

2nd Sunday of Lent

"Bread for Growth"

March 1, 2026 at 10:30am (onsite/online)
Umstead Park United Church of Christ



GATHERING

Welcome and A Time of Greeting

Rev. Paula Womack

Invocation

Gwen Reagan

Meditation

"The kingdom is like yeast hidden in a bushel of flour. It's working in the dark. It's working while we sleep. It's working in the quiet and the hidden places. It's a slow-motion revolution of love, rising up from the inside out until the whole world is transformed."

—Sarah Bessey, Jesus Feminist

Prelude

David Wilson

***Call to Worship**

Rev. Paula Womack

One: Beckoned to this place of belonging, we, of Umstead Park United Church of Christ, with body, mind, and spirit, gather to worship, serve, and proclaim God, unknowable mystery whose center is love, and Jesus the Christ, who makes this loving mystery known.

Many: **With inarticulate words and unfinished lives, we yearn to further embody this holy love, shaping the future as partners with God, who dances and weeps with us along the way.**

—from the UPUCC Covenant

***Gathering Hymn** "All Who Hunger, Gather Gladly" v. 1 & 3 (*see insert*)

Congregation

HEARING AND RESPONDING

Time with Children

Christy Tucker

We're search-ing for our dai - ly bread, for what we need to - day.

We'll find it as we wel - come all in fol - low - ing Christ's way.

SPIRITUAL PRACTICE

Stretch

Try **stretching** yourself in a new way this week.

What recipe for growth would give you a chance to expand God's kin(g)dom?

Challenge yourself to pray for someone you are having a hard time with. Stretch your body in ways that are healing and restorative. Write a handwritten note to encourage a coworker. Dare yourself to unload the dishwasher without being asked!

However you decide to rise to the occasion, *don't forget the most important ingredient... love.*

LENT TWO: BREAD FOR GROWTH

Reading of Scripture Luke 13:10-18, 21, from *The Inclusive Bible* Gwen Reagan
(see insert)

Sermon "The Yeast That Helps Us Rise" Rev. Paula Womack

***Responsive Hymn** "Seeker of Justice" v. 1, 2, and 5 Congregation
(see insert)

Prayers of the People Rev. Paula Womack



You are invited to share names or brief joys and concerns. To submit written prayer requests for the weekly email, visit tinyurl.com/upuccprayers, or scan the QR code to the left.

Celebration of Gifts (Offertory) Rev. Paula Womack



In addition to placing gifts into the offering basket, you may also visit upucc.org/giving or scan the QR code to the left to make an online contribution.

COMMUNION Rev. Paula Womack

Remembering and Communion Liturgy

(Litany by Jan Richardson)

One: And the table will be wide.
And the welcome will be wide.
And the arms will open wide to gather us in.
And our hearts will open wide to receive.

**Many: And we will come as children who trust there is enough.
And we will come unhindered and free.
And our aching will be met with bread.
And our sorrow will be met with wine.**

One: And we will open our hands to the feast without shame.
And we will turn toward each other without fear.
And we will give up our appetite for despair.
And we will taste and know of delight.

**Many: And we will become bread for a hungry world.
And we will become drink for those who thirst.
And the blessed will become the blessing.
And everywhere will be the feast.**

One: Come, for all things are ready.

*At this time, you are invited to come forward.
The bread may be dipped into the cup and then eaten.
The cup contains juice. The center station contains gluten free bread.*

Prayer of Thanksgiving

The Prayer That Jesus Taught

words adapted by Mark Miller from "The Lord's Prayer"

Our God, in heaven, holy is your name.

Your reign come, your will done, on earth as in heaven.

Give us this day our daily bread, and help us forgive, as we have been forgiven.

In the time of trial lead us into light,

for yours is the kingdom, and the power, and the glory, forever. Amen.

SENDING INTO THE WORLD

*Sending Hymn

"For Everyone Born" v. 1, 3, and 4
(see insert)

Congregation

Announcements

You are invited to peruse the announcements included in the later pages of this bulletin.

*Affirmation of Community

Gwen Reagan

One: We believe that all people are God's people, that every child is holy, that every person is a part of the sacred family.

