

In the same way, he took a cup, saying, "This cup is my promise in my life's blood, poured out for forgiveness of sins. Each time you drink this, remember me."

Blessed is the Holy One of Israel! We eat. We drink. We remember.

And it is good. Very good!

Creator, Christ, and Spirit, three-in-one and one-in-three, unite us in this promise, unite us as disciples, unite us through the bread and the cup.

In that unity, we give ourselves to you, committed to your service, for all your creation.

So may our life and our breath proclaim the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

Breathe, O God, your Holy Spirit upon our dry bones and upon these gifts, that all who share in this bread and cup may be the body of Christ: alive, a light and a love in the world. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, God most holy, now and forever.

*And let the disciples say, "Amen!" **Amen.***

*Let the disciples sing, "Amen!" **Amen!***

*Let the disciples shout, "Amen!" **AMEN!***

ALL SING: "The Prayer of Jesus"

VU #960

Break the bread and fill the cup. Share the bread and cup.

PRAYER AFTER COMMUNION:

For what we have eaten, for what we have sipped, for what we have received—bread, wine, and life—thank you, God! May this moment fill us and change us. May this moment fill and change your world. In Christ's name. Amen.

CLOSING HYMN: Open My Eyes, That I May See

VU #371

A BLESSING FOR A JOYFULLY MEDIOCRE JOURNEY

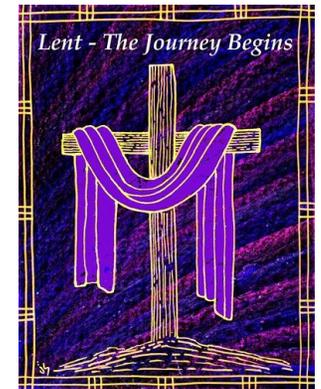
BENEDICTION

CHORAL BLESSING: God Be With You (vs. 2)

VU 422

God be with you till we meet again, unseen wings protecting hide you, daily manna still provide you, God be with you till we meet again.

WATERFORD UNITED CHURCH
Theme for Lent: "Good Enough"
Lent 1 – February 22, 2026
Rev. Kellie McComb



WELCOME

ANNOUNCEMENTS

LIGHT THE CHRIST CANDLE

INTRODUCTION TO LENTEN THEME "GOOD ENOUGH"

OPENING PRAYER (Based on Psalm 91)

Leader: Let us pray together:

Holy One, Our Refuge and Shelter, we call out to you, sometimes in praise, sometimes in distress—as life goes. Whether we perceive it or not, you are there. Open us this day to your presence in the smile of a friend, in the call of a bird – in the simple and good enough moments that fill our days. Amen.

OPENING HYMN: Throughout These Lenten Days and Nights VU #108

YOUNG AT HEART

HYMN: Jesus Loves Me

VU #365

HONEST QUESTIONS, COMPASSIONATE RESPONSE

Leader: We find ourselves hungry for many things that we believe will bring us satisfaction. In today's Gospel, the devil lays a bet that Jesus will jump at the chance for glory, fame, and the quick fix. Who wouldn't? But Jesus keeps up the pithy one-liners long enough that the Tempter just has to slink away. What are the temptations that catch your ear, singing out promises that your life should be more special than it is? What if ordinary life is already holy—as is? Let us take a moment of silent reflection...

Silent Reflection

Leader: Hear this compassionate word from the Letter to the Romans: “The word is near you, on your lips and in your heart... Everyone who calls on the name of the Lord shall be saved.” Know that already, God is offering us freedom from the temptations of the “not enough-ness” of our time, inviting us to love and revere the seeming ordinariness of the day-to-day so that we might recognize its true beauty. And know, that despite our sometimes faltering steps, in the name of Jesus Christ, you are being forgiven, even now.

All: In the name of Jesus Christ, you are forgiven. Glory to God! Amen.

WE PROCLAIM

MINISTRY OF MUSIC: Walk in the Light

GOSPEL READING

read by Marilyn Antkiw

Luke 4: 1 – 13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, “If you are the Son of God, command this stone to become a loaf of bread.” Jesus answered him, “It is written, ‘One does not live by bread alone.’”

