



An Inclusive Christian Community
feeding the spiritual and physical hunger of Oakland.

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The High Way

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March 01, 2026
Second Sunday in Lent
CELEBRATION OF WORSHIP

Prelude

A Wilderness Wandering People

Jim Strathdee
Adapted by Worship Design Studios

We are a wilderness wandering people
on a journey of the soul.
May we find our destination
in our longing to be whole.
Our Holy God is calling to us.
With Jesus by our side
May compassion be our compass;
may the Spirit be our guide,
on The Way,
on The Way,
on The Way.

Welcome

Pastor Sunae

Opening Prayer (responsive)

Kathleen Bell

Leader: God of Grace, we know you are with us on The Way.
But we need sustenance in order to make the journey.

**People: As we come seeking peace and a place at the table,
we find that you have already prepared and were expecting us.**

**All: Help us to set tables of abundance for all
who travel this journey of life, just as Jesus did. Amen**

Opening Song

(Please stand if able)

Amazing Grace

UMH 378 vs 1-4

- 1. Amazing grace! How sweet the sound
that saved a wretch like me!
I once was lost, but now am found;
was blind, but now I see.**
- 2. 'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed.**
- 3. Through many dangers, toils, and snares,
I have already come;
'tis grace hath brought me safe thus far,
and grace will lead me home.**

**4. The Lord has promised good to me,
his word my hope secures;
he will my shield and portion be,
as long as life endures.**

Children's Moment

Where Children Belong

TFWS 2233

Margaret LeWright
LMUMC Children's Choir

**This, this is where
children belong,
welcomed as part of
the worshipping throng.**

**Water, God's Word,
bread and cup,
prayer and song:
This is where
children belong.**

Scripture

Isaiah 55: 1-9 (CEB)

Kathleen Bell

All of you who are thirsty, come to the water!
Whoever has no money, come, buy food and eat!
Without money, at no cost, buy wine and milk!
Why spend money for what isn't food,
and your earnings for what doesn't satisfy?
Listen carefully to me and eat what is good;
enjoy the richest of feasts.

Listen and come to me;
listen, and you will live.

I will make an everlasting covenant with you,
my faithful loyalty to David.

Look, I made him a witness to the peoples,
a prince and commander of peoples.

Look, you will call a nation you don't know,
a nation you don't know will run to you
because of the Lord your God,
the holy one of Israel, who has glorified you.

Seek the Lord when he can still be found;
call him while he is yet near.
Let the wicked abandon their ways
and the sinful their schemes.

Let them return to the Lord so that he may have mercy on them,
to our God, because he is generous with forgiveness.

My plans aren't your plans,
nor are your ways my ways, says the Lord.
Just as the heavens are higher than the earth,
so are my ways higher than your ways,
and my plans than your plans.

Leader: Hear what the Spirit is saying to the Church.

All: Thanks be to God. Amen.

Response

You Who Are Thirsty

Barbara Ross
LMUMC Choir

Sermon

The High Way

Rev. Sunae Cho

Holy Communion

adapted from Rev. Jeff Lukens, Beth Merrill Neel, Marcia McFee

Rev. Sunae Cho
Rev. Ken Schoon

Invitation

Rev. Sunae Cho

Pastor: In the shelter of this church,
there is no real risk in participating in this sacrament.
But there are other places in the world where it is not safe.
And, yet, people travel long and dangerous journeys,
just to experience the healing and wholeness found in Christ Jesus.

No matter who you are,
no matter where you are on your journey,
you are welcome at this table.
This feast is prepared for you,
and for everyone who needs the presence of Jesus.

So come, you who have been here often.
Come, you who haven't been in a while.
Come,
come and take a symbolic journey in solidarity
with those for whom this sacrament is risky.
Come and taste and see that the Lord is good.

Confession & Pardon

Pastor: In this season of Lent we are invited
to consider how we live our journey following Christ.
To look at our decisions and our actions straight on,
and to hold them up to the example of Christ, and to make amends.
In this time of silence let us look at our lives and confess our sins.

Silence Is Kept For Prayers Of Confession

**All: Holy God, Creator of all that is and Giver of Life:
Hear our prayers.**

**There are chasms in the journeys of our lives,
deep valleys that separate us
from one another and from You.**

**We confess that we have allowed those rifts to grow,
for fear of admitting our part in the separation,
for fear of being rejected when we reach out.**

**You call us to a reconciled life, to healed relationships,
to a wholeness with each other and with You.**

Mend us, we pray, and make us new creations.

Through the power and love of Christ, in whose name we pray. Amen.

Pastor: Followers of Christ, know this: the mercy of God is from everlasting to everlasting,
and I remind you of this surpassing grace – in Jesus Christ, we are forgiven.
Alleluia! Amen.

People: Alleluia! Amen.

Passing the Peace of Christ

Let us offer one another signs of peace and love.

The Great Thanksgiving

Rev. Ken Schoon

Pastor: The Lord be with you.

People: And also with you.

Pastor: Lift up your hearts.

People: We lift them up to the Lord.

Pastor: Let us give thanks to the Lord our God.