Many: We believe that God's love embraces all, and that to exclude any person would be contrary to the message of Jesus.

One: We proclaim that this community of faith, Umstead Park UCC, will strive to be as open as the radical realm of God, and as liberating as the love of Christ.

Many: And so we journey into our hopeful future with joy, pledging to offer each other welcome, compassion and care. May God grant us wisdom, grace, and guidance in our life together.

*Sending Litany

Rev. Paula Womack

One: As we go from this place, remember that the kingdom of God grows quietly.

Many: We trust the yeast already at work among us.

One: When growth feels slower than we wish

Many: We will choose patience.

One: When we are tempted to stay safe

Many: We will trust the courage God has kneaded into us.

One: Go now to be bread for growth in our world.

All: We go, trusting God to help us rise. Amen.

Postlude

David Wilson

Supplemental Texts and Hymns

*Gathering Hymn

"All Who Hunger, Gather Gladly" (verses 1 and 3)

Congregation



1. All who hun - ger, gath - er__ glad - ly;__ ho - ly__ man - na is our bread.
2. All who hun - ger, nev - er__ strang - ers,__ seek - er,__ be a wel - come guest.
3. All who hun - ger, sing to - geth - er;__ Je - sus__ Christ is liv - ing bread.



Come from wil - der - ness and wan - d'ring. Here, in__ truth, we will be fed.
Come from rest - less - ness and roam - ing.__ Here, in__ joy, we keep the feast.
Come from lone - li - ness and long - ing.__ Here, in__ peace, we have been led.



You that yearn for days of__ full - ness, all a - round us is our__ food.
We that once were lost and scat - tered in com - mu - nion's love have stood.
Blest are those who from this__ ta - ble live their days in grat - i - tude.



Taste and__ see the grace e - ter - nal. Taste and__ see that God is good.
Taste and__ see the grace e - ter - nal. Taste and__ see that God is good.
Taste and__ see the grace e - ter - nal. Taste and__ see that God is good.

Reading of Scripture

Luke 13:10-18, 21, from *The Inclusive Bible*

Gwen Reagan

¹⁰ One Sabbath, Jesus was teaching in one of the synagogues. ¹¹ There was a woman there who for eighteen years had a sickness caused by a spirit. She was bent double, quite incapable of standing up straight. ¹² When Jesus saw her, he called her over and said, "Woman, you are free of your infirmity."

¹³ He laid his hands on her, and immediately she stood up straight and began thanking God.

¹⁴ The head of the synagogue, indignant that Jesus had healed on the Sabbath, said to the congregation, "There are six days for working. Come on those days to be healed, not on the Sabbath." ¹⁵ Jesus said in reply, "You hypocrites! Which of you doesn't let your ox or your donkey out of the stall on the Sabbath to water it? ¹⁶ This daughter of Sarah and Abraham has been in the bondage of Satan for eighteen years. Shouldn't she have been released from her shackles on the Sabbath?" ¹⁷ At these words, Jesus' opponents were humiliated; meanwhile, everyone else rejoiced at the marvels Jesus was accomplishing.

¹⁸ Jesus continued, "What does the kingdom of God resemble? To what will I liken it?...

²¹ It's like the yeast which a baker added to three measures of flour and kneaded until the whole ball of dough began to rise."

***Responsive Hymn**

"Seeker of Justice"
(verses 1, 2, and 5)

Congregation



1. Seek - er of jus - tice, turn - er of the ta - bles
2. Friend of the friend - less, lov - er of the e - ne - my,
3. Mys - ti - cal teach - er, lov - er of the Ho - ly One
4. Storm - rid - ing mar - in - er, death - de - fy - ing lead - er
5. Hear - er of child - ren, heal - er of the bro - ken ones
6. Break - er of ho - ly bread, pour - er of the sac - red wine



One who made sure that the poor were fed
Love that con - ven - tions can - not con - tain,
Faith - ful be - yond a - ny rites or creeds
With you in cour - age we seek to stand
Find - ers of truth in what some des - pise
Ours - are the hands that will serve your feast,



Land for the land - less, home for the home - less and
Bound - less com - pas - sion, put in - to ac - tion for
One with cre - a - tion, in a - do - ra - tion re -
Still - ing the waves of fear, through chill - ing winds we steer till
Touch the un - touch - a - ble, love the un - lov - a - ble till
This bread is food in - deed, this wine is what we need to



bas - kets filled with fish and bread.
peace be - yond all self - ish aims.
vealed in hum - ble prayers and deeds.
on that peace - ful shore we land.
fin - ally we see through your eyes.
let the Spir - it be re - leased.