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, “To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.” Jesus answered him, “It is written, ‘Worship the Lord your God, and serve only him.’”

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, “If you are the Son of God, throw yourself down from here, for it is written, ‘He will command his angels concerning you, to protect you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’” Jesus answered him, “It is said, ‘Do not put the Lord your God to the test.’” When the devil had finished every test, he departed from him until an opportune time.

A Word of God that is still speaking, **Thanks be to God.**

HYMN: Jesus Tempted in the Desert

VU #115

MESSAGE: “Ordinary Lives Can be Holy”

PRESENTATION OF OUR OFFERING

Offertory: O for a World (vs. 2)

VU #697

O for a world where goods are shared and misery relieved, where truth is spoken, children spared, equality achieved.

Prayer after Offering: Generous God, in light of your extravagant blessings – no matter what the state of the world or our imperfect lives – we offer our gifts and ourselves, and know that you transform what we plant into the produce of love. Amen.

COMMUNION HYMN: Eat This Bread (2X)

VU #466

COMMUNION (Richard Bott, 2020)

God is with you.

And also with you.

Lift up your hearts!

We lift our hearts to God.

Let us give thanks to God, our God.

We give God our thanks and praise!

We give you thanks and praise, God of all creation. You brought all things into being, with the breath of the Spirit, who flew over the waters of chaos and brought order: light, water, earth, plants, animals, and humankind!

And you declared it was good. Very good.

You gave things new life, with the breath of the Spirit: the dry bones in the desert, the little girl, dead, on her bed, Lazarus, who had been sealed up in his tomb, for three days! Whenever we turned away from you, whenever we forgot who you were, whenever we forgot who we were, you breathed your love into us and called us back to you, again and again and again!

And you declare it is good. Very good.

When the time was right, you sent Jesus, the One, born like us, to be one with us, to save us from ourselves. Born like us, to teach us with his words and his actions, his life and his death, that your love can overcome all wrong, all loss, all brokenness. So, with all of creation, we shout our praise...

Holy, holy, holy, God, Creator of all that is, everything shouts, “Thank you!” Everything sings, “Thank you!” Everything lives, “Thank you, loving God!”

On the night before Jesus was taken away to his death, he gathered with his disciples (whom he called friends). He gathered with people just like us. He took bread from the table, and after giving thanks to you, he broke it and gave it to those around him, saying, “Take this and eat it. This is my body given for you. Each time you eat this, remember me.”





ANNOUNCEMENTS

The Labyrinth Meditative Walk has been rescheduled. As we enter into the season of Lent, all are invited to a **LABYRINTH WALK** led by Rev. Kellie on Wednesday, February 25 at 6:00 p.m. and again on Maundy Thursday, April 2 at 4 p.m. and 6 p.m.

Labyrinth Walking Meditation is an ancient, active, and meditative practice that uses a single, non-branching path to guide participants into a state of quiet reflection, grounding, and, often, spiritual, emotional, or mental clarity.

Unlike a maze, which is designed for puzzles, a labyrinth has no dead ends and simply invites a slow, mindful, and intentional journey to the center and back out. Please bring slippers for the walk.



FOODHANDLER'S COURSE REMINDER – Wednesday, February 25 from 9:30 a.m. to 4:30 p.m. in the auditorium. Please bring a bagged lunch.

THE WORLD DAY OF PRAYER service for the Waterford area will be held on Friday, March 6 at 2 pm at Villa Nova Baptist church. Please join us for this ecumenical service, written this year by the women of Nigeria.

FREE CONCERT - The Dundas Valley Salon Orchestra (chamber ensemble of strings and winds) on Friday, February 27 at 7:30 pm. Light refreshments follow. Come and enjoy the beautiful acoustics of our church sanctuary.

WORSHIP AND FAITH COMMITTEE BULLETIN THOUGHTS

For the next few weeks, we will be marking the season of Lent as a time to reflect on these bulletin thoughts: because this is the first week in Lent, our reflection asks us to make space in our thinking about the things in our life that tempt us. Notice that we pray, "... And lead us not into temptation..." So we need to spend time thinking about what that means to us [both individually and as a church].



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