

Lent

*A Season Exploring the
Questions God Asks Us*



*What Are You
Looking For?*

**FIFTH SUNDAY
OF LENT**

MARCH 17, 2024
10:30 AM

WELCOME!

*“Whoever welcomes you welcomes me,
and whoever welcomes me welcomes
the one who sent me.”*

(Matthew 10:40)

At Community of Faith, we believe each individual is of sacred worth and dignity as part of God’s creation and as demonstrated by the life and ministry of Jesus Christ. We celebrate the beautiful diversity of all races, nationalities, and ethnicities. We welcome and affirm you whether you are rich or poor; love the Church, have never been to Church, or have been wounded by spiritual communities; gay, straight, or whatever your gender identity, expression, and sexual orientation may be; married or single; a person with children or without children; able-bodied, differently-abled, or challenged with mental or emotional health issues; certain of many things or full of questions. We vow to be a safe community truly open to everyone to grow in faith - God’s love has no bounds.

Getting Connected

We are truly glad you are here! We invite you to take a look at this week’s announcements and feel free to participate in any upcoming activities that interest you.

Check out cofumc.org for information about:

- ◆ Children & Youth
- ◆ Adult Learning & Small Groups
- ◆ Choir & Music Ministry
- ◆ The Food Pantry
- ◆ Local Mission & Outreach

Prayer Ministry

You may submit prayer concerns and praises online at pastor@cofumc.org at any time. These prayers are then collected and shared on Mondays with a small, faithful prayer team who commits to praying over all needs within the community.

Holy Communion

As a United Methodist congregation, we practice an open Communion Table. This means that **all** are welcome to participate. For those with allergies, gluten free elements are available upon request.

Guest WiFi

To access wifi during worship, the guest password is: [Godlovesyou](#)



Giving

No cash today but still want to give? No problem. To give online by credit card or EFT transfer, please scan the QR code. Thank you!

WORSHIP GUIDE

Welcome! We are glad we could worship with you today!

May you experience God's blessing upon you.

** Please stand as you are able.*

PRELUDE

O Let the Son of God Enfold You, Wimber

Kelly Nam
Olivia Martin, Acolyte

WORDS OF WELCOME & THE PEACE

Rev. Abi Foerster

*CALL TO WORSHIP

Listen up, everyone! God has given us work to do.

God has called each of us before we were even born.

It was God who named us.

It is God who claims us.

The light of God's love shines in us.

Let's shine God's love into all the world!

*OPENING HYMN

My Faith Looks Up to Thee

UMH #452

*OPENING PRAYER

O God, with gladness and expectation, we gather with You today. For You are the One who makes all things new. You are the One who satisfies our hunger and restores our soul. In this holy space, help us, your daughters and sons, to know that You always love us. Through our worship, help us know that if we stray away from You, You will graciously receive us, always with open arms. Prepare our hearts as we worship You and welcome and embrace all of Your children. With gladness and expectation we pray, in Jesus' name. **Amen.**

SCRIPTURE LESSON

John 1:29—42 (NRSV, p. 86-87 NT)

Joe East

At the conclusion of the reading:

Holy Wisdom, Holy Word.

Thanks be to God.

CHILDREN'S TIME

Rev. Abi Foerster

PRAYER OF CONFESSION & PARDON

Hannah Godfrey

Faithful God, you invite us to come and see, but sometimes we ignore your invitation.

You call us to serve, but we worry that we lack the skills to do your work; you put a new song of praise in our mouths, but we stumble on unfamiliar words; you show us the work to be tackled, but we turn away defiant, insisting we have more important things to do.

Put your song on our lips and in our hearts and remind us of the joy that awaits us when we put our trust in you. Guide us into the light of your unwavering, never-ending, and grace-filled love. **Amen.**

[Silence]

God is faithful and ever-present. The God who knew us before our birth loves us still and strengthens us, that we will one day be blameless. Through the gift of Jesus Christ, God offers forgiveness, grace, and mercy. Enter into the light!