People: It is right to give thanks and praise.

Pastor: We remember you, O God, creating the world
and blurring the boundaries between us and you.
Then we broke your heart when we messed it up.
So we left the garden to be on our own,
yet you keep trying to bring us back to you.

We give you thanks that you called Abraham and Sarah
to leave their homeland, traveling long distances
on a difficult journey
to get to the land you were giving them.

You took your people and, through Moses,

led them on a journey out of captivity into freedom,
crossing the Red Sea and the river Jordan,
to arrive in the Promised Land.

You were with your people as they were marched into exile,
journeying into a foreign land.
You taught them how to worship you in a strange place,
and in time you led them back home again,
home to recommit themselves to living in your ways.

And so with all our ancestors of faith,
in every time and place,
on every journey,
we proclaim:

**People: Holy, holy, holy, Lord.
God of power and might.
The whole world is filled with your glory.
Hosanna in the highest
in the widest
in the deepest
core of our being.**

Pastor: Blessed is the one who comes in your name.
Blessed is your Son, Jesus, who became a refugee
and was forced to flee into Egypt with his parents.

Rev. Sunae Cho

Blessed is Jesus who journeyed and crossed boundaries,
boundaries of custom and place to preach and heal
and bring life and wholeness to the world.

Blessed is Jesus who sought to eliminate the boundaries
that separate us
and worked to bring us together in the Kingdom of God.

And blessed is Jesus who broke through the boundaries
that separate life and death
so that we all can have life eternal with Jesus,
the Holy Spirit, one God, forevermore.
Let us join together in the prayer which Jesus taught us:

The Lord's Prayer Ecumenical Version (UMH 894)

**Please feel free to use the name of your choice for God that speaks to your soul.*

**Our *Creator in heaven, hallowed be your name, your kingdom come, your will
be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins
as we forgive those who sin against us. Save us from the time of trial and deliver
us from evil. For the kingdom, the power, and the glory are yours now and
forever. Amen.**

On the night in which he gave himself up for love and justice,
He sat down at the table with those that had become family.
At that table were those who had journeyed with him,
adored him, and the one that would betray him.
He knew this. And he gave bread to all anyway and said:
"Take, eat, this is my body which is given for you.
Do this in remembrance of me."

Rev. Ken Schoon

When the supper was over, he took the cup,
invited all to drink from this cup of love,
this cup of suffering, and said:
"Whenever you gather as family around tables,
whenever you strive to overcome the adversity of being human together,
do this in remembrance of me"

Pour out your Holy Spirit on us gathered here, and on these gifts of bread and juice.
Let them be for us the body and blood of Christ so that we may be for the world
the body of Christ, liberated by his witness, passion, and life. Amen.

Sharing In The Bread And Cup

Rev. Sunae Cho

Unison Prayer

Rev. Sunae Cho

**All: Lord Jesus Christ, you put your life into our hands;
now we put our lives into yours.
Take us, renew and remake us.
What we have been is past;
what we shall be, through you, still awaits us.
Lead us on.
Take us with you. Amen**

Living as the Church

Offering & Thanksgiving

How Shall I Come Before the Lord **W&S 3124 vs 1,3**

1. How shall I come before the Lord
and bow myself with heart outpoured?
And shall I come with offering?
What shall I give? What shall I bring?

3. Let justice shine in all your ways.
Let loving kindness rule your days,
that, as this earthly path you trod,
you shall walk humbly with your God.

Marching to Zion

UMH 733 vs 1,3,4

1. Come, we that love the Lord,
and let our joys be known;
join in a song with sweet accord,
join in a song with sweet accord
and thus surround the throne,
and thus surround the throne.

We're marching to Zion,
beautiful, beautiful Zion;
we're marching upward to Zion,
the beautiful city of God.

3. The Hill of Zion yields
a thousand sacred sweets
before we reach the heavenly fields,
before we reach the heavenly fields,
or walk the golden streets,
or walk the golden streets.

We're marching to Zion,
beautiful, beautiful Zion;
we're marching upward to Zion,
the beautiful city of God.

4. Then let our songs abound,
and every tear be dry;
we're marching through Emmanuel's ground,
we're marching through Emmanuel's ground,
to fairer worlds on high,
to fairer worlds on high.

We're marching to Zion,
beautiful, beautiful Zion;
we're marching upward to Zion,
the beautiful city of God.

Closing Prayer (responsive)

Kathleen Bell

Leader: The Creator God filled you with breath,
inviting you to this journey called Life.

All: We will follow on The Way.

Leader: Jesus, our Guide, showed us what it means
to make a new way with Love.

All: We will follow on The Way.

Leader: The Spirit gives us strength to move forward
with courage and compassion for all we meet.

All: We will follow on The Way.

Leader: May this week be filled with opportunities to choose
to take the higher ways of the Holy,
offering friendship, grace, and sustenance to those you meet.

All: May it be so. Amen.

Postlude

I Want Jesus to Walk with Me

Traditional Spiritual
arr. Mark Hayes

Thank you to Ellen St. Thomas for sharing her musical gifts with us today.