



Everyone is welcome here

UNITED PRESBYTERIAN CHURCH OF BINGHAMTON

ACT JUSTLY • PRACTICE KINDNESS • WALK HUMBLY WITH GOD



Sunday, March 1, 2026 • 10:00am

Second Sunday in Lent

📺 Our worship service is livestreaming on our YouTube Channel: [upcbgm.org/youtube](https://www.youtube.com/channel/UCpCbGm)

Join via phone call on Zoom: (+1) 646-558-8656, Meeting ID 865 274 8433

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Welcome to the Celebration!

March 1, 2026 • 10:00am

Most of us think of hope as something we do with our intellect, as something apart from our bodies. But hope is also a deeply embodied experience, and paying attention to what we feel in our bodies is an important part of the practice of hope. Dr. Samuel Elikem Nyamuame is going to share with us an Ewe practice of symbols that nurture hope and are literally imprinted in clothing, on surfaces, and in the hearts and minds of Ewe Christians. The most important feeling for connecting to hope is joy.

We Gather as a Community of Faith

OPENING BELL *The bell tolls to center our hearts and minds for worship.*

GATHERING MUSIC “Morceau de Concours”

Aimée Backus, *flute*; Nancy McNamara, *piano*

Music: Gabriel Fauré; arr. Annabel Hulme Brieff, © 1977 Bourne Co. All rights reserved.

WORDS OF WELCOME

CALL TO WORSHIP (*responsive*)

One: Come, sing and dance before the Lord.

All: Praise God with the sound of music and dancing!

One: Let every soul sing God’s praises!

All: Let the mountains tremble and the seas roar!

One: Praise the King of glory who guides our lives.

All: Praise the Lord of hosts who watches over us. Amen!

***SONG OF GATHERING** “I Come with Joy” (see page 3)

PSALM OF THE DAY (*responsive*)

Psalm 103

One: ¹ Let my whole being bless the LORD!

Let everything inside me bless his holy name!

All: ² Let my whole being bless the LORD

and never forget all his good deeds:

One: ³ how God forgives all your sins,

heals all your sickness,

All: ⁴ saves your life from the pit,

crowns you with faithful love and compassion,

One: ⁵ and satisfies you with plenty of good things

so that your youth is made fresh like an eagle’s.

* = *Please rise in body or in spirit.*

I Come with Joy



1. I come with joy, a child of God, for - giv - en,
2. I come with Chris - tians far and near to find, as
3. As Christ breaks bread, and bids us share, each proud di -
4. The Spir - it of the ris - en Christ, un - seen, but
5. To - geth - er met, to - geth - er bound by all that



loved and free, the life of Je - sus to re - call, in
all are fed, the new com - mu - ni - ty of love in
vi - sion ends. The love that made us, makes us one, and
ev - er near, is in such friend - ship bet - ter known, a -
God has done, we'll go in joy, to give the world the



love laid down for me, in love laid down for me.
Christ's com - mun - ion bread, in Christ's com - mun - ion bread.
stran - gers now are friends, and stran - gers now are friends.
live a - mong us here, a - live a - mong us here.
love that makes us one, the love that makes us one.

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All: ⁶ **The LORD works righteousness;
does justice for all who are oppressed.**

One: ⁷ God made his ways known to Moses;
made his deeds known to the Israelites.

All: ⁸ **The LORD is compassionate and merciful,
very patient, and full of faithful love.**

One: ⁹ God won't always play the judge;
he won't be angry forever.

All: ¹⁰ **He doesn't deal with us according to our sin
or repay us according to our wrongdoing,**

(continued on page 4)

One: ¹¹ because as high as heaven is above the earth,
that's how large God's faithful love is for those who honor him.

**All: ¹² As far as east is from west —
that's how far God has removed our sin from us.**

One: ¹³ Like a parent feels compassion for their children —
that's how the LORD feels compassion for those who honor him.

**All: ¹⁴ Because God knows how we're made,
God remembers we're just dust.**

One: ¹⁵ The days of a human life are like grass:
they bloom like a wildflower;

**All: ¹⁶ but when the wind blows through it, it's gone;
even the ground where it stood doesn't remember it.**

One: ¹⁷ But the LORD's faithful love is from forever ago to forever from now
for those who honor him.

**All: ¹⁸ And God's righteousness reaches to the grandchildren
of those who keep his covenant
and remember to keep his commands.**

One: ¹⁹ The LORD has established his throne in heaven,
and his kingdom rules over all.

**All: ²⁰ You divine messengers,
bless the LORD!
You who are mighty in power and keep his word,
who obey everything he says,
bless him!**

One: ²¹ All you heavenly forces,
bless the LORD!
All you who serve him and do his will,
bless him!