*HYMN OF PREPARATION	<i>Lord, You Have Come to the Lakeshore</i>	UMH #344
CENTERING VIDEO	<i>All Are Invited</i>	Video
WITNESS TO THE WORD	What Are You Looking For?	Rev. Abi Foerster
INVITATION TO THE OFFERING		
MISSION MOMENT	<i>Pathways to End Hunger</i>	Video
PRAYER FOR THE OFFERING		
OFFERTORY	<i>I Want to Walk as a Child of the Light</i> Arr. Mark Hayes	Sanctuary Choir
*DOXOLOGY	Holy, Holy, Holy	UMH #64, v. 1
PRAYERS OF THE PEOPLE		Hannah Godfrey
THE LORD'S PRAYER		UMH #895
*CLOSING HYMN	<i>Where He Leads Me</i>	UMH #338
*BENEDICTION		Rev. Abi Foerster
*SUNG BLESSING & DISMISSAL	<i>Go Now in Peace</i>	UMH #665
POSTLUDE	<i>By Your Side, Richards</i>	Kelly Nam

WAYS TO CONNECT, GROW & SERVE



St. Patrick's Day Community Dinner: All are invited to join in the fun TONIGHT at 5 pm as the United Methodist Men host our next, church-wide fellowship event in honor of St. Patrick! Cost is \$5 for kids, \$10 for adults, max \$20 for families of four, with \$2 for each additional member of the family. Paid at the door.

Our monthly **Contemplative Service in the Celtic tradition** co-hosted with Epiphany EC will follow from 6:15—7 pm in the Sanctuary.

Hunger Index, RISE works with local leaders to harness the strengths of their communities and tackle their own food and nutrition security challenges with agency, dignity and resilience. Scan the QR code to sign up for the April 7 meal packing event. Our goal is 100 volunteers!



Easter is Coming! Our annual Easter Egg Hunt will take place after worship on Easter Sunday, March 31 for infants and children up to 6th grade! We plan to have two areas for children to hunt for eggs. Please help us get the word out and invite a friend to join you on the front lawn. Easter photo booth will be available for all to enjoy! Those who still have empty eggs, please bring them back filled by Sunday, March 17. Thank you for helping us reach our goal of 1,000 eggs!



Our Lenten Offering & RISE Sign Up: We have reached our goal of raising \$6,200 to purchase 15,120 meals for our meal packing event on April 7! Wow God is good! Let's see how much we might surpass our goal by the end of Lent. Rise Against Hunger is growing a global movement to end hunger. Targeting remote, last-mile communities within hunger pockets designated serious or higher by the Global



HOLY WEEK SERVICE & WORSHIP EVENTS



ALL CHURCH WORKDAY

Saturday, March 23
9 AM - 12 PM

SIGN UP NOW!

- Yardwork
- Easter Prep
- Jobs for All

Lend a hand — all ages & abilities needed!

There is a job for everyone. Come and help beautify our church grounds and prepare for Holy Week. Outside — we'll be spreading mulch, trimming shrubs, cleaning up the front lawn for the Easter Egg Hunt. Inside — we'll be making palm crosses, setting up the sanctuary, and providing support to our Next Gen team. Plan on bringing your own yard gloves, if working outside, and garden tools & clippers are always appreciated (just label them please!). Sign up today on the clipboard at the Welcome Desk—or, email Di Hannum, office@cofumc.org. Thank you!

Here are the services during Holy Week:



PALM SUNDAY SERVICE

Sunday, March 24
8:30 AM & 10:30 AM



A SERVICE REMEMBERING THE LAST SUPPER

Maundy Thursday

Co-Hosted with Vale UMC @ COF
Thursday, March 28 | Dinner 6 PM & Worship 7 PM

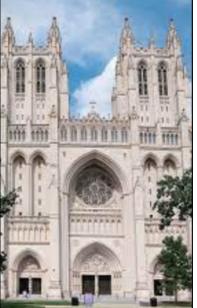
SOLEMN LITURGY OF GOOD FRIDAY

Join us at Washington National Cathedral
as we remember Christ's suffering,
crucifixion, and death.

FRIDAY, MAR. 29
12 - 3 PM



Questions? Email Hannah at food@cofumc.org



HE IS RISEN

celebrate the savior

7 AM Outdoor Chapel @ Vale UMC
Free Breakfast immediately following!



A SERVICE CELEBRATING THE RESURRECTION!

Easter

8:30 CONTEMPORARY & 10:30 AM TRADITIONAL
NURSERY & CHILDREN'S MESSAGE AT 10:30 AM

He Is Risen! Plan to have a meaningful Holy Week & Easter!

PRAYERS

Do you have an immediate prayer request?

There is an intercessory prayer team that prays for all submitted prayer requests each week.

Please email any prayer requests to Pastor Abi.

