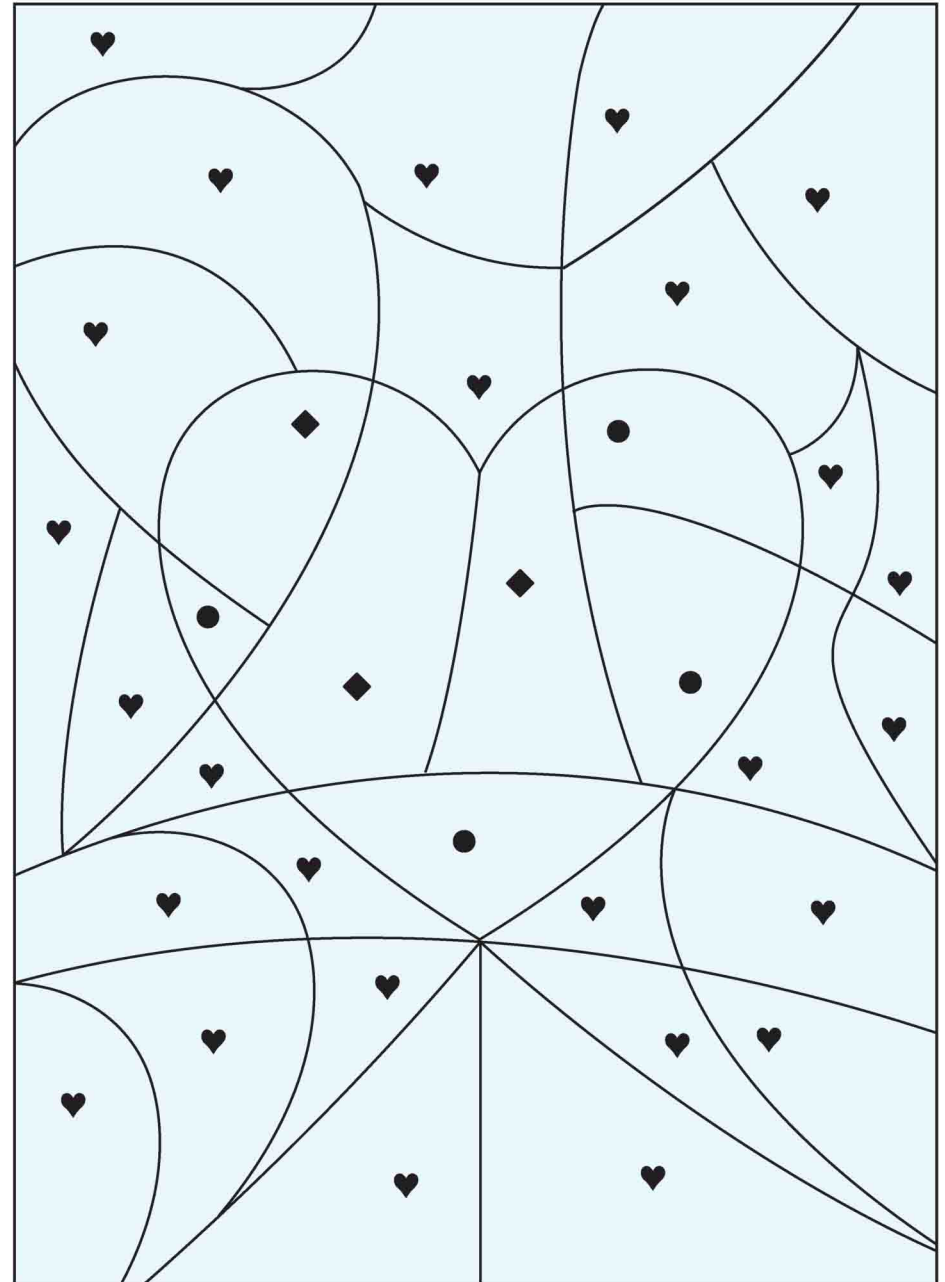


\_\_\_ an \_\_\_ no \_\_\_.



“Create in me a pure heart, O God.”

