

*First United Methodist Church*  
**Sunday, March 3, 2024**  
*Third Sunday of Lent*



*Please be aware that our services are livestreamed, and any adults and/or children participating in musical groups, children's messages, and liturgist roles will appear on camera.*

*A nursery for children ages 5 and under is on the lower level and includes a Bible lesson. Sunday School for children K-5th grade will be held in the upper-level Children's Lounge following the Children's Message. Please pick up your kids in the Lounge after worship.*

**Prelude**     *Go Rest High on That Mountain*     Vince Gill  
Tapestry; Leah and Corey Hulst, directors

**Welcome and Announcements**     Pastor Jeanine Alexander

\* **Hymn**     *How Great Thou Art*     UM Hymnal #77

**Extinguishing of the Third Lenten Candle**     Karen Alseth

**One:** In the season of Advent, as we prepare for Christmas, we *light* a new candle each Sunday. In this season of Lent, as we prepare for Good Friday, we *extinguish* a candle each Sunday to remind us of the approaching darkness of betrayal and death.

**All:** **Jesus came into the world to be the light that guides us to God. During this time of Lenten preparation, we think of those who turned away from the light of Jesus. We will never know the motivations of Judas's betrayal. All we know is that Judas thought his agenda was more important than Jesus. We, too, are all often willing to put our agendas and priorities ahead of the Light of the World. We extinguish the third candle, recalling with regret the times we have betrayed Jesus by the darkness of our own self-centered willfulness.**

**One:** Let us sing our Lenten song of prayer as we call upon God's presence.

**Prayer Song**     *Lord, Listen to Your Children Praying*     The Faith We Sing #2193  
*Lord, listen to your children praying, Lord, send your Spirit in this place;*  
*Lord, listen to your children praying, send us love, send us power, send us grace.*

**Children's Message**

*Children may leave for Sunday School following the Children's Message.*

**Morning Prayer**     Rev. MaryAnne Korsch  
Prayers of the Congregation

Lord's Prayer

**Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us, not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory forever. Amen.**

**Scripture Reading**     Karen Alseth

**Portions of James 3: 1-12**

**One:** Not many of you should presume to be teachers, my friends, because you know that we who teach will be judged more strictly.

**All:** We all stumble in many ways. If anyone is never at fault in what he or she says, he or she is a perfect person, able to keep his or her whole body in check.

**One:** When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example: although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.

**All:** Likewise, the tongue is a small part of the body, but it makes great boasts. Consider how a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.

**One:** All kinds of animals, birds, reptiles, and creatures of the sea are being tamed and have been tamed by people, but no person can tame the tongue. It is a restless evil, full of deadly poison.

**All:** With the tongue, we praise our Lord, and with it we curse those who have been made in God's likeness.

**One:** Out of the same mouth comes praise and cursing. My friends, this should not be.

**All:** Can both fresh water and saltwater flow from the same spring? My friends, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

### Offering Our Gifts

\* Hymn      *Lord, Speak to Me*      UM Hymnal #463

Sermon      *Putting Feet to Our Faith #4: The Power of Words*      Pastor Jeanine Alexander

Special Music      *Arise, My Soul, Arise*      Dan Forrest  
    Sanctuary Choir; Derek Bromme, director; Jenna Mattson, violin

The Sacrament of Holy Communion      Pastor Jeanine Alexander and Rev. MaryAnne Korsch

Communion Music      *Panis Angelicus*      César Franck  
    Jenna Mattson, violin; Velda Graham Bell, piano

\* Hymn      *Spirit of the Living God*      UM Hymnal #539

### Benediction

Postlude      *Tuba Tune in D Major*      Craig Sellar Lang  
    Velda Graham Bell, organ

\* Please stand as you are comfortable

## Announcements

Please remember to fill out the *Connect Cards* each week. Keeping attendance and making sure the church has your current contact information is an important part of church records. **On the back of the card**, is a list of ministry opportunities, where your help can make a difference! These will change often, so check them each week and please sign up where you can.

**Guests:** Welcome to First United Methodist Church. We are so glad you are worshipping with us today! Please stop by the Welcome Desk in the Narthex; we have a packet and small gift for first-time visitors.

*Please join us for coffee and doughnuts in Lakeview Social Hall following the worship service.*

*Faith Forum* is held Sunday mornings from 9-9:45am in the Fireside Lounge. Next week, **March 10**, Charlie Orsak will talk about green energy at FUMC. The following week, **March 17**, guest speaker Shawna Weaver discusses her book "Climate Grief: From Copying to Resilience and Action."

*Our Lenten/Easter giving:* half of our financial giving will go to the church's operating budget, which makes everything we do possible. The other half will be split between Harbor House Crisis Shelter in Superior and the Duluth NAACP Ignite Empower Transform Foundation. We will also be collecting food for the Food Shelf every week in March, as part of the Minnesota FoodShare March Campaign.

*A new Yogadevotion session*, led by Carla Egge, will begin tomorrow, **Monday, March 4**, and run for 8 weeks. Meet in the Chapel at 5:30pm. Sign up at [yogadevotion.com/class/first-united-methodist-duluth-yogadevotion-flow-pm-3](http://yogadevotion.com/class/first-united-methodist-duluth-yogadevotion-flow-pm-3)

*Guest WIFI Network:* FirstUnitedPublic. Password: Public2022.

*Thank you* to Alex Flinner, Tommy Kishida, and the Livestream Team for making the online service possible.

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## Ways You Can Help Your Church



*Volunteers are needed* to bring a dozen muffins on Easter morning, for the coffee hour before the 10am worship service.

*Ways to give to support your church:* give online at [fumcduluth.com](http://fumcduluth.com) OR text COPPERTOP to 73256 OR mail to FUMC, 230 E. Skyline Parkway, Duluth, MN 55811.

## Putting FEET To Our Faith – A Study of the Book of JAMES

### James 3:1-12

<sup>1</sup>Not many of you should presume to be teachers, my friends, because you know that we who teach will be judged more strictly. <sup>2</sup>We all stumble in many ways. If anyone is never at fault in what they say, they are a perfect person, able to keep their whole body in check.

<sup>3</sup>When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. <sup>4</sup>Or take ships as an example. Although they are so large and are driven by strong

winds, they are steered by a very small rudder wherever the pilot wants to go. <sup>5</sup>Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. <sup>6</sup>The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.

<sup>7</sup>All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by people, <sup>8</sup>but no person can tame the tongue. It is a restless evil, full of deadly poison.

<sup>9</sup>With the tongue we praise our Lord, and with it we curse those who have been made in God's likeness. <sup>10</sup>Out of the same mouth come praise and cursing. My friends, this should not be. <sup>11</sup>Can both fresh water and salt water flow from the same spring? <sup>12</sup>My friends, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

## SERMON NOTES

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-----over please-->

## ADDITIONAL REFLECTION

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*What do the following Scriptures tell us about our words?*

**Matthew 12:36-37:**

**Colossians 3:15-17:**

**Psalm 19:14:**

Ephesians 4:29:

## NOTES FROM SCRIPTURE READINGS

**Sermon # 5: James 3:13 – 4:12 (Sunday, March 10)**

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*Jot down key concepts that catch you attention. What are the main themes? How will you apply what you are reading to your everyday life?*