



LARCHMONT UNITED METHODIST CHURCH

The Vision of Larchmont Church is to be a vibrant, engaging, and inclusive church that follows Jesus Christ.

March 1, 2026

Second Sunday of Lent

†Please stand as you are able

Prelude

Centering Prayer

Angela Kraft Cross

Announcements and Greetings

†Passing the Peace

†Bringing in the Light of Christ

Anna Guirlinger (Acolyte)

Owen Guirlinger (Crucifer)

†Processional Hymn

Thou, Whose Almighty Word

John Marriott (1780-1825)

TUNE: MOSCOW (1769)

†Introit

By One Man's Disobedience

Karle Erickson

By one man's disobedience many were made sinners.

By one man's obedience, many will be made righteous.

†Call To Worship

Dave Loughery, Worship Leader

Leader: We come with joy to this celebration of God's love!

People: Open our hearts, Lord, to receive your love.

Leader: We come with hope to this witness to God's power!

People: Challenge and encourage our spirits to serve you, Lord.

Leader: We come with a willingness to proclaim God's presence to all.

**People: We thank God for this invitation to worship,
witness and serve. AMEN.**

Prayers of the People

Rev. Loughery

Children's Message

Rev. Cooper

Scripture Lesson

John 5:1-15

Worship Leader

Leader: The Word of the Lord

People: Thanks be to God

Anthem

Go and Tell John

Lloyd Pfautsh

Go and tell John what you see and hear. Go and tell John what you see and hear.

Go and tell John what you see and hear that the blind recover their sight.

Go and tell John what you see and hear. Go and tell John what you see and hear.

Go and tell John what you see and hear that the lame are able to walk.

Go and tell John what you see and hear. Go and tell John what you see and hear.

Go and tell John what you see and hear that the deaf are able to hear

Go and tell John what you see and hear. Go and tell John what you see and hear.

Go and tell John what you see and hear that the sick regain their health.

Go and tell John what you see and hear. Go and tell John what you see and hear.

Go and tell John what you see and hear that the dead are raised to life.

Go and tell John, go and tell John, go and tell John,

Happy is the one who comes to me, happy is the one who comes to me,

Happy is the one who believes in me for they shall see God. Go and tell John!

Sermon

“Moment of Freedom”

Rev. Fran Cooper

Invitation to Communion

Prayer of Confession

God of indiscriminating grace, we confess that we have tried to contain your healing to our own laws and limitations. We confess that we have cared more about what the world thinks of us than of what you do. We confess that we have failed to extend your love to all without discretion. Forgive us. Give us hearts to hope for a better future in you. Help us to be instruments of your healing, that the world might be washed in your grace and made whole in your love. Amen.

Words of Assurance

Celebrating Our Offerings

Offering Prayer (unison)

**Dear Heavenly Father, as we build for the future today,
may our gifts shine Your light and show Your way.
Help us to serve as living stones,
our work to be your vibrant home. Amen.**

| | | |
|--|----------------------------------|---|
| Offertory | <i>Elegy</i> | Angela Kraft Cross |
| †Doxology | <i>Lenten Doxology</i> | Words, G.W. Shepherd TUNE: OLD 100th |
| <i>Praise God throughout these forty days. Praise Christ, our Lord, whom God did raise. And praise the Spirit who imparts God's love in Christ into our hearts. Amen</i> | | |
| †Communion Hymn | <i>I Come with Joy</i> (vv. 1-3) | No. 617 |
| The Great Thanksgiving | | |
| The Lord's Prayer | | |
| Receiving the Bread and the Cup | | |
| <i>Please come forward to receive the elements as led by the ushers.</i> | | |
| Music During Communion | | |
| <i>Near the Cross</i> (Words by Fanny J. Crosby; Music by William H. Doane) | | |
| <i>Jesus, keep me near the cross -- There a precious fountain, Free to all, a healing stream, Flows from Calvary's mountain.</i> | | |
| (Refrain) | | |
| <i>In the cross, in the cross, Be my glory ever, Till my raptured soul shall find, Rest beyond the river.</i> | | |
| <i>Near the cross! O Lamb of God, Bring its scenes before me, Help me walk from day to day, With its shadows over me. (Refrain)</i> | | |
| <i>Near the cross I'll watch and wait, Hoping, trusting ever, Till I reach the golden strand, just beyond the river. (Refrain)</i> | | |
| Improvisation on <i>Cwm Rhondda</i> (Will Pearson) | | |
| †Response Hymn | <i>I Come with Joy</i> (vv. 4-5) | No. 617 |
| †Benediction | | |
| †Benediction Response | <i>What Wondrous Love</i> | Hymn 292 |
| <i>What wondrous love is this, O my soul, O my soul. What wondrous love is this, O my soul.</i> | | |
| †Postlude | <i>Lenten Recessional</i> | Franklin Ashdown |

