



Central United Methodist Church

A Reconciling Congregation

Organized 1810—Incorporated 1822—Sanctuary completed 1867

March 23, 2025

Third Sunday in Lent

Seeding the Soil: (Contemplative Practices for Sustaining our Spirits)

Women's History Month Celebration Service

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

PRELUDE

Brandon Reeves & Augustus Williamson

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

THE COMMUNITY GATHERS

INVITATION TO WORSHIP

Rebecca Wilson

Welcome to week 3 of our Lenten journey. Our worship theme this year, guiding our way toward Holy Week in these most wilderness of days, is "Seeding the Soil: Contemplative Practices for Sustaining Our Spirits."

Gratitude is more than giving thanks or expressing appreciation. It is a state of being and a practice that cultivates connection with God, with others, with our inner selves. The Hebrew term for gratitude "hikarat hatov" literally means "recognizing the good." In this way gratitude is a means of resistance. It is counter-cultural. It is subversive. Expressing gratitude does not mean we ignore or dismiss the pain and suffering in and around us. In the justice tradition, gratitude is part of prayers for transformation and lament. Gratitude is nourishment for the journey to wholeness and peace. For us this Lent, gratitude guides our path toward Holy Week. Today, especially, we make space for gratitude, for naming and celebrating the women who have shaped our lives, our faith, our church, and our world.

I Am an Acorn

1. D Em^7 (or G) D Em^7

2. I am an a-corn, the packet, the seed

3. God is with-in me and God is the tree I am un-

4. fold-ing the way I should be Carved in the palm of God's

5. ha-nd Carved in the palm of God's hand

- 1. I am an acorn, the packet, the seed
 - 2. God is within me, & God is the tree
 - 3. I am unfolding the way I should be
 - 4. & 5. Carved in the palm of His hand (2x)
- [Sown in the soil of God's land (2x)]

- Carol Johnson

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OPENING PRAYER

God, as we gather in gratitude, open our hearts to your presence and power. May we worship in spirit, trust, and thankfulness. Amen.

OPENING HYMN

God, We Praise You for the Women

God, We Praise You for the Women 20

$\text{♩} = 72$ *Unison* F Dm Bb C7sus4 F/C

1 God, we praise you for the wom - en who have taught us to be strong,
2 Pha-roah's daugh-ter, like a moth-er, lift - ed Mo - ses from a pool,
3 As her life drew on toward eve - ning, af - ter she had raised her own,

F F/E Dm Dm/C Bb C7sus4 F

who have held us, who have raised us with a prayer and with a song.
brought him safe - ly to the pal - ace where a slave would go to school.
Lo - is held her ba - by grand-son, told him of God's love made known.

C7sus4 Am7 Am7/C Dm Dm7 Gm Gm/Bb C7sus4

Sa-rah laughed to hear the prom - ise - God would bless her with a son;
Mar - y watched the kill - ing mad - ness, as her son died on the cross;
God, we praise you for the wom - en who have taught us to be strong,

C7 F F/E Dm Dm/C Bb C7sus4 F

Sa - rah laughed and Sa - rah doubt - ed till she saw what God had done.
she who knew the joy of child - birth, now was torn by bit - ter loss.
who have held us, who have raised us with a prayer and with a song.

WORDS: Daniel Charles Damon
MUSIC: Attr. B. F. White, *The Sacred Harp*, 1844; arr. Daniel Charles Damon
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Music Arr. © 2022 Hope Publishing Company

BEACH SPRING
8.7.8.7.D.

THE COMMUNITY PREPARES

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

PASSING THE PEACE

Augustus Williamson

CHILDREN'S MOMENT

Deaconess Anne Hillman

INVITATION TO THE OFFERING

OFFERTORY

A Rose Touched by the Sun's Warm Rays,
Music by Jean Berger, words by Maria Brubacher, 1825

***DOXOLOGY:** *Lord, Who Throughout These Forty Days, V. 4 & 5* UMH #269

**4. And through these days of penitence, and through your passion-tide,
yea, evermore, in life and death, Jesus, with us abide.**