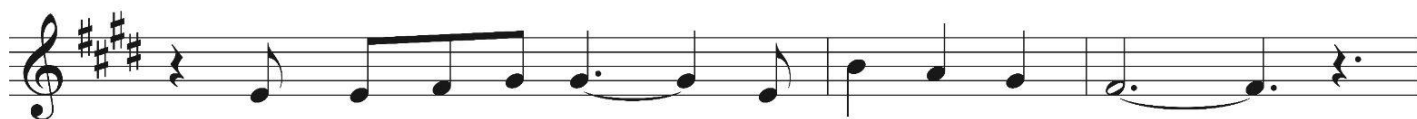
***Sending Hymn**

"For Everyone Born"
(verses 1, 3, and 4)

Congregation



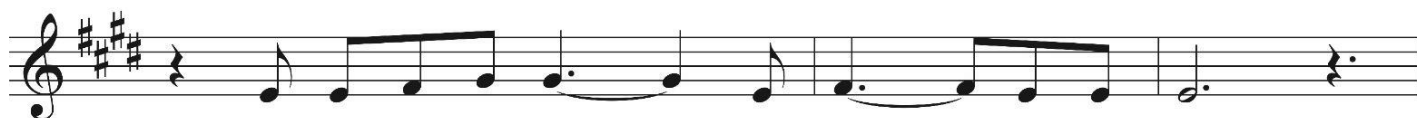
1. For ev - ery - one born, a place at the ta - ble, ___
2. For all who share life, a place at the ta - ble, ___
3. For those we ne - glect, a place at the ta - ble, ___
4. For all who have breath, a place at the ta - ble, ___
5. For you and for me, a place at the ta - ble, ___



for ev - ery - one born, ___ clean wa - ter and bread, ___
re - vis - ing the roles, ___ de - cid - ing the share, ___
a voice to be heard, ___ a part in the song, ___
a co - ve - nant shared, ___ a wel - com - ing space, ___
though wound - ed and sore, ___ with need to for - give, ___



a shel - ter, a space, ___ a safe place for grow - ing, ___
with wis - dom and grace, ___ div - id - ing the pow - er, ___
the hands of a child ___ in hands that are wrin - kled, ___
a rain - bow of race ___ and gen - der and co - lor, ___
in an - ger, in hurt, ___ a mind - set of mer - cy, ___



for ev - ery - one born, ___ a star o - ver - head,
for all who share life, ___ a sys - tem that's fair,
for those we ne - glect, ___ the right to be - long,
for all who have breath, ___ the cha - lice of grace,
for you and for me, ___ a new way to live.

Refrain



and God ___ will de-light when we are cre - a - tors of jus - tice ___



and joy, ___ com - pas - sion and peace:



yes, God will de-light when we are cre - a - tors of jus - tice, ___ jus - tice and joy!

* Please rise in body or in spirit.

Lent at UPUCC

For this season of Lent, we will explore a new series called, "Bread of Life." This series invites us on a Lenten journey to discover abundance in the ordinary—where grace is shared, hearts are filled, and love is never in short supply. Come hungry, leave nourished. You are invited to distribute the Lenten flyer to those in your community, which is available at the back of the worship space, and at the QR code.



As a part of our journey through Lent this year, there are Lenten Spirals available on the table in the worship space for families to use throughout the season. Pick up a Lenten Spiral on Sunday! Each day offers a simple activity for your family to complete together. Some activities are inwardly focused and some are outwardly focused, and they mark the transformative journey of Lent. Display the spiral in a spot at home where you and your family can see it each day. We hope this resource provides a simple yet meaningful way to connect during Lent.

