



**St. Paul's
United Methodist Church
March 3, 2024 - 10:30 AM Service
Third Sunday in Lent**



*We welcome you, trusting that this time of worship will open our hearts to experience the Spirit's movement among us.
Together, we seek peace, health, and wholeness as we gather in God's presence.*

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**Indicates a standing portion of the service. Please stand as you are able.*

BUSY: Reconnecting with an Unhurried God

Gathering as The Beloved Community

Gathering Music "Of the Father's Love Begotten" *Molly MacMillan, piano*

Greeting & Welcome *Rev. Beckie Sweet, senior pastor*

***Sharing Love and Peace with All**

Centering Music "Desifinado (Out of Tune)
by Antonia Carlos Jobim *Molly MacMillan, piano*

The Lenten Journey Continues

On the Journey

Singing "Come and Find a Quiet Center" (*verse 1*) *FWS #2128*

Catching our Breath

Prayer for Clearing Out

Spacious God, we come today hoping for tools to sweep away the stress.

Let us *make* room for You.

Nudge us in this time of worship to seek the things that really matter.

Let us *find* room for You.

Help us to claim our own selves as a holy sanctuary where You dwell.

Let us *be* room for You.

In the name of Jesus, who invites us to wholeness.

Amen.

Singing Together "Come Away with Me" *FWS # 2202*

Encountering God Through the Word

Scripture Reading **Luke 10:38-42** (NRSV) *Elaine Weiss*

Now as they went on their way, he entered a certain village where a woman named Martha welcomed him. ³⁹ She had a sister named Mary, who sat at Jesus' feet and listened to what he was saying. ⁴⁰ But Martha was distracted by her many tasks, so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her, then, to help me." ⁴¹ But the Lord answered her, "Martha, Martha, you are worried and distracted by many things, ⁴² but few things are needed—indeed only one. Mary has chosen the better part, which will not be taken away from her."

Hear what the Spirit is saying to the Church!

Thanks be to God!

A Message for All God's Children

Following this, children ages 4-11 will be escorted to "Curious with Christ."

Special Music

"You Who Are Thirsty"
by Barbara Ross

*Maia Finkel, vocals
Molly MacMillan, piano*

Prayer of Preparation

Singing

"Come and Find a Quiet Center" (verse 2)

FWS # 2128

Message

"Tuning In"

Rev. Beckie Sweet

Responding with Joy and Generosity

***Hymn of Response**

"Trust and Obey"

UMH # 467

Offering Our Gifts to God

Offertory

"Chopin"
by Robert Schumann

Molly MacMillan, piano

Sacrament of Holy Communion

The Great Thanksgiving

God be with you.

And also with you.

Lift up your hearts.

We lift them up to our unhurried God!

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

Holy, Caring God, time and again you have called us to this table of goodness and invited us to take our time, remembering our beloved relationship with you and all of creation. And so, we praise you, saying:

Holy, holy, holy Lord, God of power! God of might!

Heaven and earth are full of your glory!

Hosanna in the highest!

Blessed is the One who comes in the name of the Lord!

Hosanna in the highest!



And so, because we often find ourselves scared, tired, and ready to run ...
Because we find ourselves harried, anxious, and in need of Christ's grace,
We offer ourselves in union with Christ's offering of salvation,
as we proclaim the mystery of faith:

Christ has died; Christ is risen; Christ will come again.



Through your Son Jesus Christ, with the Holy Spirit, in your holy church,
all honor and glory is yours, almighty God, now and forever.

Amen!

The Lord's Prayer

Invitation to Communion

Sharing the Bread and Cup

All are invited and welcome to receive the sacrament of Holy Communion.

*The common bread is gluten free. The common cup contains no sugar added juice.
If you are unable to come forward, the elements may be brought to you at your seat.*

Prayer after Communion

Going Forth to Serve and to Bless

***Closing Hymn**

“Precious Lord, Take My Hand”

UMH # 474

Invitation to Lenten Practice

Announcements

Dismissal with Blessing

Postlude

“Show Type Tune”
by Bill Evans

Molly MacMillan, piano

-----**PRAYERS**-----

For **Prayer Chain Requests**, confidential concerns seen only by those who participate in the Prayer Chain, please contact Pastor Beckie at pastor@stpaulsithaca.org.

Prayer Requests: Nancy Potter and George Gull; the Agua Viva team in Costa Rica; Brian Fellows (Clifton Springs); Mary and Matthew Boardman; Kevin Harvey.

Pray for healing within the United Methodist Church, especially for those who are excluded because of sexual orientation and gender identification. Pray for those preparing for General Conference.

Prayer requests will be published in the bulletin for four weeks. If you would like someone to remain on the list, contact Jami Breedlove-Crouch at lovingcare@stpaulsithaca.org or 607-269- 5509. Please remember that we also need permission from the person listed.

Next Week is UMCOR Sunday

Next Sunday is UMCOR Sunday, a day of special offering where your generous gift helps support all UMCOR’s administrative costs. Please help: your contribution ensures UMCOR’s rapid response in times of crisis.

St. Paul’s Ministries ~ Week of March 3, 2024

Sunday, March 3 – Third Sunday in Lent

10:30am – Worship with Communion and “Curious with Christ.”

