



everything [in] between

intention & action

ASHES TO GO ... 8 A.M. TO 1 P.M. IN THE CHAPEL | WORSHIP GATHERING ... 7 P.M. IN THE SANCTUARY

Ash Wednesday, March 5 @ Avondale United Methodist Church

Gathering Music

What Wondrous Love Is This

Welcome & Introduction

* Call to Worship

One: If you have days when you feel a little bit lost ad a little bit found,

All: then you are in the right place.

One: If you have days when you are desperate for rest and eager to grow,

All: then you are in the right place.

One: If you have days when your prayers could be both shouts and silence,

All: then you are in the right place.

One: God meets us here, in the messy middle of our lives.

All: So may we bring our full selves into this service and into this season.

One: With God's help, may it be so.

All: Let us worship our all-loving God.

* Song of Faith

Sunday's Palms Are Wednesday's Ashes

FWS 2138

BEACH SPRING | WORDS: Rae E. Whitney | MUSIC: Attr. To B. F. White | © Words: 1994 Selah Publishing Company, Inc.;
Music: Public Domain | CCLI Song #3413445 | All rights reserved. Reprinted under CCLI #20356168.

*Sunday's palms are Wednesday's ashes
as another Lent begins;
thus we kneel before our Maker
in contrition for our sins.*

*We have marred baptismal pledges,
in rebellion gone astray;
now, returning, seek forgiveness;
grant us pardon, God, this day!*

*We have failed to love our neighbors,
their offences to forgive,
have not listened to their troubles,
nor have cared just how they live,*

*we are jealous, proud, impatient,
loving overmuch our things;
may the yielding of our failings
be our Lenten offerings.*

*We are hasty to judge others,
blind to proof of human need;
and our lack of understanding
demonstrates our inner greed;
we have wasted earth's resources;
want and suffering we've ignored;
come and cleanse us, then restore us;
make new hearts within us, Lord!*

Prayer for Illumination

Scripture

Luke 9:51-62

Reflection

everything [in] between intention & action

Personal Reflection

As we spend some time reflecting on God's Word from Luke 9:51-62, I encourage you to meditate and perhaps journal on the questions in your worship guide. They are taken from the daily devotion cards written by Rev. Sarah A. Speed.

- ❖ Who in your life lives with intention? How does it impact their days? What do you admire about them?

- ❖ This Lenten season, what are your intentions? Do you have any hopes for these six weeks?

- ❖ What keeps you from taking action?

- ❖ Create a mantra for yourself this Lenten season. Between now and Easter, what words would you like to repeat?

Call to Prayer

Breathe, Listen, and Notice

WORDS & MUSIC: Paul Vasile | © 2025 LovedIntoBeing Music | Used with permission.

*Help us speak less,
(Help us speak less,)
slow judgment,
(slow judgment,
breathe, listen, and notice*

*what is present in the dissonance,
(the dissonance,)
discomfort,
(discomfort,)
and the questions.
(and the questions.)*

Call to Confession

Prayer of Confession

One: Jesus said, "Follow me."
All: And I said, *let me get ready.*
One: Jesus said, "Follow me."
All: And I said, *just one minute!*
One: Jesus said, "Follow me."
All: And I said, *I'll be there soon!*
One: The invitation is simple, but the work is hard.
All: Jesus, forgive my delay.
I want to follow you.
Turn my intentions into actions.
Show me the way.
Amen.

Words of Forgiveness

One: Lent asks,
All: "How will you go deeper? How will you follow Christ?"
One: Regardless of what that journey looks like for us,
All: regardless of what today, tomorrow, or the next day brings,
One: we are not alone.
All: We are seen and loved by God.
One: We are held in grace.
All: Thanks be to God for a love like that.

Call to Prayer Reprise

*Help us rest well,
(Help us rest well,)
find balance,
(find balance,
breathe, listen, and notice
(breathe, listen, and notice)*

*what is present in simplicity,
(simplicity,)
in slowness,
(in slowness,)
and in quiet.
(and in quiet.)*

Imposition of Ashes

Call to Prayer Reprise

Help us lean in, (Help us lean in,)
seek wisdom,
(seek wisdom,)
breathe, listen, and notice
(breathe, listen, and notice)

What is present in the letting go,
(the letting go,)
the learning,
(the learning,)
and the struggle.
(and the struggle.)

Prayers of the People

The Lord's Prayer

Our Father, 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 trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kin-dom, and the power, and the glory, forever. Amen.

Call to Prayer Reprise

Help us love well,
(Help us love well,)
walk humbly,
(walk humbly,)
breathe, listen, and notice
(breathe, listen, and notice)
God is calling us to faithfulness,
(to faithfulness),

compassion,
(compassion,)
and to courage.
(and to courage.)

breathe, listen, and notice
(breathe, listen, and notice)
breathe, listen, and notice
(breathe, listen, and notice)

* Song of Faith

WOODWORTH | WORDS: Charlotte Elliott, 1789-1871 | MUSIC: William B. Bradbury, 1816-1868 | CCLI Song #23206 | All rights reserved.
Reprinted under CCLI #20356168.