Coming Up Soon

Game Night at High Park Bar and Grill | March 5th at 6pm

On Thursday March 5th, come join in the fun and laughter at our monthly Game Night! Games begin at 6pm at High Park Bar and Grill, located at 625 East Whitaker Mill Road. (If you can't be there at 6, no worries, come when you can.) The game play is always casual and humorous. Arrive earlier (5:00 or so) if you want to eat dinner before the games begin. Let Scott Pope know if you are interested so she can plan accordingly (scottpope11@gmail.com).

Paint the Halls with Us! | March 7th at 8am

Deck the halls? Nope! PAINT the walls! Yesterday we began to paint the office entryway, the halls, and the fabulous new gathering space Peter and Colin created. Now we need to put on the next coat! We have painter needs of all types. Do you like to cut in? Do you like to tape and paint edges? Do you like to roll big spaces? Do you like to tidy up when we're done? We need it all!

What we'll have available: We'll have some paint brushes, paint trays, rollers, tarps, and paint.

What you can bring: Your favorite paint brushes, trays, rollers, painting clothes, and smiles; Snacks or beverages as you need.

When:

3/7: 8am - until we've had enough

3/8 : IF NEEDED - after church until we're done!

Daylight Savings and the Return of Tyler | March 8th

Remember to adjust your clocks when Daylight Saving Time begins on Sunday, March 8. Set your clocks forward by one hour to make sure you arrive at the church in time for our Sunday service that day! Rev. Tyler Ung will return from parental leave, so you don't want to miss the fun!

New Locks for the Building | March 9

As one component of our updated security policy for the church, we will be changing the locks for all exterior doors during the week of March 9th. In addition we will be installing a new keypad entry system on the door that leads from the front parking lot directly to the offices. Codes will be administered for church staff and leadership, as well as for certain individuals or groups that require access to the church space for meetings or events. More details will be shared as we get closer to the date.

What is Guns to Gardens? | June 13th - Save the Date

UPUCC is partnering with RAWTools South to offer a Guns to Gardens safe surrender event on June 13, 2026. Guns to Gardens is a movement and gun safe surrender program where unwanted firearms are collected, dismantled and then transformed into garden tools or other artistic creations, often in partnership with local faith communities.

This initiative aims to reduce gun violence by providing a constructive way to dispose of unwanted firearms while promoting peace and sustainability. Trained volunteers, often blacksmiths, transform the metal into various garden tools, such as shovels, trowels, or mattocks and sometimes into artistic pieces.

The process of turning weapons into tools is deeply symbolic, representing a shift from violence to growth, from destruction to creation and from harm to healing. The program draws inspiration from the biblical passage Isaiah 2:4, which speaks of beating swords into plowshares and spears into pruning hooks, signifying a transformation from warfare to agriculture.

The UPUCC Guns to Gardens task force will be reaching out to the UPUCC community for support in the weeks and months to come. Please watch for more information and consider working with us in this important initiative.



Scan the QR code on the left to see news coverage of a recent Guns to Gardens effort in Asheville. Scan the QR code on the right to donate to the Guns to Gardens Task Force (select "Guns to Gardens" from the dropdown menu).



Task Force members: Kathy Austin, Debbie Beroth, Laura Carter-Scheid, Ada McKerrell, Mary Pat Peters, Paula Womack.

Covenant Leadership Circle

The purpose of this section is to update you on the work of the Covenant Leadership Circle (CLC). We hope that this enables you to have a more thorough understanding of what happens behind the scenes at UPUCC, and to discover opportunities to join us in actualizing new ideas!

Moderator: Alice Jermyn
Moderator-Elect: Gia Hafler
Treasurer: Vickie Teal
Secretary: Renate Houts
Facilities Lead: Gary Sanders

At-Large Members:
David Frink
Bob Martin
Mary Nations
Rebecca van Dorsten

January Financial Results	
General Offerings	\$17,539
Total Income	\$19,859
Total Expenses	\$26,095
Net Income	-\$6,236

Next Meeting: Sunday, March 8th at 12:00pm in the UPUCC Library. All are welcome!

