



Central United Methodist Church

A Reconciling Congregation

Organized 1810—Incorporated 1822—Sanctuary completed 1867

March 8, 2026

Third Sunday of Lent

Women's History Month

OUR WELCOMING STATEMENT

Central United Methodist Church is a Reconciling Congregation. Regardless of your race, ethnicity, immigration status, gender identity, sexual orientation, socioeconomic situation, age, ability, belief, or background, whether you are single or partnered, you are God's beloved and you are welcome here.

OUR MISSION STATEMENT

We envision Central United Methodist Church as a vital, diverse, River of Life nurtured by the light of Christ, rooted deeply in and living the scriptures, a holy presence in the center of the City of Detroit, transforming individuals, institutions, and the world, advocating peace and justice in all we do.

* Indicates when to stand, if able in body or in spirit. **Please silence cell phones. Hymnal Guide: W&S=Worship & Song, UMH = The United Methodist Hymnal, TFWS = The Faith We Sing

ACT OF PRAISE

PRELUDE

Zosette Guir

The Prelude and the Postlude are times for silent prayer and meditation guided by some of our gifted musicians.

WELCOME

***CALL TO WORSHIP** (from *enfleshed: liturgy that matters*)

ONE: Let all who yearn for connection,
all who hunger for justice and thirst for bodily renewal
come and be replenished.

ALL: With hope and expectation, we bring all that our soul's desire.

ONE: Let everyone weary from isolation
or overwhelmed by life's troubles
come and find rest in God's care.

ALL: those who come seeking community are received in Holy Embrace.

ONE: May the presence and provision of God be manifest among us that all may have what they need.

ALL: We come to give, we come to receive, we come to grow in love.

***OPENING HYMN**

Come and Find a Quiet Center

TFWS 2128

- 1. Come and find the quiet center in the crowded life we lead,
find the room for hope to enter, find the frame where we are freed:
Clear the chaos and the clutter, clear our eyes that we can see
all the things that really matter, be at peace, and simply be.**

- 2. Silence is a friend who claims us, cools the heat and slows the pace,
God it is who speaks and names us, knows our being, touches base,
making space within our thinking, lifting shades to show the sun,
raising courage when we're shrinking, finding scope for faith begun.**

- 3. In the Spirit let us travel, open to each other's pain,
let our loves and fears unravel, celebrate the space we gain:
There's a place for deepest dreaming, there's a time for heart to care,
in the Spirit's lively scheming there is always room to spare.**

WORDS: Shirley Erena Murray; MUSIC: Attr. to B. F. White; Words © 1992 Hope Publishing Co., CCLI 2815228

ACTS OF SHARING

GREETINGS AND WELCOME OF FIRST TIME VISITORS



Please help us know you were here in worship today by scanning the QR code above with your phone. There is also a place for notes and prayer requests for the pastor.

ANNOUNCEMENTS

ACTS OF PROCLAMATION

CHILDREN'S MOMENT

Sylvia Oatley

ANTHEM

Lift Your Light by Mary McDonald

***SCRIPTURE**

John 4: 5-15, 25-31, 39-40

Angela Bakeley

He stopped at Sychar, a town in Samaria, near the tract of land Jacob had given to his son Joseph, and Jacob's Well was there. Jesus, weary from the journey, came and sat by the well. It was around noon,

When a Samaritan woman came to draw water, Jesus said to her, "Give me a drink." The disciples had gone off to the town to buy provisions.

The Samaritan woman replied, "You're a Jew. How can you ask me, a Samaritan, for a drink?"—since Jews had nothing to do with Samaritans.

Jesus answered, "If only you recognized God's gift, and who it is that is asking you for a drink, you would have asked him for a drink instead, and he would have given you living water."

"If you please," she challenged Jesus, "you don't have a bucket and this well is deep. Where do you expect to get this 'living water'? Surely you don't pretend to be greater than our ancestors Leah and Rachel and Jacob, who gave us this well and drank from it with their descendants and flocks?"

Jesus replied, "Everyone who drinks this water will be thirsty again. But those who drink the water I give them will never be thirsty; no, the water I give will become fountains within them, springing up to provide eternal life."

The woman said to Jesus, "Give me this water, so that I won't grow thirsty and have to keep coming all the way here to draw water."

The woman said to Jesus, "I know that the Messiah—the Anointed One—is coming and will tell us everything."

Jesus replied, "I who speak to you am the Messiah."

The disciples, returning at this point, were shocked to find Jesus having a private conversation with a woman. But no one dared to ask, "What do you want of him?" or "Why are you talking to her?"

The woman then left her water jar and went off into the town. She said to the people, "Come and see someone who told me everything I have ever done! Could this be the Messiah?" At that, everyone set out from town to meet Jesus.

Many Samaritans from that town believed in Jesus on the strength of the woman's testimony—that "he told me everything I did." The result was that, when these Samaritans came to Jesus, they begged him to stay with them awhile. So Jesus stayed there two days, ONE: Hear what the Spirit is saying to the Church.

ALL: Thanks be to God!

MESSAGE

Conversation with Ame Del Real, People's Assembly

INVITATION TO THE OFFERING

OFFERTORY

The Rose by Mary E. Caldwell



For electronic giving, please use this QR Code

DOXOLOGY: Praise God from whom all blessings flow; Praise God, all creatures here below; Praise God for all that love has done; Creator, Christ, and Holy One.