**All: ²² All God's creatures,
bless the LORD!
Everywhere, throughout his kingdom,
let my whole being
bless the LORD!**

TIME FOR THE YOUNG AT HEART

We Gather at the Lord's Table, Where All Are Welcome

INVITATION

The bread and the fruit of the vine we share
joins us to the people throughout history and across the world
who have come to this meal in search of life.

This bread and this cup are for everyone:

for the hungry;
for the lost;
for those who search
and those who are found;
for those who question
and those who know peace.

This is bread and drink for everyone.

When we share with each other,
we find ourselves connected to
the story of exodus and exile,
the story of redemption and restoration,
the story of God's amazing love made known to us in covenant and cross,
in resurrection and new beginnings.

Wherever you are on this journey of life,
you are welcome here,
here in this place, here in this community, here at this table.
Come, children of God, come and remember with us.

WORDS OF INSTITUTION

We remember the witness of Jesus to challenge the empires of the world, to stop at nothing to declare God's love for all people.

We remember how the world responded to Jesus's ministry and teaching, by killing him. And we remember God's bold challenge to the world in bringing Jesus back to life. And because of all this, we dare to remember the night when Christ was betrayed.

Gathered at table with his closest followers, Jesus took bread, gave thanks, broke it, and gave it to the disciples, saying, "Take this. Eat this. It is my body, given for you. Do this — and remember me."

After supper he took a cup, gave thanks, and offered it also, saying, "This is the cup of a new and everlasting covenant, poured out willingly and lovingly. Drink this — and remember me."

And so we remember, and we reconnect with one another in this season, and as we invite Christ anew into our hearts, so we rededicate ourselves to proclaiming in word and deed Christ's realm. Amen!

PRAYER OF CONSECRATION *(together)*

**Holy God, we praise you.
Let the heavens be joyful,
and the earth be glad.
We bless you for creating the whole world,
for your promises to your people,
and for the life we know in Jesus Christ your son.**

(continued on page 6)

Born of Mary, he shares our life.
Eating with sinners, he welcomes us.
Leading his followers, he guides us.
Dying on the cross, he loves us.
Risen from the dead, he gives new life.

We pray, God of love, that you will
send your Holy Spirit upon us and what we do here:
that we and these signs, touched by your Spirit,
may be signs of life and love to each other
and to all the world.

This we pray in the name of the one who taught us when we pray together to say,

THE LORD'S PRAYER (*together*)

**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 debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil,
for thine is the kingdom, and the power, and the glory forever. Amen!**

SHARING OF THE ELEMENTS (*responsive*)

If your elements of Communion are with you at home, rest your hands lightly upon them. If you are here in person and they are in the front of the sanctuary, open your hands to be sacramental, filled with the power to change your heart and the world. We ask God's grace on us and on all those who are in our prayers this morning, and God's blessing on our elements and our hands.

One: We break the bread of life, and that life is the light of the world.

All: God here among us, light in the midst of us, bring us to light and life.

One: We are welcome to this gift of God, the cup of blessing.

All: God's love is poured out with love and abundance.

COMMUNION MUSIC "Hammer and a Nail"

Phil Westcott, *vocals & guitar*

Clearing weeds from the hovel, a blistered hand on the handle of a shovel.
I've been digging too deep; I always do. I see my face on the surface:
I look a lot like Narcissus, a dark abyss of an emptiness standing on the edge of a drowning blue.

Chorus: I look behind my ears for the green and even my sweat smells clean;
glare off the white hurts my eyes. I gotta get out of bed, get a hammer and a nail,
learn how to use my hands, not just my head. I think myself into jail.
Now I know a refuge never grows from a chin in a hand and a thoughtful pose.
Gotta tend the earth if you want a rose.

I had a lot of good intentions; sit around for fifty years and then collect a pension.
Started seeing the road to hell and just where it starts.
But life is more than a vision; the sweetest part is acting after making a decision.
Started seeing the whole as a sum of its parts. [*Chorus*]

My life is part of the global life. I'd found myself becoming more immobile when I'd think a little girl in the world can't do anything.

A distant nation, my community, and a street person: my responsibility.