For our members

- Marcia, Ali, Gail, & Violet for health
- David Durfee recovering from hip surgery
- For Food Pantry donations and volunteers

For our parents and families

- Chad Gabriel, for health
- June, Jocelyn's daughter, healing from ACL surgery
- Miracle's brother Kevin
- Wes, Eva Barcia's uncle as he recovers from an illness
- Levi, Abi & Lacy's son, during treatment
- Parents of Lara Fries (Shelby), Jeff Mowery (Fred), Chris Gohrband (Virginia), Terri Orvis, Di Hannum (Dottie) Don & Debbie Fultz (Dorothy) (Beth) Joanna Dietz mom

For our friends & neighbors

- Trevor Brown, firefighter in Sterling, who passes away
- Tom and Alice, friend of Gail Van Buren
- David Paranzino. recovery double organ surgery and comfort for Tracy
- Kerry Cathcart, PT hip replacement, friend of Natalie Gohrband
- Josh Wall, friend of Mike Folsom as he recovers from a serious car accident
- Krystal, friend of Joe Mclean

For our state, nation, and world

- People of Ukraine
- Gratitude for the release of hostages

- Philippines
- Communities dealing with gun violence
- US Military who are being deployed
- Peace between Israel and Palestine
- Christians of Pakistan
- For those suffering from natural disasters throughout the world
- In solidarity with the Ecumenical Prayer Cycle, this week we pray for the people, resources and leadership of **Estonia, Latvia, Lithuania.**[The Ecumenical Prayer Cycle](http://TheEcumenicalPrayerCycle.org) | [World Council of Churches](http://WorldCouncilofChurches.org) (oikoumene.org).
- People of Ukraine and the opposition in Russia to the invasion

Expression of Christian Sympathy

- Mary Ann East and her Family upon the death of her mother, Jackie ,on Wednesday, March 6. Cards may be mailed to: 15003 Ulderic Dr., Centreville, VA 20120.
- The family of Randy Wakefield, upon his untimely death, friend of the Gohrband's

CLOSING THOUGHTS

Lent is a time for us to turn away from sin and to turn towards God. May we use this season to draw closer to God and to become more like Him in all that we do.

Fasting

- Self-discipline
- Breaking unhelpful habits
- Free up more time prayer
- Focus on forgiveness

WHAT'S HAPPENING & UPCOMING DATES

SUNDAY, March 17

In-Person Worship 8:30 AM
Adult Sunday School 9:30 AM
The Walk Lenten Bible Study 9:30 AM
In-Person & Livestream Worship 10:30 AM
Youth Cohort @ Vale UMC 12 PM
Cub Pack 3 PM
Girl Scout 4 PM
St. Patrick Community Dinner 5:00 PM
Contemplative Service 6:15 PM

MONDAY, March 18

Food Prep 11 AM
Boy Scouts 5:30 PM

TUESDAY, March 19

Food Prep 11 AM
Food Distribution 4 – 6 PM
Vesper with Pastor Abi 7 PM

WEDNESDAY, March 20

Boy Scouts 5:30 PM
Boy Scouts 7:30 PM

THURSDAY, March 21

Praise Team 6:30 PM
Choir Rehearsal 7:30 PM

FRIDAY, March 22

Rita's Recital 5:30 PM

SATURDAY, MARCH 23

COF Workday 9 AM

THURSDAY, March 28

Maundy Thursday Service at COF 7PM

GOOD FRIDAY 12—3 PM

Road Trip to National Cathedral, Carpool to meet in the COF parking lot 10:30 AM

EASTER SUNDAY

Sunrise Service @ Vale UMC 7 AM
With Breakfast to Follow
Easter Services at COF 8:30 & 10:30 AM
Easter Egg Hunt after 10:30 Service

SUNDAY, April 7

In-Person Worship 8:30 AM
Rise Against Hunger Event 9 AM

LEADERSHIP & CONTACT INFORMATION

Ministers - The Entire Congregation

Leadership Board 2024

Gwen Zanin, chair | Terri Orvis | Jocelyn Gabriel (Lay Leader) | Greg Carter | Larry Gittings
Gina Lindquist | Sandra Baron | Bill Huff | Carol Larsen | Abi Foerster

Music Director: Dr. Mary Ann East | *Music Accompanist:* Dr. Kelly Nam

Food Ministry Director: Hannah Godfrey | *Children & Youth Ministry Director:* Miracle Ryder

Office Manager – Di Hannum Beatty | *Nursery Care* – Ali Greenberg

Resident Deacon – Joanna Dietz (revjodietz@gmail.com)

District Superintendent – Sarah Calvert | Bishop – Sue Hauptert-Johnson

Community of Faith United Methodist Church

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