

# SJUMC Online Worship Guide

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**March 1, 2026**

**9:30 am**

**“The High Way”**

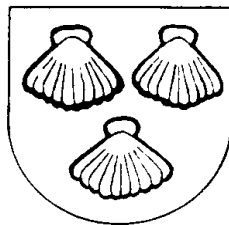
**ONLINE WORSHIP SERVICE**

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Administrative Assistant: Kenna Haj  
Director of Music Ministry: Kelli Young

Bell Choir Director: Laural Clark  
Organist: Clarice Snyder

Pastor: Rev. Patricia Abell



**Saint James United Methodist Church**

Marriottsville, MD410-442-2020

[stjamessec@verizon.net](mailto:stjamessec@verizon.net)

## Gathering

**Prelude** "Morning Has Broken" Arr. Phillip Keveren *Offered by Rosemary L. Sutter*

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**Welcome**

*Rev. Patricia Abell*

**Song of Preparation** "A Wilderness Wandering People"

We are a wilderness wandering people on a journey of the soul.  
May we find our destination in our longing to be whole.  
Our Holy God is calling to us.  
With Jesus by our side may compassion be our compass;  
may the Spirit be our guide, on The Way, on The Way, on The Way.

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**Prayer for the Path**

*Nancy Janson*

**God of Grace,  
we know you are with us on The Way.  
But we need sustenance in order to make the journey.  
As we come seeking peace and a place at the table,  
we find that you have already prepared and were expecting us.  
Help us to set tables of abundance  
for all who travel this journey of life,  
just as Jesus did.  
Amen.**

**\*Opening Hymn**

"Amazing Grace"

*UMH 378*

- |   |   |
|---|---|
| 1. Amazing grace how sweet the sound<br>That saved a wretch like me<br>I once was lost but now am found<br>Was blind but now I see        | 2. 'Twas grace that taught my heart to fear<br>And grace my fears relieved<br>How precious did that grace appear<br>The hour I first believed     |
| 3. Through many dangers toils and snares<br>I have already come<br>'Tis grace has brought me safe thus far<br>And grace will lead me home | 4. The Lord has promised good to me<br>His word my hope secures<br>He will my shield and portion be<br>As long as life endures                    |
| 5. Yea when this flesh and heart shall fail<br>And mortal life shall cease<br>I shall possess within the veil<br>A life of joy and peace  | 6. When we've been there ten thousand years<br>Bright shining as the sun<br>We've no less days to sing God's praise<br>Then when we'd first begun |

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John Newton  
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\*Please stand as able

**Passing the Peace**

**Nancy Janson**

**Children's Message**

**Proclaiming**

**Donna Benson**

**Scripture**

**Psalm 37: 23-34 (NRSVUE)  
Isaiah 55:1-9 (NRSVUE)**

**Nancy Janson**

**Word in Music**

**"Come to the Water"**

**Chancel Choir**

John Foley

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**Message**

**"The High Way"**

**Rev. Patricia Abell**

**Song of Contemplation**

**Responding**

[sung]

Meet me in the stillness, Lord  
Be the air I breathe  
Meet me in the stillness, Lord  
Free me to receive

**Prayer and Contemplation**

**Nancy Janson**

**\*Doxology**

**"Praise God from Whom All Blessings Flow"**

**UMH 95**

Praise God from whom all blessings flow  
Praise Him all creatures here below  
Praise Him above ye heavenly host  
Praise Father Son and Holy Ghost

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**Holy Communion**

**Going Forth**

**\*Closing Hymn**

**"God Will Take Care of You"**

**UMH 130**

1. Be not dismayed whate'er betide,  
God will take care of you;  
beneath his wings of love abide,  
God will take care of you.

**Refrain**

God will take care of you,  
through every day, o'er all the way;  
He will take care of you,  
God will take care of you.

2. Through days of toil when heart doth fail,  
God will take care of you;  
when dangers fierce your path assail,  
God will take care of you.

**Refrain**

3. All you may need he will provide,  
God will take care of you;  
nothing you ask will be denied,  
God will take care of you.

**Refrain**

\*Please stand as able

4. No matter what may be the test,  
God will take care of you;  
lean, weary one, upon his breast,  
God will take care of you.

**Refrain**

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**Benediction**

**Rev. Patricia Abell**

**Response: “We will follow on The Way.”**

**Postlude**

“This Is My Father’s World” Arr. Phillip Keveren

**Offered by Rosemary L. Sutter**

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**A Daily Lenten Habit**

**Let us begin and end each day in prayer. Let us linger with Scripture not to master it, but to be shaped by it. Let us practice silence and meditation, allowing the Spirit to search, convict, and console us.**

**Guided Lenten Prayer for the Fast**

Holy God, As we fast, empty us any selfishness or that which does not seek justice for our neighbors.  
As we pray, fill us with your Spirit.  
As we give, loosen our grip on fear and scarcity.  
As we serve, teach us compassion without condition.  
As we walk mindfully, make us aware of your presence in every step.  
By Easter, raise us into new life; more faithful, more loving, more joyful in Christ. Amen.

**Morning Prayer (5-10 minutes)**

**Invocation:** Lord, Jesus Christ, I offer you this day. As I fast, shape my yearnings, guide my steps, and make me an instrument of your love. As I grow in my discipleship, increase my desire to serve others in your Name.

**Scripture Reading:** Follow the [Daily Lectionary Readings](#) for the Lenten Season

Monday, March 02, 2026: [Psalm 128; Numbers 21:4-9; Hebrews 3:1-6;](#)

Tuesday, March 03, 2026: [Psalm 128; Isaiah 65:17-25; Romans 4:6-13;](#)

Wednesday, March 04, 2026: [Psalm 128; Ezekiel 36:22-32; John 7:53-8:11;](#)

Thursday, March 05, 2026: [Psalm 95; Exodus 16:1-8; Colossians 1:15-23;](#)

Friday, March 06, 2026: [Psalm 95; Exodus 16:9-21; Ephesians 2:11-22;](#)

Saturday, March 07, 2026: [Psalm 95; Exodus 16:27-35; John 4:1-6;](#)

**Silence (1-3 minutes)** Breathe slowly and repeat: Christ, be my sufficiency.

**Midday Practice (2-5 minutes)**

**Mindfulness Pause:**

Stop. Breathe. Notice God’s presence.

Ask: Where have I seen Christ today? How may I open my heart more to others?

**Evening Examen (10-15 minutes)**

Become aware of each breath as you inhale and exhale. Listen for the Spirit’s leading.

1. Name moments of grace.
2. Examine where you loved well and where you resisted love.
3. Offer any failure to God’s mercy.
4. Seek God’s strength and power for tomorrow.

Resources:

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*Saint James UMC is a Lighthouse Congregation of the Baltimore-Washington Conference of the United Methodist Church.*