1. A Mindset of Abundance: As we navigated the COVID-19 pandemic and a pastoral transition soon after, we focused on sustainability as a church, and erred on the side of caution with regard to how we spend our money. Now, with a newly settled pastor, refinanced mortgage, and a revitalized governing body we are in a position of relative abundance. Therefore, we invite you to come to us with your ideas!

- How do you imagine us living into our Ministry Plan of “Connecting with Courage and Care?”
- Is there an event or activity that would be life-giving to you and our community?
- Do you have thoughts on how to bring more people through our doors?

We have funding available to help you realize the dreams you have for our community. Reach out to Alice Jermyn (adjermyn@gmail.com) or Gia Hafler (gia@giabelle.com) with your ideas and questions!

2. The Social and Civic Action Task force has completed its work and identified two areas of focus to help us live into our 2026 ministry plan. As a result, there are two new task forces forming:

- **Inform/Protect/Get out the Vote (GOTV) Task Force** - to help inform people inside and outside of the congregation, to increase the number of non-voters participating in the 2026 election, to protect access to voting
- **Family, Youth, and Children Task Force** - charged with strengthening connections with families beyond the congregation, communicating that the church is a place where families are welcomed and supported in all circumstances and configurations, and helping ensure that families, youth, and children experience a clear and consistent sense of welcome and belonging when they enter the church community.

If you are interested in participating in a task force, or just want to learn more, please reach out to:

- David Frink (david@dfrink.com) for Inform/Protect/Get out the Vote Task Force
- Amy Walter (amywalter@hotmail.com) for Family, Youth, and Children Task Force

3. **Open Positions on the CLC:** Working on the CLC is a terrific way to learn more about UPUCC and to "put your money where your mouth is," so to speak. The positions we have opening up include: Moderator-Elect, Secretary, Personnel Lead, At Large position.

We have some folks who have expressed interest but would welcome hearing from more of you! Please reach out to our Moderator, Alice Jermyn (adjermyn@gmail.com), or Moderator-Elect, Gia Hafler (gia@giabrelle.com) to let us know. We look forward to hearing from you soon!

4. **Personnel Help:** Our current Personnel Lead, Mary Nations, is rolling off of the CLC soon, she is looking for some assistance in some of her current work. In particular, she is looking for folks who have experience with:

- *Human Resources* (hiring, performance management, employee relations, and other strategic aspects such as aligning our staff efforts with its overall goals and objectives and keeping policies aligned), and/or
- *Personnel work* (payroll, benefits, employee records, and other routine administrative tasks),

If interested in helping out, please contact Mary Nations (mary.nations@gmail.com) or Alice Jermyn (adjermyn@gmail.com).

5. A **UPUCC Security Task Force** has been working diligently to examine all aspects of security for our community at church events both onsite and offsite. The CLC has affirmed their recommendations to help ensure the safety of all of us. As a part of security policies, we'll continue to lock the front entrance doors, the doors from the deck into the atrium and the glass door into the hallway from the atrium at 10:30 a.m. as worship starts. The entrance door from the deck into the worship space will remain unlocked during worship and should be used for entry by late arrivers. If you would like further information about security policies, send an email to Pastor Paula at paula@upucc.org.

6. **Volunteers Needed for "Out! Raleigh" Task Force.** For many years, UPUCC has had a significant presence at the LGBT Center of Raleigh's annual pride event "Out! Raleigh," which is Friday, June 26th – Saturday, June 27th this year. The event brings tens of thousands of visitors to downtown Raleigh, and is a crucial element of visibility for our church and how we show that we are open and affirming. We are looking for folks who are excited to serve on the task force as we approach the event registration window within the next few weeks.