THIS WEEK AT LARCHMONT UNITED METHODIST CHURCH

Sunday, March 1, 2026

8:15 a.m. Heavenly Grounds
8:30 a.m. Nursery
8:35 a.m. Worship Service
9:30 a.m. Sunday School Classes
10:30 a.m. Worship Service
11:30 a.m. Women's Fellowship Lunch
5:00 p.m. Intergenerational Lenten Nights

Monday, March 2, 2026

6:30 p.m. Women's Bible Study at the Wetzel's

Tuesday, March 3, 2026

10:00 a.m. Staff Meeting

Wednesday, March 4, 2026

10:00 a.m. Wednesday Morning Bible Study
12:00 p.m. Lenten Study (Miles Memorial UMC- 9450 Granby St)
6:00 p.m. Larchmont Ringers
6:00 p.m. 835LIVE Band Rehearsal
6:30 p.m. Wednesday Night Prayer Group
7:30 p.m. Chancel Choir

Sunday, March 8, 2026

8:15 a.m. Heavenly Grounds
8:30 a.m. Nursery
8:35 a.m. Worship Service
9:30 a.m. Sunday School Classes
10:30 a.m. Worship Service
11:30 a.m. Congregational Care Meeting (Parlor)
5:00 p.m. Intergenerational Lenten Nights

Use this QR code to give online using your phone. →



Online Giving

LARCHMONT UMC NOTICES!

March 1, 2026

LAST DAY TO SIGN UP! Join a Dinner Group!

Please complete the survey and let us know YOUR preferences. We want to find something for everyone while still keeping some long-standing dinner groups (E.g. Ladies Restaurant Group & Sunday Lunch Bunch). You can even join more than one (E.g. Lunch Bunch AND opt-in for the Spring rotation)! Many of our closest friendships at this church started with dinner groups. Remember: The stranger you meet at these short dinner events just might turn out to be a lifelong friend. *"Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."* Hebrews 10:25 Sign up **through today, March 1st** and start meeting with your dinner group(s) later this month!



SPRC Staff Spotlight

The Staff Parish Relations Committee will be highlighting a member of the LUMC staff each month in 2026. Our staff is important to the ministries of our church and the committee feels we should all recognize their service. For March, we recognize **Nate Poplin**, our **Administrative Assistant**. He's the one you see through the window after you enter LUMC from Monroe Place. Nate runs the office; provides support to Pastors and staff; answers the phone; works on special projects; coordinates requests for space use with the church calendar; and is the point of contact for those benefiting from our food pantry. All this and much more-- including assembly of the bulletin you are reading this very moment. Nate is a 2025 graduate of ODU (major in Game Design) who enjoys taking care of his dogs, Chloe and Rey, video games, and with ink or pencil, drawing people.



Ghent Nursing Home Free Store: Donations Needed!

Please help your Missions Team with supplies for the Ghent Nursing Home "Free Store." Donated items such as large print books, cologne, after shave, lotion, lipstick, long scarfs, t-shirts or pull on sweatpants are always needed. Large and XL men's items are especially welcome. Items should be like new or gently used and clean. A large tub will be in the area outside the Fellowship Hall **until March 25th**.

HELP WANTED: Part-Time Children's Director

Larchmont United Methodist Church in Norfolk, VA is seeking a part-time (20 hours/week) Children's Director to provide planning, oversight, and support for all activities related to our children and their families. This will include but is not limited to, attending Sunday worship services, coordinating Children's Sunday School, organizing Special seasonal Events (such as Advent/Christmas and Lent/Easter programs, and Vacation Bible School), recruiting volunteers, and publicizing all events and activities. For a complete Job Description, interested candidates should direct questions or send a resume and cover letter to Rev. Fran Cooper, francooper@vaumc.org.

Cards of Hope

This year let us donate those unused Visa, Master Card, American Express, department store and other purchased cards so we pass them on our Food Locker clients or others in our community who are in need. Please place gift cards in the box marked "Cards of Hope" provided in front of the office. For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me (Matthew 25:25). Contact Jack or Sue at jackmeservey@gmail.com or suemeservey44@gmail.com with any questions.



Anchor Men

Our next Anchor Men's Fellowship Meeting will be held on Thursday, March 12th in the Fellowship Hall. We start at 6:00pm with a brief business meeting followed by dinner, 6:15-6:45pm. **Our guest speaker will be Jim Granger, the Coastal Virginia District Lay Servant Ministry (LSM) Program Lead.** Dinner is limited to Anchor Men, but Jim's presentation about the LSM Program is open to the community. To reserve a seat, whether you will join us for dinner (\$10.00) and Jim's presentation or just for Jim's presentation (free!), contact Gary Chiaverotti (chiaverotti@aol.com) or Jonathan Clark (clarkjon1058@gmail.com) by **Monday, March 9th.**

Easter Egg Hunt: Candy And Small Toys Needed!

