

**Welcome to Christ United Methodist Church - A Reconciling Congregation!**

2375 E. 3300 S. Salt Lake City, UT 84109 • 801-486-5473 • christumcutah.org

*Our mission is to create and promote a faith that is thoughtful, compassionate, and inclusive. We welcome all people into the life of the church. We follow the path and teachings of Jesus as a way to experience the sacredness of life.*

**Thank you for filling out the enclosed Connection Card and placing it in the offering plate during offering time.**

**March 22, 2026 – 5<sup>th</sup> Sunday in Lent**

(\*Those who are able, please stand.)

**(Bold face type – parts we all speak or sing.)**

**GATHERING & CENTERING TIME**

OPENING MUSIC “When Christ Went to the Temple” arr. J. S. Bach

WELCOME Rev. Dale Carl Fredrickson

SCRIPTURE READING Psalm 130

**\*CALL TO WORSHIP**

Out of the depths, we cry to you, O God.

**Hear our voices and hold our prayers.**

In the night of waiting, we watch for the morning.

**In the night of waiting, we watch for the morning.**

***Our hope rests in the Holy One.***

For with God there is mercy, and with God there is steadfast love.

**So we come—waiting, trusting, worshipping.**

**\*SONG** “In These Days of Lenten Journey” **On Screen**

**\*PASSING THE PEACE OF CHRIST**

BAPTISM

**CHILDREN’S TIME**

**SONG** “Where Children Belong” **TFWS #2233**

(Children & adults are welcome to come forward. Childcare for 2 years and under is available in the Nursery. Older children will go to Children’s Sunday School after Children’s Time.)

MUSIC “Irish Blessing” Traditional  
Sloe Jam and Friends

**OFFERING OUR PRAYERS, GIFTS & TITHES**

**PRAYER SONG** “O Lord, Hear My Prayer” **TFWS #2200**

PASTORAL PRAYER

**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, and the power, and the glory forever. Amen.**



**INVITATION TO OFFERING**

**OFFERING OPTIONS:** QR Code to Give: Use the QR code. Text to Give: Text dollar amount to 801-317-8833 and follow the prompts.

MUSIC “Psalm 130” by Emma Lou Diemer

**OFFERING PRAYER**

**God of the ages, we share our tithes and offerings this day with you, but we acknowledge that most of the time, we are clinging tightly to what we have, afraid we might lose something we need and afraid somehow there won’t be enough to live our lives. The scarcity mindset overtakes us, and it robs us of the joy of our days. Remind us that Jesus has called us to be ready to let go of this life so that we might claim the abundance of life eternal. In our redeemer’s name, we pray. Amen.**

**RECEIVING TIME**

SCRIPTURE READING Luke 19:45-47

SERMON Rev. Dale Carl Fredrickson

“The Eternal Internal, pt 5: Anger”

**SENDING TIME**

**\*SENDING SONG** “When Christ Went to the Temple” **On Screen**

WAYS TO ENGAGE

BENEDICTION Rev. Dale Carl Fredrickson

CLOSING MUSIC “Toccata in E Minor” by Johannes Pachelbel

**THOSE SERVING IN WORSHIP**

Pastors Rev. Dale Carl Fredrickson & Rev. Bruce Kolasch  
Organist Dr. Shelby Fisher  
Children’s Ministry Alicia Griffing  
Media Barrett Carpenter & Paige Manning-Duncan  
Liturgist Melissa Ritter

## Christ UMC - TODAY's Events: March 22

- 8:00 am – Chapel Worship Service, Chapel/Room 100  
9:00 am – Lent Book Study, Chapel/Room 100  
9:30 am – Fellowship/Coffee Time, Front Hallway  
10:00 am – Worship in the Sanctuary & Children's Sunday School  
(children will start in worship)  
11:00 am – Fellowship/Coffee Time, Gym  
11:30 am – Social Justice Event, Room 201 (upstairs)  
11:30 am – Youth Group, Youth Room/Room 200 (upstairs)  
4:30 pm – Asbury Bell Ringers Rehearsal, Music Room  
5:30 pm – Wesley Bell Ringers Rehearsal, Music Room  
7:00 pm – Lent Book Study, Zoom <https://us06web.zoom.us/j/87828838266>



## Christ UMC Events: March 23 – March 29

- Monday:** 11:00 am Finance Committee, Parlor  
1:00 pm United Women in Faith Book Club, Parlor  
7:00 pm Sloe Jam (Bluegrass), Youth Room/Room 200 (upstairs)
- Tuesday:** 1:00 pm Grateful Bread Prison Music Practice, Youth Room (upstairs)  
7:00 pm Staff-Parish Relations Committee, Parlor  
7:00 pm Young Adult Book Group, Youth Room/Room 200 (upstairs)  
7:30 pm Wesley Bell Ringers Rehearsal, Music Room
- Wednesday:** 10:00 am Wednesday Morning Study Group, Parlor
- Thursday:** 8:00 am Breakfast Group, Anna's Restaurant (4770 S 900 E)  
7:30 pm apPRAISEation Rehearsal, Music Room
- Saturday:** 6:00 pm Wesley Bell Ringers BINGO Night, Gym
- Sunday: Palm Sunday**  
8:00 am Chapel Service, Chapel/Room 100  
8:30 am Chancel Choir Rehearsal, Music Room  
**9:00 am Lent Book Study, Chapel/Room 100**  
9:30 am Fellowship/Coffee Time, Hallway  
10:00 am Worship in the Sanctuary & Children's Sunday School  
11:00 am Fellowship/Coffee Time, Gym  
4:30 pm Asbury Bell Ringers Rehearsal, Music Room  
5:30 pm Wesley Bell Ringers Rehearsal, Music Room  
**7:00 pm Lent Book Study, Zoom**



RECONCILING MINISTRIES NETWORK

<https://us06web.zoom.us/j/87828838266>



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Salt Lake City  
*Serving · Loving · Caring*

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## The Eternal Internal, pt 5: Anger

5<sup>th</sup> Sunday in Lent

**March 22, 2026 – 10:00 a.m. Worship**

Pastors, Rev. Dale Fredrickson & Rev. Bruce Kolasch

*“Creating and promoting a faith that is thoughtful, compassionate and inclusive”*