If you are skilled at making efficient decisions and following through, and have a soupçon of creativity, this would be a great group for you! The time commitment should only be about 4-6 weeks to plan (or less if you're really efficient), and the week of the event itself. We have people who have participated and planned the event before, so there is already somewhat of a blueprint of what needs to be done. If you are interested in contributing to, or leading, this task force, please reach out to David Wilson (wilsondm92@gmail.com) **by March 8th**

Ongoing Announcements

Help Host Healing Transitions on First Sundays

We host our friends from Healing Transitions on the first Sunday of every month. If you would like to help with food, drink, and fellowship, sign up via the link on the website, or at the QR code. Get to know our neighbors!



UCC Connections

In a recent Southern Conference United Church of Christ newsletter, Jane Smith reminds us that the stories we tell about our origins matter, and making those stories accessible to all is a value of the United Church of Christ.

In 2022 the United Church of Christ's Historical Council acknowledged a fifth stream to our history: the Afro-Christian Convention. Members of the denomination have been increasing our understanding of this rich theological and cultural source of our formation through the book "Afro-Christian Convention: The Fifth Stream of the United Church of Christ."

If you would like to read more about the Afro-Christian Convention of the UCC, you may order a print copy through your regular bookseller or contact Bookshare to qualify for a copy of the accessible eBook. It is now being made available as an eBook through Bookshare for the first time.

Bookshare, a project supported by the U.S. Department of Education's Office of Special Education Programs, "is for people who find it difficult to process or comprehend printed words, see text in books or on a screen, or physically manage books or reading devices."

Whether via print or via Bookshare, check out a copy to learn more about our UCC history!

Hiring Youth Director and Teaching Interns

We are hiring for two part-time positions currently:

The Youth Director role designs and leads weekly opportunities for youth to gather, helps plan and implement programs, and collaborates with our established network of progressive youth ministries in the area. Read the Youth Director job posting for more information on the role and how to apply via the QR code.



The Teaching Intern role is a valuable opportunity to gain hands-on experience in curriculum development, classroom management, and faith-based teaching within a supportive and progressive community environment. This includes teaching Sunday



School classes and preparing lessons and materials. Read the Teaching Intern job posting for more information on the role and how to apply via the QR code. We are thrilled to have Cody on staff as one teaching intern, and are looking to add to our team!

Want to Submit an Announcement?

To submit an announcement for publication on the website and the bulletin, simply scan this QR code and fill out the online form! To submit an announcement in time for the Friday email, the deadline is the preceding Tuesday by 11:59pm.



Submit Photos and Videos of UPUCC Happenings

Did you know that we have an online Google Photos album? It's chock-full of moments from UPUCC past and present, and you are invited to add your own! Simply scan the QR code, click the "Add Photos" button pictured here, and select which photos you would like to submit to the album. Alternatively, you may email photos or videos to umsteadparkucc@gmail.com!



Visiting With Us Today?

We're so glad that you spent your Sunday with us—we would love to get to know you better! You are invited to fill out the visitor form by scanning the QR code so that we can connect with you about our church and add you to our email list!



Follow Us on Social Media!

Facebook: [UmsteadParkUCC](#)

Instagram: [UmsteadParkUCC](#)

BlueSky: [upucc.bsky.social](#)

umstead park

UNITED CHURCH *of* CHRIST

Church Staff

Lindsay Cooper, she/her
Nursery Director

Rev. Tyler Ung, they/them
Senior Pastor

Gwen Vass, she/her
Financial Administrator

Cody Walter Welch, he/him/they/them
Teaching Intern

David Wilson, he/him
Director of Music

Rev. Paula Womack, she/her
Associate Pastor

A special "thank you" to this week's volunteers:

Reed Altman, AV Team
Bill Yoder (he/him), AV Team
Rebecca van Dorsten (she/her), Coffee Set Up
Mike Boston (he/him), Assistant Treasurer
Gwen Reagan (she/her), Lay Leader
Amy Lewis (she/her), Usher
Debbie Elliot (she/her), Usher
Seth Kandl, Online Greeter

We at
Umstead Park
United Church of Christ
welcome and affirm all
as we journey to seek
the divine, to embody loving
community, and to strive for
justice as a progressive
community of
faith.

Giving



Scan the QR code to make a one-time or recurring donation!



Visiting?

You are invited to fill out the online visitor form so that we can get to know you!



Realm

Access your Realm account