

3rd Sunday of Lent

"Bread for Each Day"

March 8th, 2026 at 10:30am (onsite/online)
Umstead Park United Church of Christ



GATHERING

Welcome and A Time of Greeting

Rev. Paula Womack

Invocation

Bob Martin

Meditation

"Jesus said, 'I am the bread of life,' and when we hear those words we are reminded that bread is not just symbolic; it is the life-giving gift that sustains body and spirit. Bread was once the very essence of community, the sign of abundance and a reminder that God's intention is for enough for all. It is God's dream that the world might be a place where no one lacks what they need—and in Jesus we see that dream embodied in shared tables and open hands."

-Diana Butler Bass

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

Choir Anthem

"Come Down to Us, O Holy Spirit"
(see insert)

UPUCC Choir

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.

Reading of Scripture

Matthew 6:9-13, from *The Inclusive Bible*
(see insert)

Bob Martin

Sermon

Rev. Tyler Ung

***Responsive Hymn**

#575, "O For a World"

Congregation

SPIRITUAL PRACTICE

Pray

This week, purposefully **pray** for those who are hungry.

Many pray by talking to God about what they hope for.

Other people pray with their bodies, participating in efforts to help those around them have what they need to be safe and healthy.

Do a quick search to find out who is providing others with daily bread in your community.

LENT THREE: BREAD FOR EACH DAY

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.

SENDING INTO THE WORLD

*Sending Hymn

“For Everyone Born”
(see insert)

Congregation

Announcements

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

*Affirmation of Community

Bob Martin

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.**

*Benediction

Rev. Tyler Ung

Postlude

David Wilson

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:

Nevin Fouts, AV Team

Peter van Dorsten (he/him), AV Team

Amy Lewis (she/her), Coffee Set Up

Debbie Elliot (she/her), Coffee Set Up

Bob Martin (he/him), Lay Leader/Auditor/Usher

Nina Nalle Robinson (she/her), Greeter

Kailina Grace (she/her), Greeter

Nicki Norris (she/her), Usher

Gary Sanders (he/him), 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

Supplemental Texts and Hymns

Choir Anthem

"Come Down to Us, O Holy Spirit"

Carmen Scialla, Composer

Come down to us, O Holy spirit.
Dwell in our hearts with love anew.
Come and awaken us, inspire us and shake us.
Come down to us, O Holy spirit.
From God above You descend unto earth;
Come now and strengthen our hearts.

Reading of Scripture

Matthew 6:9-13, from *The Inclusive Bible*

Bob Martin

"This is how you are to pray: 'Abba God in heaven, hallowed be your name! 10 May your reign come; may your will be done on earth as it is in heaven: 11 give us today the bread of Tomorrow. 12 And forgive us our debts, as we hereby forgive those who are indebted to us. 13 Don't put us to the test, but free us from evil.'"

*Sending Hymn

"For Everyone Born"

Words adapted by Avery Arden



1. For ev - ery - one born,	a place at the ta - ble,___
2. For wo - man and man,	a place at the ta - ble,___
3. For gay, bi, and straight,	a place at the ta - ble,___
4. For young and for old,	a place at the ta - ble,___
5. For bo - dies di - verse,	a place at the ta - ble,___
6. For just and un - just,	a place at the ta - ble,___



for ev - ery - one born,___	clean wa - ter and bread,___
and all those be - tween,___	be - yond, and be - sides;___
in - vit - ed to wed,___	to bap - tize and preach,___
a voice to be heard,___	a part in the song,___
All man - ner of speech___	and move - ment and minds;___
a chance to re - pent,___	re - form, and re - build,___



a shel - ter, a space,___	a safe place for grow - ing,___
ex - pand - ing our world,___	dis - man - tl - ing pow - er,___
a rain - bow of race,___	and gen - der and co - lor,___
the hands of a child___	in hands that are wrin - kled,___
en - a - bled to lead,___	and teach us new lan - guage,
pro - tect - ing the wronged,	with - out shame or pres - sure,___



for ev - ery - one born,___	a star o - ver - head,
each val - ued for what___	their voice ___ can pro - vide.
for queer, trans, and ace,___	God's jus - tice in reach.
for young and for old,___	the right ___ to be - long.
for bo - dies di - verse,___	a church ___ re - de - signed.
for just and un - just,___	God's vi - sion ful - filled.

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 delight when we are cre - a - tors of jus - tice, ___ jus - tice and joy!

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

Covenant Leadership Circle Meeting | Today at 12pm

The work of the church is done on many levels, but is always in the hands of the congregation. That does mean you. Won't you join us on the onsite, or via Zoom and add your ideas? We will meet at 12pm in the Library. You may read the latest updates from the group in the Covenant Leadership Circle section of the announcements. To access Zoom, scan the QR Code - Alice Jermyn, Moderator.



"Out! Raleigh Pride" Task Force | Deadline Today

We are looking for creative, efficient folks who are willing to help plan how we will present ourselves at Out! Raleigh, the annual pride event downtown. We aim to complete our work in 4-6 weeks. Email David Wilson (david@upucc.org) by today to participate or lead this work. See the CLC Updates below for more information.

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.

Nertz Meet-Up Group | March 16th at 6:30pm

David Wilson has started a Raleigh Nertz Meet-Up group, which will meet this month on Monday, March 16th at 6:30pm! If interested, RSVP to the Meetup group at www.meetup.com/raleigh-nertz-meetup, scan the QR code, or contact David directly in person or via email (david@upucc.org).



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

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

January Financial Results

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

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@giabrelle.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 (david@upuc.org) **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

Creation Justice Ministries of the United Church of Christ has released a new downloadable resource entitled "The Canopy of Creation: Trees, Faith, and the Work of Justice." The resource invites us to consider the following truth: in many cities, tree canopy follows the same fault lines as historic redlining. Neighborhoods that were denied investment generations ago are often the same neighborhoods with fewer trees today; neighborhoods experiencing higher temperatures, poorer air quality and greater vulnerability to flooding. This is a creation justice

issue because access to the life-giving benefits of trees, including shade, clean air and cooling, has been shaped not by chance, but by systemic inequity. Learn more about this issue and the new resource in a webinar on March 18 at 1:00 p.m. ET. Scan the QR code to read more and register.



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!

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