

Asbury United Methodist Church

143 Ann Mary Brown Drive, Warwick, RI 02888

401-467-5122

asburyumcri@gmail.com

MARCH 10, 2024

Worship Leader: Jan Jones

Chancel: Jill Rowe

* Please rise in body or in spirit

“Light Up”

Lent 4

GATHERING UP

Music for Centering

Prelude

“Give Thanks”

Welcome and Asbury Mission Statement

We are Asbury! Abundantly thankful to God; Saved by Christ’s resurrection; Blessed by God; United by Christ’s love for each of us; Reaching out to our church family and our community; Yearning to tell the Good News to all by being Christ’s voice, hands, and feet in the world.

Announcements

We Acknowledge What’s Up

Confession/Assurance

“You Raise Me Up”

Leader: John 3:16 is probably one of the most infamous and oft-quoted scriptures in the Bible. What follows that verse is important for our Lenten journey. God did not send Jesus to condemn the world, but to offer it saving light. As believers in that light, we are called to be those who will continue to light up the world through our lives so that the world might see the hope it yearns for.

**When I am down and, oh my soul, so weary
When troubles come and my heart burdened be
Then, I am still and wait here in the silence
Until You come and sit awhile with me
You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas
I am strong, when I am on Your shoulders
You raise me up to more than I can be**

Leader:

Let us pray together:

**illuminating God, we gather together today
to call one another in from the shadows
and bask in the light of your mercy.
In this moment of quiet, we lift up to you
those things we’d like to give up for good...
for the sake of The Good.**

Meditative Moment

Leader: Hear assurance in what the Psalmist proclaims:

O give thanks to the Lord, for God is good, for God's steadfast love endures forever. Let the redeemed of the Lord say so, those God redeemed from trouble and gathered in from the lands, from the east and from the west, from the north and from the south . . . Some were sick through their sinful ways and because of their iniquities endured affliction; they loathed any kind of food, and they drew near to the gates of death. Then they cried to the Lord in their trouble, and God saved them from their distress; God sent out God's word and healed them and delivered them from destruction. Let them thank the Lord for God's steadfast love, for God's wonderful works to humankind. And let them offer thanksgiving sacrifices and tell of God's deeds with songs of joy. (Psalm 107, excerpts)

In the name of Christ, you are forgiven.
In the name of Christ, you are forgiven.
Glory to God, Amen!

I invite you to stand as you are comfortable.

You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas
I am strong, when I am on Your shoulders
You raise me up to more than I can be

The Peace

As a people forgiven and freed,
we reach out to lift others up, offering the peace of Christ.
Peace be with you!
And also with you!

You are invited to share the Peace with those around you [remembering to send your peace through the camera to those worshiping remotely].

Opening Hymn/Song

"Spirit Song" UMH #347

FILLING UP

Psalm 107:1-3, 17-22

107:1 O give thanks to the LORD, for he is good; for his steadfast love endures forever. 107:2 Let the redeemed of the LORD say so, those he redeemed from trouble 107:3 and gathered in from the lands, from the east and from the west, from the north and from the south. 107:17 Some were sick through their sinful ways, and because of their iniquities endured affliction; 107:18 they loathed any kind of food, and they drew near to the gates of death. 107:19 Then they cried to the LORD in their trouble, and he saved them from their distress; 107:20 he sent out his word and healed them, and delivered them from destruction. 107:21 Let them thank the LORD for his steadfast love, for his wonderful works to humankind. 107:22 And let them offer thanksgiving sacrifices, and tell of his deeds with songs of joy.

Music for Soaring (Choir)

"Yes Jesus Loves Me"

The Word Uplifts

Scripture

John 3:14-21

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that God gave God's only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world but in order that the world might be saved through him. Those who believe in him are not condemned, but those who do not believe are condemned already because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

Song of Illumination

UMH#454 Open My Eyes, That I May See vs1

Open my eyes that I may see / glimpses of truth thou hast for me.
Place in my hands the wonderful key that shall unclasp and set me free.
Silently now I wait for thee, ready, my God, thy will to see.
Open my eyes, illumine me, Spirit divine!

Sermon “Light Up” Rev. Yohan Go

BUILDING UP

Up to Something Good

Communion and Prayers of the People

**Let my prayer rise up
like incense before you,
the lifting up of my hands
as an offering to you.**

Leader: Today we reflect, O God, on the powerful transformation that occurs when we allow our journeys through this life to be witnessed by others. Rather than hiding our imperfections and denying our fully human selves, we accept your call to offer our light, to show up just as we are in this community, and we pray that we can be “up to something good” for our selves, our neighborhoods, and our world. And so this week we start with thanksgiving for these acts of uplifting goodness:

Sharing Joy

**Let my prayer rise up
like incense before you,
the lifting up of my hands
as an offering to you.**

Sharing Concerns

We call upon you, O God, to incline your ear and extend your love and healing power for these laments:

**Let my prayer rise up
like incense before you,
the lifting up of my hands
as an offering to you.**

Pastoral Prayer Rev. Yohan Go

We call upon you, O God, to give us the strength and courage to be up to something good for the sake of The Good. In this moment — in our mind’s eye — we imagine and offer our commitment to one small thing this week that will lift someone up, elevate and affirm the good when we see it, and bring a bit more calm or joy where we are. And if we find we are not up to it, we pray we can accept the goodness of others and feel your encouraging love. Amen.