Just As I Am

UMH 357 (vs. 1-3, 5-6)

Just as I am, without one plea,
but that thy blood was shed for me,
and that thou bidst me come to thee,
O Lamb of God, I come, I come.

fightings and fears within, without,
O Lamb of God, I come, I come.

Just as I am, and waiting not
to rid my soul of one dark blot,
to thee whose blood can cleanse each spot,
O Lamb of God, I come, I come.

Just as I am, thou wilt receive,
wilt welcome, pardon, cleanse, relieve;
because thy promise I believe,
O Lamb of God, I come, I come.

Just as I am, though tossed about
with many a conflict, many a doubt,

Just as I am, thy love unknown
hath broken every barrier down;
now, to be thine, yea thine alone,
O Lamb of God, I come, I come.

Blessing

Parting Music

What Wondrous Love Is This

WORSHIP PARTICIPANTS

Pastor: Rev. Rebecca Dunger Peak
Music Director: Kevin Hershberger
Tech Team: Jason Wimberley

Ministers: The People
Worship Leader: Rev. Kristy Schmitz
Candle Lighters: Our Youth



AVONDALE UNITED METHODIST CHURCH

3101 NE Winn Road | Kansas City, MO 64117 | (816) 452-3518
www.avondalemethodist.org | avondaleumc@gmail.com

Office Open from 9 a.m. to 2 p.m. Tuesday through Thursday

Rev. Rebecca Dunger Peak
AvondaleUMCPastor@gmail.com

Kevin Hershberger
KevinHershbergerm633@gmail.com



everything [in] between intention & action

Jesus sets our for Jerusalem: The “would-be followers” (as the NRSVUE calls them) have good intentions. They want to follow Jesus, but Jesus calls them to put their money where their mouths are. Somewhere between good intentions and impulsive action lies discipleship. On Ash Wednesday, we make a commitment to align our intentions and our actions.

This Week's Centering Practice for everything [in] between | Center

yourself in scripture. Read Luke 9:51-62 a few times through. Read it in several translations.

This Week's Journaling Prompts for everything [in] between |

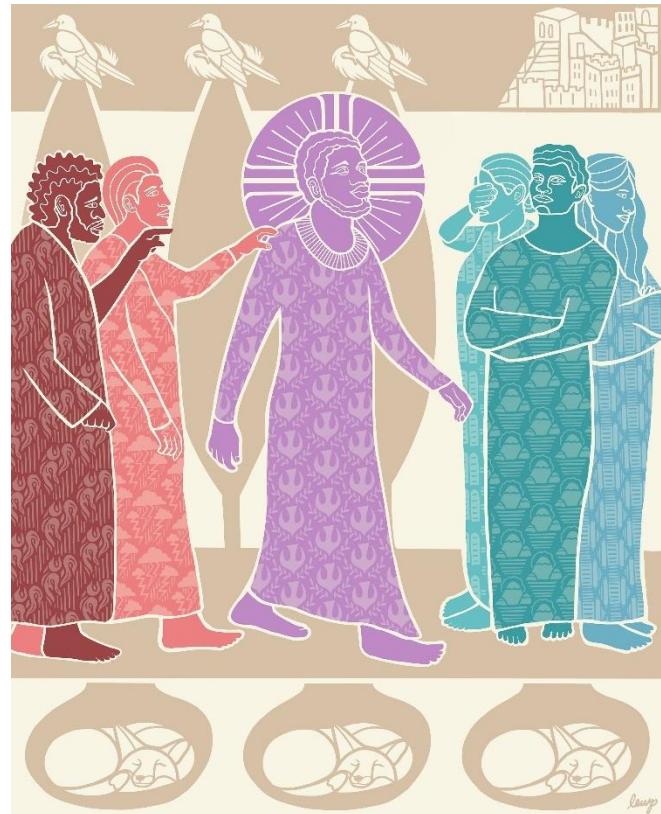
Wednesday: This Lenten season, what are your intentions? Do you have any hopes for these six weeks? | **Thursday:** What keeps you from taking action? | **Friday:** Create a mantra for yourself this Lenten season. Between now and Easter, what words would you like to repeat? | **Saturday:** Who in your life lives with intention? How does it impact their days? What do you admire about them?

Both, Please

It's one thing to speak of love. It's another to hold a newborn in your arms, to sing someone to sleep, to lean down and listen for their breathing.

It's one thing to speak of faith. It's another to press your forehead to the floor, to cry out in prayer, to ask the hard questions and still thank God for the meal.

It's one thing to speak of the Divine. It's another to walk under a tunnel of wisteria, to stand barefoot at the edge of the sea,



Toward Jerusalem
by Rev. Lauren Wright Pittman
Digital painting

to hear the birds sing as the sun returns and whisper, *Thank you, thank you, thank you.*
It's one thing and another, so I pray,
Give me both, please. Show me both, please.

Poetry by Rev. Sarah A. Speed | *A Sanctified Art LLC* | sanctifiedart.org