If I have a care in the world, I have a gift to bring. [*Chorus*]

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PRAYER AFTER THE MEAL (*together*)

**Holy God,
you have fed us all
out of your own generous and gracious hands.
From them, we have received welcome,
nourishment, hope, and consolation.**

**May these things grow in us,
alongside the gift of faith,
so that we may plant their seeds
in the world around us.**

**Through the Holy Spirit,
guide us in the days ahead
to follow your light as you lead us
in your great and ongoing story
of resurrection, redemption, and restoration
through Jesus Christ our Lord. Amen!**

We Tell and Hear the Word

FOCUS LESSON *Hebrews 12:12–15*, CEB

¹² So strengthen your drooping hands and weak knees! ¹³ Make straight paths for your feet so that if any part is lame, it will be healed rather than injured more seriously. ¹⁴ Pursue the goal of peace along with everyone — and holiness as well, because no one will see the Lord without it. ¹⁵ Make sure that no one misses out on God's grace. Make sure that no root of bitterness grows up that might cause trouble and pollute many people.

REFLECTIONS

Dr. Elikem Nyamuame

We Respond to the Word

***SONG OF RESPONSE** "Take My Life and Let It Be" (see page 8)

WE SAY WHAT WE BELIEVE (*together*)

from "A Brief Statement of Faith," PC(USA), 1991

In life and in death we belong to God.

**Through the grace of our Lord Jesus Christ,
the love of God,
and the communion of the Holy Spirit,
we trust in the one triune God, the Holy One of Israel,
whom alone we worship and we serve.**

(continued on page 8)

Take My Life and Let It Be

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1 Take my life and let it be con - se - crat - ed,
2 Take my feet and let them be swift and beau - ti -
3 Take my lips and let them be filled with mes - sa -
4 Take my love, my God, I pour at thy feet its

Lord, to thee; take my hands and let them move
ful for thee; take my voice and let me sing
ges for thee; take my sil - ver and my gold,
treas - ure store; take my - self and I will be

at the im - pulse of thy love, at the im - pulse of thy love.
al - ways, on - ly, for my King, al - ways, on - ly, for my King.
not a mite would I with - hold, not a mite would I with - hold.
ev - er, on - ly, all for thee, ev - er, on - ly, all for thee.

Words: Frances R. Havergal. Music: Henri A. César Malan (HENDON). Public Domain.

In gratitude to God, empowered by the Spirit,
we strive to serve Christ in our daily tasks
and to live holy and joyful lives,
even as we watch for God's new heaven and new earth,
praying, Come, Lord Jesus!

With believers in every time and place,
we rejoice that nothing in life or in death
can separate us from the love of God in Christ Jesus our Lord.

Glory to the Father, and to the Son, and to the Holy Spirit. Amen!

We Offer Ourselves and Our Gifts to God

MINUTE FOR MISSION PC(USA) One Great Hour of Sharing

Cindy Burger

CALL TO OFFERING

You are invited to support the ministry of this congregation through online giving at upcbgm.org/give, or by sending a check to the church office or putting a donation in one of the collection boxes or offering plates by the door.



You can contribute to the PC(USA)'s One Great Hour of Sharing special offering online at pcusa.org/give-oghs or text OGHS to 91999, or use one of the Special Offering envelopes located near the plates by the doors, or send a check to the church office marked with "special offering" in the memo line.



OFFERING OF MUSIC "Blessed Art Thou"

UPC Choir

Refrain: Blessed art thou, Lord, the God of Israel, blessed art thou, God, forever and ever!
Blessed art thou, Lord, our Father forever, blessed art thou, Lord, in all the earth!

Thine is the power! Thine is the might! Thine is the glory! Thine is the majesty!
Blessed art thou, Lord God, blessed thou forever! Thine is the kingdom, thine, O Lord!

Thine, O Lord, is the greatness and power; thine, O Lord, is the victory!
Thine, O Lord, is the majesty, glory; thine, O Lord, is the victory!

Now we thank thee, Lord! Praise thy glorious name! Thine is the power over all the earth!

Words: para. 1 Chronicles 29:10–13. Music: Eugene Butler. © 1981 Agape (a div. of Hope Publishing Company). All rights reserved. Reprinted with permission under ONE LICENSE, License #A-727560. All rights reserved.

OFFERING OF PRAYER (*together*)

Loving God, we know that ministry is not a service we receive at church so much as it is a life-giving work you call us to do with others. Use our gifts and our talents, blended with the gifts and talents of others around the world, to make a difference in our lives and the lives of others. Amen!

We Go Forth in Gratitude to Serve

ANNOUNCEMENTS AND INVITATIONS

*SONG OF SENDING "When the Poor Ones" (see page 10)

BLESSING

adapted from a prayer by Rev. Brian Baker

The world is now too dangerous and too beautiful for anything but love.
May your eyes be so blessed that you see God in everyone.
Your ears, so you hear the cry of the poor.
May your hands be so blessed that everything you touch is a sacrament.
Your lips, so that you speak nothing but the truth in love.
May your feet be so blessed that you run to those who need you.
And may your heart be so opened, so set on fire,
that your love, *your love*, changes everything.