11:30am – Coffee/Fellowship Time in Memorial Room

3:00pm – Justice Seekers – ZOOM

Monday, March 4

Tuesday, March 5

10:00am- Fiber Arts Memorial Room

Wednesday, March 6

10:00am – Staff Meeting – ZOOM

7:00pm – Staff Parish Relations Committee - ZOOM

Thursday, March 7

1:30pm – OAM Team Meeting – Memorial Room

6:00pm – Festival Chimes Rehearsal – Sanctuary

7:15pm – Choir Rehearsal – Dining Room

Friday, March 8 – Church Offices Closed

Saturday, March 9

**Sunday, March 10 – Fourth Sunday In Lent
Daylight Savings Time Begins**

10:30am – Worship and “Curious with Christ.”

11:30am – Coffee/Fellowship Time in Memorial Room

Children and Worship – Children are always welcome in worship! To help keep hands busy, we have books and toys on the black cart near the main sanctuary door. *Children ages 4-11 are invited to attend “Curious with Christ.”*

Don't Forget to Set Clocks Ahead!

Daylight Savings Time starts at midnight next Sunday, March 10th. To ensure you don't miss services, make sure to set your clocks one hour ahead next Saturday night, March 9th.

Three Weeks Until Palm Sunday

Palm Sunday will soon be upon us, and you know what that means: in addition to our 10:30am Palm Sunday Service, we'll also be having our joyous **Palm Parade** through the neighborhood at **9:30am**. Don't miss it!

Village at Ithaca March Update

This month we need toothbrushes and toothpaste as well as paper towels. Thanks for your help!

Time Out Prayer Chair ~ Week 3

For times when we lose touch with the big picture and what's important
...forgive us, O God.

For the times when we've lived to work, rather than worked to live . . . forgive us.

Help us be truly present to you, O God.

Help us be mindful that our connection to you exists right here in the present,
and putting off time to tune in to you right now robs us
of the deep peace and assurance you have to give.

In this moment we hear your promise:

“I am with you always.

It is never too late to make better choices.”

You do not ask us to give up our work
but you invite us to simply pay attention.

We are your children, and we want to dwell with you. Amen.

Our Staff

Rev. Rebekah (Pastor Beckie) Sweet / Senior Pastor / pastor@stpaulsithaca.org

Jami Breedlove-Crouch / Loving Care Ministries Coordinator / lovingcare@stpaulsithaca.org

Deirdre Levine / Church Administrative Assistant & Communications / office@stpaulsithaca.org

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Molly MacMillan / Pianist / pianist@stpaulsithaca.org

David Kingsley / Technical Director / dkingsley@stpaulsithaca.org

Dorothy Preston / Festival Chimes Director / dpreston@stpaulsithaca.org

Sue Orzel / Custodian

“St. Paul's is a compassionate community led and transformed by the Spirit.”

St. Paul's United Methodist Church, A Reconciling Congregation

402 North Aurora Street, Ithaca, NY

Find us at www.stpaulsithaca.org, Facebook and Instagram

Church Office Hours are 9:00 AM-12:00 PM Sunday – Thursday

Office Phone: 607-273-5971 Pastoral Care Phone: 607-269-5509

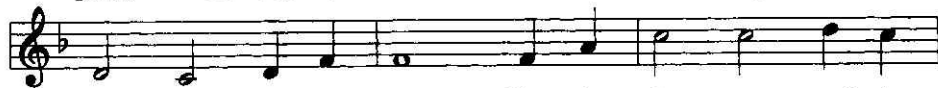
2128 Come and Find the Quiet Center



1. Come and find the qui - et cen - ter in the crowd - ed life we
2. Si - lence is a friend who claims us, cools the heat and slows the
3. In the Spir - it let us trav - el, o - pen to each oth - er's



lead, find the room for hope to en - ter, find the
 pace, God it is who speaks and names us, knows our
 pain, let our loves and fears un - rav - el, cel - e -



frame where we are freed: Clear the cha - os and the
 be - ing, touch - es base, mak - ing space with - in our
 brate the space we gain: There's a place for deep - est



clut - ter, clear our eyes that we can see all the
 think - ing, lift - ing shades to show the sun, rais - ing
 dream - ing, there's a time for heart to care, in the



things that real - ly mat - ter, be at peace, and sim - ply be.
 cour - age when we're shrink - ing, find - ing scope for faith be - gun.
 Spir - it's live - ly schem - ing there is al - ways room to spare.

WORDS: Shirley Erena Murray

MUSIC: Attr. to B. F. White

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BEACH SPRING

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Come Away with Me



1. Come a - way with me to a qui - et
2. Come and pray with me on a gen - tle
3. Come to - day with thoughts of the count - less
4. Come and say, in words whis - pered from your
5. Come a - way with me to a qui - et



place, a - part from the world with its fran - tic
 sea, on top of a hill in the Gal - i -
 ways that God's stead - fast love bless - es all our
 soul, the feel - ings and ac - tions you can't con -
 place, to God's lov - ing arms wait - ing to em -



pace, to pray, re - flect, and seek God's grace.
 lee, in gar - dens like Geth - se - ma - ne.
 days, and join with me in si - lent praise.
 trol. Your spir - it needs to be made whole.
 brace all those who come in hope of grace.



Come a - way with me. Come a - way.

WORDS: Mary Nelson Keithahn

MUSIC: John D. Horman

RECREATION

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