



**First Church**  
First United Methodist Church of Seattle

First United Methodist Church of Seattle is a progressive faith community offering a place to grow spiritually and a refuge of inclusive Christianity. We use our voices and energy to advocate for persons on society's margins and for all God's creation.

**First United Methodist Church of Seattle**  
**180 Denny Way Seattle, WA 98109**

March 5, 2025  
Ash Wednesday

**Gathering Music** TFWS #2138 Sunday's Palms are Wednesday Ashes **Don and Janet Crawley**

**Opening & Invitation to Lenten Discipline**

**Rev. Wongee Joh**

The peace of Christ be with you. **And also with you.**

**Hymn**

**TFWS #2057 "Be still and know that I am God" x4**

**Be still and know that I am God**

**Be still and know that I am God**

**\* Prayer of Releasing**

**Mennonite Church**

**Rev. Jackie Celin**

**Scripture Reading**

**Joel 2:1-2, 12-17**

**Barbara Moreland**

**Response Litany:**

**Jerry Roberson**

Even now, return to me.

injustice. Return from your apathy, return from your agony.

**Even now, God says, return to me.**

**Even now, God says, return to me.**

Let the sirens in the streets rage; let the trumpet from the church house blow. Let those consumed with darkness, gloomy from bad fortunes know that:

Return from your selfishness, return from your greed. Return from your neglect, return out of your need.

**Even now, God says, return to me.**

**Even now, God says, return to me.**

Let the abused and abusing hear, the defiant and disobedient revere. Let the sinner and the scornful draw near.

Return to me, with a clean heart. Return to me with fasting, weeping, and mourning.

**Even now, God says, return to me.**

**Return to me, God says, for I am gracious and merciful; I am slow to anger and full of steadfast love. Return to me, God says, for I am your God.**

Return from your ignorance, return from your

**Hymn**

**TFWS #2118 “Holy Spirit, Come to Us” x4  
Holy Spirit, Come to Us.  
Veni Sancte Spiritus**

**Scripture Reading**

**Psalm 51: 1-17**

**Kurt Armbruster**

**Prayer For Tired feet**

**(inspired by Psalm 51:1-17)**

**Kristina Gonzalez**

O God, our arches ache and our soles swell from pushing to get here to this moment. We are tired. We are so very tired from carrying so much and from being so weighted down. We feel the stiff calluses between our toes. We feel every bump and bruise and have even wondered if these bodies could take one more step. We feel not ready and too tired but we need a new spirit. We need a willing spirit, maybe even a right spirit, for all that we don't yet understand in our secret hearts. We have come all this way to this most holy ground to listen to you, O God, whispering to the truth in our most inward beings.

**Epistle Reading**

**2 Corinthians 12:8-10 (NRSVue)**

**Jerry Roberson**

**New Testament Reading**

**Matthew 6:1-6, 16-21 (NRSVue)**

**Kristina Gonzalez**

**Time of Personal Contemplation**

**Crystal Singing Bowls**

**Janet Crawley**

**Prayer for Guidance**

**Kurt Armbruster**

Generous God who fills the earth with abundance—Oceans and skies full of water, fields that yield food, flowers and birdsong and beauty of all sorts—May we live with generous hearts, with open hands.

**Lord, in your mercy, hear our prayer.**

Humble God who became flesh and entered into our humanity—who touched the untouchable, spoke to the outcasts, washed the disciples feet—May we live with humble hearts, looking always to the needs of others.

**Lord, in your mercy, hear our prayer.**

Righteous God who longs for us to be in relationship with you—through sincere prayer, fasting, worship, scripture reading, fellowship—May we love you with all of our hearts, minds, and souls.

**Lord, in your mercy, hear our prayer.**

Walk with us on this Lenten journey, Lord. Give us eyes to see the path you would have us take. Give us ears to hear the truth you would speak to us. Give us the wisdom to store our treasure with you, so that our hearts may abide in your perfect peace.

**Lord, in your mercy, hear our prayer.**

Hymn

TFWS #2200 "O Lord, Hear My Prayer" x4

O Lord, hear my prayer. O Lord, hear my prayer. When I call, answer me.  
O Lord, hear my prayer. O Lord, hear my prayer. Come and listen to me.

Thanksgiving over the Ashes

Rev. Wongee Joh & Rev. Jackie Celin

Imposition of Ashes

(TFWS#2054 Nada te Turbe)

Janet and Don Crawley

\*Hymn

TFWS # 2013 "Bless the Lord" (x4)

Bless the Lord, my soul, and bless God's holy name.

Bless the Lord, my soul, who leads me into life.

\*Bless (in unison)

Guide my feet, O God, from this holy place among these good people into the wilds of this season. May we find your wisdom in our secret hearts. May we be restored and hope filled with the promises of new life. May we find your spirit urging us forward, calling us by name, leading us into the new world we dare to dream is possible.

Let us begin The Lenten Journey ... Go In Peace. Amen.

\*Postlude

Adagio for Strings  
by Samuel Barber, arranged for organ by William Strickland

Don Crawley, Organ

*\*Please rise in body or spirit*

*\*\*You are invited to use the translation of the Lord's Prayer with which you are most comfortable. Our Thanks to Those Helping in Worship: Don and Janet Crawley, Barbara Moreland, Jerry Roberson, Kristina Gonzalez, Kurt Armbruster*

## ABOUT US



We're called "First Church" because we are Seattle's first congregation, established in 1853. We cherish our place in Seattle's past, present, and future. First Church is a proud member of the **Reconciling Ministries Network**, a community "committed to intersectional justice across and beyond the United Methodist connection, working for the full participation of all LGBTQ+ people throughout the life and leadership of the Church."



FirstChurchSeattle.org



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