**5. Abide with us that so this life of suffering over past,
an Easter of unending joy, we may attain at last!**

WORDS: Claudia f. Hernaman, 1873; MUSIC: USA Folk melody; arr. by Annabel Morris Buchanan, 1938;
harm. by Charles H. Webb, 1988; Music © 1938. Renewed 1966 J. Fischer and Bro. Co.; harm. © 1989 J. Fischer and Bro. Co.; CCLI 2815228

PRAYER OF DEDICATION

God, we offer our tithes and offerings, along with our time and talents, as seeds of gratitude. May all these gifts be watered by thankfulness for the women who have sown into our lives. May all we bring to the soil enable Central to continue cultivating peace and justice in this community and beyond. Amen.

CHOIR ANTHEM

Awake, My Soul,
Words and Music by Elaine Hagenberg

THE COMMUNITY SEEDS

CONTEMPLATIVE PRACTICE

Gratitude Meditation

Breathing & Centering (1 minute)

- Take a deep breath in, hold it for a moment, and then slowly exhale.
- Breathing in, feel your body relaxing. Breathing out, release any tension.
- Focus on the natural rhythms of your breath.

Guided Gratitude (2 minutes)

- Bring to mind something or someone you are grateful for. It could be a person, a place, or an experience.
- Imagine this in your mind. Visualize it clearly. Feel the gratitude swell in your heart.
- Allow yourself to experience the warmth and joy that this gratitude brings.
- As you hold this image in your mind, say “thank you” three times.

Closing: (1 minute)

- Take another breath, notice gratitude filling your entire being.
- Slowly exhale, releasing any lingering tension.
- As you are ready, gently bring your awareness back to the present moment.
- Wiggle your fingers and toes.
- When you are ready, slowly open your eyes.
- Take a moment to notice how you feel.
- Carry this gratitude with you throughout the day.

CONTEMPORARY READING

by Wangari Maathai

Megan Mueller

“A tree has roots in the soil yet reaches to the sky. It tells us that in order to aspire we need to be grounded and that no matter how high we go it is from our roots that we draw sustenance. It is a reminder to all of us who have had success that we cannot forget where we came from. It signifies that no matter how powerful we become in government or how many awards we receive, our power and strength and our ability to reach our goals depend on the people, those whose work remain unseen, who are the soil out of which we grow, the shoulders on which we stand.”

SCRIPTURE

Luke 13:1-9

Nicole Gerring

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, “Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you, but unless you repent you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the other people living in Jerusalem? No, I tell you, but unless you repent you will all perish just as they did.”

Then he told this parable: “A man had a fig tree planted in his vineyard, and he came looking for fruit on it and found none. So he said to the man working the vineyard, ‘See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?’ He replied, ‘Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good, but if not, you can cut it down.’ ”

ONE: Hear what the Spirit is saying to the Church.

ALL: Thanks be to God.

MESSAGE

Rebecca Wilson

CLOSING HYMN

The Trees of the Field

TFWS #2279

**You shall go out with joy and be led forth with peace;
the mountains and the hills will break forth before you;
there'll be shouts of joy, and all the trees of the field will clap,
will clap their hands.**

**And all the trees of the fields will clap their hands,
the trees of the fields will clap their hands,
the trees of the fields will clap their hands,
while you go out with joy**

WORDS: Steffi Geiser Ruben; MUSIC: Stuart Dauermann; © 1975 Lillenas Publishing Co., admin. by The Copyright Co., CCLI 2815228

THE COMMUNITY WATERS

WORDS OF BENEDICTION

CHORAL BENEDICTION

POSTLUDE

**Central United Methodist Church
23 East Adams,
Detroit, Michigan 48226
313.965.5422**

cumcdetroit1810@centralumchurchdetroit.org

www.centralumchurchdetroit.org

Rev. Paul Perez, Lead Minister

Rev. Edwin Rowe, Pastor Emeritus

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

Guest Choral Director, Jennifer Peugoske

Margaret Reese, Director of Music

Brandon Reeves, Collaborative Pianist

Debra Cox, Office Administrator

Dave Wilson, Maintenance Manager

Angela Bakeley, Receptionist

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 Waawiyataanong (“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)