1 When the poor ones who have noth - ing share with strang - ers,
 2 When at last all those who suf - fer find their com - fort,
 3 When our joy fills up our cup to o - ver - flow - ing,
 4 When our homes are filled with good - ness in a - bun - dance,



when the thirst - y wa - ter give un - to us all,
 when they hope though e - ven hope seems hope - less - ness,
 when our lips can speak no words oth - er than true,
 when we learn how to make peace in - stead of war,



when the crip - pled in their weak - ness strength - en oth - ers,
 when we love though hate at times seems all a - round us,
 when we know that love for sim - ple things is bet - ter,
 when each strang - er that we meet is called a neigh - bor,

Refrain



then we know that God still goes that road with us,



then we know that God still goes that road with us.

Words and Music: José Antonio Olivar and Miguel Manzano (EL CAMINO), © 1971 (admin. OCP); trans. George Lockwood, alt.; arr. Alvin Schumaat. All rights reserved.

SHARING OF CHRIST'S PEACE

One: May the peace that passes all understanding keep your hearts in the knowledge and love of God and of God's son, Jesus Christ, and may the blessing of God almighty, Father, Son, and Holy Spirit, be with you this day and always. Peace be with you!

All: And also with you.

SENDING MUSIC (*together*) "This Is Who We Are" (see page 11)

(Please exchange a greeting of peace with those around you as our worship concludes.)

This Is Who We Are

Tracy Keenan

Tracy Keenan & Aisha Brooks-Lytle, arr. Ernest Backus

Andante

G \flat A \flat B \flat (sus4) B \flat G \flat A \flat B \flat (sus4) B \flat E \flat /G F/A B \flat E \flat (add2)

We are peo-ple of prayer,

7 E \flat (add2)/C F7(sus4) F7 B \flat /D E \flat (sus2) E \flat /G F/A

peo-ple of cour - age, and peo-ple who dare, and We are

10 B \flat E \flat maj7(add9) Cm7 Cm7/F

peo-ple u - ni - ted to serve, be-cause we're peo-ple who care, and we're a -

13 F/G E \flat (add2)/A \flat A \flat maj7 Cm7 F7 B \flat /D E \flat (sus2)

live and ris - ing, stir-ring and stirred by the life-breath-ing Word,

17 G \flat A \flat (add2) B \flat (sus4) B \flat G \flat A \flat (add2) B \flat (sus4) B \flat

This is Who We Are This is Who We Are

Words: Tracy Keenan, © 2019. Music: Tracy Keenan and Aisha Brooks-Lytle, © 2019; arr. Ernest Backus.

After the service, everyone is invited to join us for a time of fellowship and refreshments.



Gathering at the Lord's Table — Our Communion Elements:

We are celebrating communion during today's worship service. Our communion bread is gluten-free, and our shared cup is cherry juice, so that all may partake of the same elements during our communion. Please speak to one of the technicians at the back of the sanctuary if this creates any difficulties for you.

Children in Worship: "Let the little children come to me..." —Matthew 19:14

We are glad that your children are here today, and we hope that you know that they are welcome and encouraged to be in worship with you. We truly believe that a community of faith is made up of people of ALL ages. There is a PrayGround space with coloring sheets and quiet toys in the front of the sanctuary to use there or can be taken to another pew, if that suits your family's needs.



There is a nursery for infants through age four staffed with two nursery attendants, if that is a better choice for your family. The nursery is at the end of the hall past the bathrooms. Nursery staff are on duty from 9:00am to 12:00pm. Parents are welcome to stay in the room and listen to the service over the speaker, or to return to the sanctuary to worship. Please let us know if you have questions.

PRAYER CREDITS: **Prayer After the Meal** by Julia Seymour. **We Say What We Believe** excerpted from "A Brief Statement of Faith", PC(USA), 1991. **Blessing** adapted from a prayer by Rev. Brian Baker, posted on deanbaker.org/2019/11/my-burning-man-blessing.html.

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Pastors Rev. Kimberly P Chastain and Rev. Becky Kindig ~ **Guest Speaker** Dr. Elikem Nyamuame
Reader Bill Sands ~ **Musicians** Aimée Backus, *Music Coordinator*; Nancy McNamara, *accompanist*;
Austin Shadduck, *United Ringers director*; Starletta Noll-Long, and the UPC Choir
Technicians Chris Burger, Andy Chadwick, Scott Kindig, Sara Lieberman, Lou McKeage