PRAYER OF DEDICATION

A SERVICE OF HOLY COMMUNION
(Communion for Lent, enfleshed: liturgy that matters)

ONE: The Holy One be with you

ALL: And also, with you

ONE: Open your hearts to the One who is Love

ALL: We open our hearts to you, O God

ONE: Let us give thanks to God, who gives us courage

ALL: To the One who calls us to lives of service, we give thanks and praise

ONE: From our beginning, you shaped us to live in service to one another and all the earth. You set us in the garden to co-create life with you. You surrounded us with creatures and creations that depend on our care. Our destinies have always been wrapped up in one another – our individual well-being bound to the well-being of all.

Therefore, we join our voices with your people on earth and all the company of the heavens, singing praise to you,

ALL: Holy, Holy, Holy One
God of justice and love
Heaven and earth are full of your wonder
Hosanna among us

ONE: Gracious One, we struggle with spirits of fear and greed that tempt us away from your original plan for us. We excuse ourselves from responsibilities to our neighbors. We struggle to believe we have anything to offer to the whole. And at times we knowingly do harm to others for the sake of our own gain.

You know our struggles, O God. And so you sent us Jesus.

In him we learn how to show up for one another. Jesus lived in service to collective well-being. He sought out those in need of community. He befriended the ones who were isolated. He challenged the structures that destroy.

Through his life, you taught us that the same capacities live in us. We too can choose the way of service to collective life. You have given each of us gifts to play our part.

The same spirit of courage that kept Jesus proclaiming love even in the face of death lives in us.

On the night of his arrest, Jesus shared a meal with his companions.

He took bread, blessed it, broke it, gave it to his disciples and said:

**ALL: "This is my body which is given for you.
Do this in remembrance of me."**

ONE: After the meal, he took the cup, blessed it, and shared it saying:

ALL: "This cup that is poured out is the new covenant."

ONE: In remembrance of all you have done to save us,
we proclaim the mystery of our faith:

**ALL: Christ was birthed among us.
Christ was killed among us.
Christ rises again among us.**

ONE: Pour out your Spirit on these gifts and make this bread and this cup sustenance for our Lenten journey. By your grace, may we experience anew the call you place on our lives to serve one another. In feasting at your table, may our hearts be filled with courage once again to follow Christ, come what may.

In collective longing for a taste of your Kin-dom on earth,
we join together in echoing the prayer of Jesus:

**ALL: Our Creator, who art in heaven, hallowed be thy name
Thy Kin-dom 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 trespassed against us.
Lead us not into temptation but deliver us from evil.
For thine is the Kin-dom, the power, and the glory forever.
Amen.**

SHARING THE BREAD & CUP

MUSIC DURING COMMUNION

Zosette Guir

PRAYER AFTER COMMUNION

God, your bread and your cup renew our spirits. No matter the times we have failed to show up to your call, or to our own needs, or to the cries of our neighbors, you receive us again. May your unending grace be our foundation as we journey with Christ towards justice. Amen.

*CLOSING HYMN

The Water God Gives Us

**The water God gives us in wondrous supply
is water that's living and never runs dry.
For everyone drinks and is thirsty again,
but God's living water gives life without end.**

**O God, we confess that we seek empty things;
We strive after wealth and the comfort it brings.
We buy things in hopes that our spirits will soar
Yet still we are thirsty and left wanting more.**

**Then just like that woman who went to the well,
we hear you, O Christ, and the truth that you tell.
You know who we are and you know what we've been;
you know us and love us in spite of our sin.**

**The gift that you give is the greatest of wealth;
you give living water! You give us yourself!
May we, like that woman, go back where we live
and tell those we know of the life that you give.**

Tune: Traditional American melody ("How Firm a Foundation");
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BENEDICTION

BENEDICTION & SENDING FORTH (from *enfleshed: liturgy that matters*)

God meets us in the hard places.

The territories of struggle.

The sites of desperation.

The places of deepest need.

In our fears and our pain, God comes beside us.

With a commitment to extending this care

to one another and all our neighbors,

so that none may be left alone, the Spirit sends us with peace.

CHORAL BENEDICTION

POSTLUDE

Brandon Reeves

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Rev. Paul Perez, Lead Minister

Rev. Edwin Rowe, Pastor Emeritus

Deaconess Anne Hillman, Ph.D. Director of Children, Youth and Family Ministries

Margaret Reese, Director of Music

Brandon Reeves, Collaborative Pianist

Debra Cox, Office Administrator

Angela Bakeley, Receptionist

Dave Wilson, Building Maintenance Manager

This service is live-streamed under CCLI STREAM PLUS 21469425

LAND ACKNOWLEDGEMENT STATEMENT

Central United Methodist Church acknowledges that the building in which we carry out our collective life together occupies and is built upon land that is part of what was first known as Waawiyaataanong (“At the curved shores.”), the ancestral and contemporary homeland of the Three Fires Confederacy, but which is now referred to as Detroit. In 1807 the Ojibwe, Odawa, Potawatomi, and Wyandot nations granted use of these sovereign lands to the US government through the Treaty of Detroit. Central United Methodist Church affirms the continued Indigenous sovereignty over these lands and honors all tribes with a connection to Detroit. We commit ourselves to working together with our native brothers and sisters to advance equity in all dimensions of life and to promote a better future for the earth and all its peoples. (Adopted by the Ministry Team -April 22, 2021)