Communion

Invitation to the Table

The table of our Lord is open to all. You do not have to qualify by virtue of righteousness to come to the Lord’s table. This holy meal is prepared for your nourishment in remembrance of Jesus Christ, who offered his whole life that we might become people of hope and peace.

**Let my prayer rise up
like incense before you,
the lifting up of my hands
as an offering to you.**

THE GREAT THANKSGIVING

The Lord be with you.
And also with you.
Lift up your hearts.
We lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

It is right, and a good and holy thing,
always and everywhere to give thanks to you,
Creator of all things.
You formed us in your image
and filled us up with your breath of life.
When we turned away, deflated and down,
your love remained steadfast.
You delivered us from captivity,
ignited us again with the warmth of your love,
made covenant to be our sovereign God,
and spoke to us through your prophets.

**Holy, holy, God,
come close to, and save us.
We cry to you this night
for the lifting of all souls.**

Holy are you, and blessed is your Son, Jesus Christ.
At his baptism, your Spirit anointed him
to preach good news to the poor,
to proclaim release to the captives
and recovering of sight to the blind,
to set at liberty those who are oppressed,
and to announce that the time had come
when you would save your people.

He lifted the lowly at every turn,
choosing love and healing before all else.
He healed the sick, fed the hungry, and ate with sinners.
By the baptism of his suffering, death, and resurrection
you gave birth to your church,
delivered us from slavery to sin and death,
and made with us a new covenant
by water and the Spirit.

When the Lord Jesus went up to his place on high,
and into the depths of this Body of Christ,
he promised to be with us always,
in the power of your Word and Holy Spirit.

On the night in which he gave himself up for us,
he took bread, gave thanks to you, broke the bread,
gave it to his disciples, and said:
“Take, eat; this is my body which is given for you.
Do this in remembrance of me.”

When the supper was over, he took the cup,
gave thanks to you, gave it to his disciples, and said:

“Drink from this, all of you;
this is my blood of the new covenant,
poured out for you and for many
for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.”

And so,
in remembrance of your mighty acts in Jesus Christ,
we offer ourselves as a holy and living sacrifice,
in union with Christ's offering for us,
as we proclaim the mystery of faith.

**Christ our Lord has died;
and Christ is now risen.
Our lifted hearts proclaim,
"Christ will come to us again."**

I invite you to raise your hands in the ancient Christian posture of prayer.

Pour out your Holy Spirit on us gathered here
and on these gifts of bread and wine.
Make them be for us the body and blood of Christ,
so that we may be for the world the body of Christ,
redeemed by his blood.

By your Spirit make us one with Christ,
one with each other,
and one in ministry to all the world
until Christ comes in final victory
and we feast at his heavenly banquet.

Through your Son Jesus Christ
with the Holy Spirit in your holy church,
all honor and glory is yours, almighty God,
now and forever.

Amen.

We pray this in the name of Jesus, who taught us to pray...

Lord's Prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom 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 kingdom, the power and the glory,
for ever and ever. Amen.

Taking Bread and Cup

Prayer

Uplifting Messages of Support

Offering/Offerory

Offertory Music

"Special Song"

Performed by Carlos Capacho (Cuatro)

Doxology

"What R U Up 2 for My Sake?"

What are you up to for my sake?

What are you up to "for the Good?"

Would you come now, follow, join up?

**Let us take up, wake up anew,
Let us build up, fill up with you!**

**Let us lift up
the gifts we raise up.
For the sake of,
for the shape of,
heaven on earth.**

Offertory Prayer Rev. Yohan Go

Spirit of Redeeming Light, we offer these gifts
in response to the needs that have been made visible to this community.
We ask that you guide us to discover the places yet unseen
where you would have us be a beacon of hope to others.

LIVING IT UP
Closing Hymn/Song
“Here I am Lord” UMH #593 vs. 1,3

Blessing for the Journey

And so now take your light out into the world,
knowing that a single flame will overcome
even the deepest shadows that you face,
and that in the longest nights of uncertainty and doubt,
that you have all you need to be up to something.

When someone asks you, “What are you up to?”
you can respond,
“With God’s help, I’m up to something good!”

Let the people say, Amen!
Amen!

Music for Movin’ on Up
Postlude
“Heralds of the Light, Be Swift”

Announcements

1. Don’t forget to order your Easter flowers.
2. Our teddy bear ministry has started collecting teddy bears for our ministry.
3. Lakewood Baptist Church will host a fundraising concert for a local foodbank on March 24 at 6:30 P.M.
4. Holy Week Worship information
 - a. **Palm Sunday (24th)** at 9:30 a.m. at Asbury
 - b. **Maundy Thursday Service(28th):** Fellowship dinner at 6:00 p.m. Worship at 7:00 p.m. at Zion KUMC
 - c. **Good Friday Worship Service(29th)** at 7:00 p.m. at Asbury
 - d. **Easter Service (31st)** at 9:30 a.m. at Asbury.
5. Most of you have noticed the bright blue food pantry on the front lawn. This is an Eagle Scout Service Project. Please do not leave ANY items in the pantry at this time. Canned goods and game donations for the pantry is on hold until signage is up. Trevor is working on signs and has repaired

the front door. When donations do start canned goods and small games will be the only donations allowed.

March Birthdays

10 Brooke Arnold

12 Christian James Iavarone

Flowers *The flowers on the altar this week are given to the glory of God and in loving memory of Diana and Watson Mills, from Lee, Christine, Leslee, and Tyler.*