Please help with the Easter Egg Hunt for this year by contributing candy or small toy items for the easter eggs. There will be a collection container in the narthex, the office hallway, and the social hall. Thank you for supporting this special event!

Women's Fellowship Norfolk Botanical Garden Program March 1, 11:30am

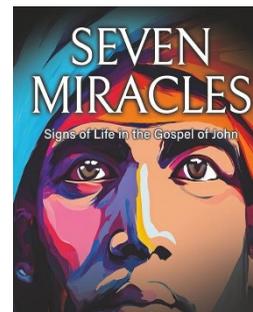
Lunch and presentation. Lunch is \$5; please RSVP to Traci Shepard andrew.shepard1@cox.net.

LENTEN OFFERING

During the season of Lent, you are invited to make a special offering for direct support of our 2026 Larchmont UMC mission work. Your generosity will make a big difference in the lives of people touched through these ministries: Union Mission, Winter Shelter, Hope House, El Salvador Mission Trip, James Monroe Elementary School, Ghent Nursing Home, LAUNCH downtown ministries to Park Place and Huntersville neighborhoods (summer kids camps, Peace on Earth Day), Red Cross Blood Drives, United Methodist Committee on Relief assistance (flood buckets and emergency funds for natural disasters, medical and newborn kits), ODU Wesley Foundation, and other special needs presented to our missions team for discernment within our church's Vision and Mission. Offering envelopes are available in the pews, Monroe Entrance and in the narthex. Please use these envelopes if you can, or specify, "Lenten Offering" for online offering giving and/or on your check. Thank you for sharing in these ministries of love and caring.

Walk with Christ

The missions committee invites all to join in a "Walk with Christ" during the season of Lent. The walk can be either individually or jointly. During our walks, whether short or lengthy strolls around the neighborhood or in other areas of our vast community, it is suggested that time be spent in conversation with Jesus and those we meet during our travels. During our engaging conversations, invite people to church and present them with a traveling Jesus (you can find these in the Narthex and at the Monroe entrance). As Jesus said in Luke 10:37, ask them to "Go and do likewise." The added spiritual, emotional, and physical benefits of a "Walk with Christ" cannot be measured. Each day, we are also invited to put \$1 aside (or whatever feels uncomfortable), (Luke 21:2) and at the end of Lent donate a portion of the money to the Lenten offering for missions.



LENTEN WORSHIP SERIES: Seven Miracles: Signs of Life in the Gospel of John

Jesus' miracles have meanings that extend far beyond the people they first impacted. Seven Miracles is a study for Lent that examines miracles in the Gospel of John to help us discover meaning in the miracles for our lives today.

Assisting in Worship

| | This Sunday March 1, 2026 | Next Sunday March 8, 2026 |
|---------------------------|---|--|
| Worship Leader | Dave Loughery | Dave Lannetti |
| Children's Worship | Fran Cooper | Traci Shepard |
| Media Tech | Wina Giddens Les Thorpe | Claudia Wade |
| Sound Tech | Bill Huber | Bill Huber |
| Camera Tech | Clarise Hicks | Clarise Hicks |
| Security Trustee | Chris Calvert | Kami Lannetti |
| Sunday Stewards | Linda Dunn Dave Lannetti | Pris Peake Jonathan Clark |
| Monday Counters | Gordon Glover Julie Etheridge | Laura Fitzwilliam Gary Chiaverotti |
| Bus Driver | John Fitzwilliam | Kami Lannetti |
| Ushers | Dave Lannetti Laura Calvert Chris Calvert Monica Levow | Scouts of Troop 24 |

Larchmont United Methodist Church
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757-489-8168 office/ 757-489-1267 fax

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|------------------------------|---|
| Lead Pastor | Rev. Fran Cooper; pastor@larchmontumc.org |
| Administrative Assistant | Nate Poplin; office@larchmontumc.org |
| Pastor of Visitation | Dave Loughery; pov@larchmontumc.org |
| Music Director | Karla Robinson; music@larchmontumc.org |
| Organist | Will Pearson; wpearson@odu.edu |
| Financial Secretary | Rita Turner; giving@larchmontumc.org |
| Bookkeeper | Amber Pickrell, bookkeeping@larchmontumc.org |
| Preschool Director | Meg Ditty; lumps@larchmontumc.org |
| Children's Ministry Director | Cathy Hickman; education@larchmontumc.org |
| Youth Director | youth@larchmontumc.org |
| 835LIVE Worship Leader | Dai Poole; worshipleader@larchmontumc.org |
| Digital Communications | Ron Pionk; CommunicationsSpecialistLUMC@gmail.com |
| Housekeeper | Robert Ragland |