



LENT II
3.1.2026

Jesus washes his disciples feet

Announcements – Jim Hamilton

Sunday, March 1

Post Church Continued Hospitality Clean Up

Wednesday, March 4

12N Lunchologies – online
5.30P Food Conversation Crafts – in person
7P Meditation – online

Greeting & Orientation – Jim Hamilton

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks compassion on this world.
Christ has no body now on earth but yours.

St. Teresa of Avila

Song – Into the Mystic – Van Morrison – The Band

**We were born before the wind
Also younger than the sun
Ere the bonnie boat was won as we sailed into the mystic
Hark, now hear the sailors cry
Smell the sea and feel the sky
Let your soul and spirit fly into the mystic**

**And when that fog horn blows I will be coming home
And when the fog horn blows I want to hear it
I don't have to fear it**

**And I want to rock your pilgrim soul
Just like way back in the days of old
And magnificently we will flow into the mystic**

**When that fog horn blows you know I will be coming home
And when that fog horn whistle blows I got to hear it**

I don't have to fear it

**And I want to rock your pilgrim soul
Just like way back in the days of old
And together we will flow into the mystic**

Community Welcome – Viji and Veena Thamilselvan

Children's Message – Rachel Cooley Shawler

**God be in my head
God be in my words**

**God be in my heart
God be in my hands
God be in my whole self**

Children's March – Jesus Has No Hands

**Jesus has no hands, no hands but yours
Jesus has no feet, no feet but yours
Go in peace to love and serve the Lord
Alleluia! Alleluia!**

Passing of the Peace

Reading One – Now I Become Myself – May Sarton

Now I become myself. It's taken
Time, many years and places;
I have been dissolved and shaken,
Worn other people's faces,
Run madly, as if Time were there,
Terribly old, crying a warning,
"Hurry, you will be dead before—"
(What? Before you reach the morning?
Or the end of the poem is clear?
Or love safe in the walled city?)
Now to stand still, to be here,
Feel my own weight and density!
The black shadow on the paper
Is my hand; the shadow of a word
As thought shapes the shaper
Falls heavy on the page, is heard.

All fuses now, falls into place
From wish to action, word to silence,
My work, my love, my time, my face
Gathered into one intense
Gesture of growing like a plant.
As slowly as the ripening fruit
Fertile, detached, and always spent,
Falls but does not exhaust the root,
So all the poem is, can give,
Grows in me to become the song,
Made so and rooted so by love.
Now there is time and Time is young.
O, in this single hour I love
All of myself and do not move.
I, the pursued, who madly ran,
Stand still, stand still, and stop the sun!

Psalm 131 (The Inclusive Psalms) - Humble Me - Norah Jones – The Band

**You humble me, Lord
You humble me, Lord
I'm on my knees empty
You humble me, Lord
You humble me, Lord
So please, please, please forgive me**

Adonai, my heart has no lofty ambitions,
my eyes don't look too high.
I am not concerned with great affairs
or marvels beyond my scope.

Refrain

It's enough for me to keep my soul tranquil
and quiet like a child in its mother's arms;
my soul is as content as a nursing child.

Refrain

Israel, rely on Our God like a child,
now and forever!

Refrain

Prayers of the People – Jim Hamilton

Song – Take Off Your Sandals – Amy Sens - The Band

**Take off your sandals,
you're on holy ground
Take off your sandals,
you're on holy ground**

**Open your heart up
You're on holy ground
Open your heart up
You're on holy ground**

**Trust in the Spirit
You're on holy ground
Trust in the Spirit
You're on holy ground**

**Listen for what God will say
Let every shield fall away**

**Listen for what God will say
Let every care fall away**

**Listen for what God will say
Let every fear fall away**

**Take off your sandals,
You're on holy ground
Take off your sandals
You're on holy ground**

**Open your heart up
You're on holy ground
Open your heart up
You're on holy ground**

**Trust in the Spirit
You're on holy ground
Trust in the Spirit
You're on holy ground**

Reading Two: John 13:1-17 - Jim Hamilton

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already decided that Judas son of Simon Iscariot would betray Jesus. And during supper Jesus, knowing that the Father had given all things into his hands and that he had come from God and was going to God, got up from supper, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean."

After he had washed their feet, had put on his robe, and had reclined again, he said to them, "Do you know what I have done to you? You call me Teacher and Lord, and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, slaves are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.

Song – Balm in Gilead – The Band

There is a balm in Gilead
To make the wounded whole
There is a balm in Gilead
To heal the sin-sick soul

So if your heart is weary
and sinking in defeat
come to the holy table
O come and take your seat

There is a balm in Gilead
To make the wounded whole
There is a balm in Gilead

Sermon – Jim Hamilton

Celebration and Offering

Song – Open My Heart – Ana Hernandez – The Band

Open My Heart

Eucharist & Post Communion Prayer – Amy Sens

All are welcome at the Eucharistic table. If you do not wish to participate, feel free to take this time for meditation or personal reflection.

Prayer and Blessing – Jim Hamilton

Closing Announcement:

Cleanup: altar, hospitality, name tags, chairs

Song – Home – Phillip Phillips- The Band

Hold on to me as we go
As we roll down this unfamiliar road
And although this wave, wave is stringing us along

Just know you're not alone
'Cause I'm gonna make this place your home

Settle down, it'll all be clear
Don't pay no mind to the demons
They fill you with fear
The trouble - it might drag you down
If you get lost, you can always be found

Just know you're not alone
'Cause I'm gonna make this place your home

Settle down, it'll all be clear
Don't pay no mind to the demons
They fill you with fear
The trouble - it might drag you down
If you get lost, you can always be found

Just know you're not alone
'Cause I'm gonna make this place your home

Dismissal – Jim Hamilton