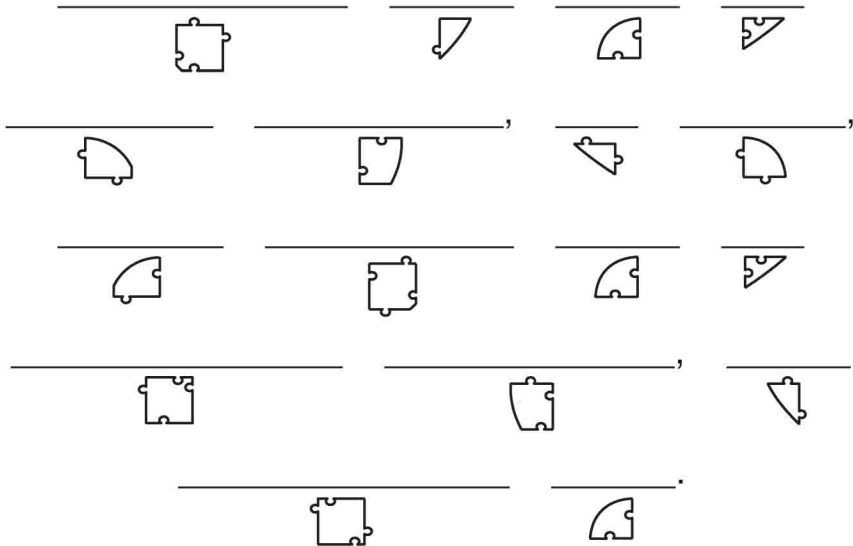
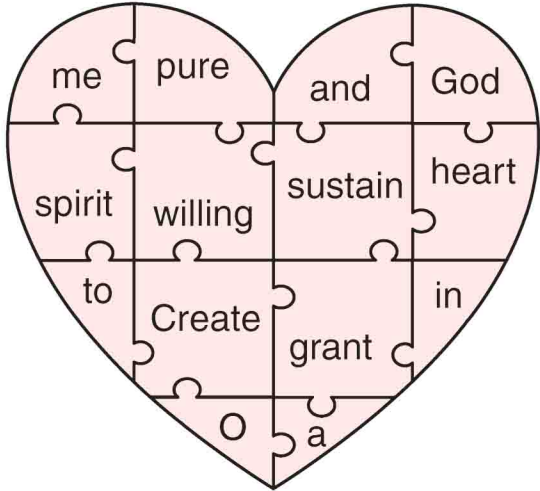
Shade in each space with a ♥ .





What else should we pray for?

Match the missing words with the correct shapes to find out.



# Children's Worship Bulletin™

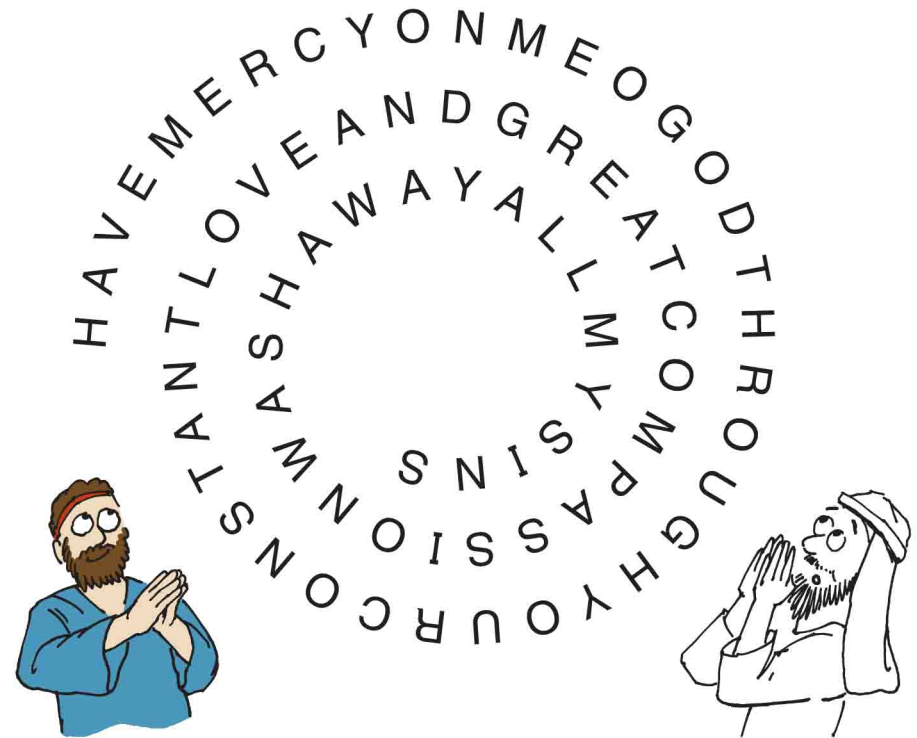
Ages 7+

February 18, 2024 • Psalm 51:1-12

## A Prayer of Repentance

Everyone makes mistakes and commits sins. This psalm teaches us a way to tell God we are sorry and to pray for forgiveness.

Follow the path and draw divisions between the words.



Who did the psalmist say we are really sinning against when we commit sins?

Use the shapes below the lines to find the correct words in the picture.



Against \_\_\_\_\_ ,  
 \_\_\_\_\_ only, have I sinned  
 and done what is evil in \_\_\_\_\_ sight.

What did the psalmist say in his prayer about what God wants to be inside of us?

Fill in the missing letters of these parts of the body to complete the prayer.



HEAR \_\_\_\_  
 A \_\_\_\_ M  
 L \_\_\_\_ NGS  
 \_\_\_\_ HIGH  
 TEET \_\_\_\_



\_\_\_\_ RIST  
 VE \_\_\_\_ NS  
 \_\_\_\_ KULL  
 EAR \_\_\_\_ RUM  
 B \_\_\_\_ NES  
 \_\_\_\_ USCLES

Surely You desire \_\_\_\_\_  
 in the inner parts;  
 You teach me \_\_\_\_\_  
 in the inmost place.