

SJUMC Online Worship Guide

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March 22, 2026

9:30 am

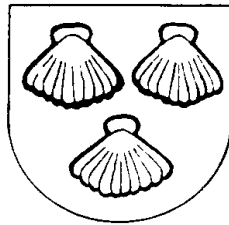
“The Free Way”

ONLINE WORSHIP SERVICE

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

Gathering

Prelude "Two Medieval Pilgrimage Songs"
Offered by Mary Anne Espenshade and Eric Schwartz

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 *Susan Mascaro*

God our Rock, be with us on The Way.
**At times we are not sure how we will carry the burdens of grief and disappointment
that accumulate in life. We come asking for help in lightening the load
so that we can be free to move in new directions.
Help us to help each other as Jesus asks us to do.
Amen.**

***Opening Hymn** "Only This I Want" (see insert)

Refrain

Only this I want:
But to know the Lord,
And to bear His cross,
So to wear the crown He wore.

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Passing the Peace *Susan Mascaro*

Proclaiming

Children's Message *Rev. Patricia Abell*

Scripture **Isaiah 43: 16-19 (NRSVUE)** *Susan Mascaro*
Philippians 3: 12-14 (NRSVUE)

Word in Music "My Rock" *Chancel Choir*

Tim Schoenbachler
Text and music © 1979, 1985, OCP.

Message

“The Free Way”

Rev. Patricia Abell

Responding

Song of Contemplation

[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
Lord’s Prayer

Susan Mascaro

*Doxology

“Praise God from Whom All Blessings Flow”
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

UMH 95

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Going Forth

*Closing Hymn

“I Have Decided to Follow Jesus”

TFWS 2129

1. I have decided to follow Jesus
I have decided to follow Jesus
I have decided to follow Jesus
No turning back no turning back

2. The world behind me the cross before me
The world behind me the cross behind me
The world behind me the cross behind me
No turning back no turning back

3. Though none go with me still I will follow
Though none go with me still I will follow
Though none go with me still I will follow
No turning back no turning back

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Benediction

Rev. Patricia Abell

Response: “We will follow on The Way.”

Postlude

“Lord, Listen to Your Children Praying”

Offered by Jane Ohlmacher

Arranged by Jack Schrader, composer is Ken Medema. Copyright 1973 Hope Publishing Company

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 23, 2026: [Psalm 143; 1 Kings 17:17-24; Acts 20:7-12;](#)

Tuesday, March 24, 2026: [Psalm 143; 2 Kings 4:18-37; Ephesians 2:1-10;](#)

Wednesday, March 25, 2026: [Psalm 143; Jeremiah 32:1-9, 36-41; Matthew 22:23-33;](#)

Wednesday, March 25, 2026: [Annunciation of the Lord](#)

Thursday, March 26, 2026: [Psalm 31:9-16; 1 Samuel 16:11-13; Philippians 1:1-11;](#)

Friday, March 27, 2026: [Psalm 31:9-16; Job 13:13-19; Philippians 1:21-30;](#)

Saturday, March 28, 2026: [Psalm 31:9-16; Lamentations 3:55-66; Mark 10:32-34;](#)

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.