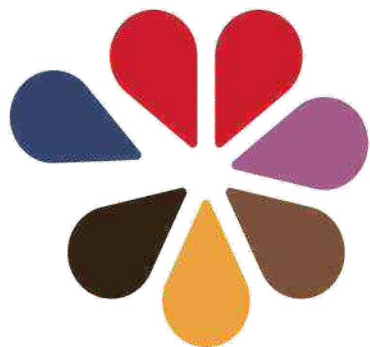




DOWNTOWN

PRESBYTERIAN CHURCH

Dear Lord, as I begin
my journey toward
spiritual growth,
help me to look
deep within
myself and
let go of the old
and embrace
the new life
that comes
from you.



Celebration of Worship

February 22nd, 2026 11:00 AM
First Sunday in Lent

[Click Here to Watch](#)

*If you have a joy or concern you would like to have lifted in prayer today, please complete a **Prayer Request Card**, including the name of the person (and pronunciation) or event, and additional information you'd like to share.*

*Prayer Requests will be collected during the **hymn following the sermon** to share with the pastor and/or Deacons.*

Prelude

Our Spiritual Walk

During this season of Lent, our gathering music will draw inspiration from the rhythm of our feet on this journey. You are invited to walk your own path through the sanctuary during this prelude time each week. Notice the rhythms of your feet and of your breath. How do we take steps together and individually that nourish our spirit and move us forward?

Words of Welcome

John DeHority

Announcements

Pat Tweet

Chime

*Introit

Lift Every Voice and Sing

J. Rosamund Johnson

"Lift every voice and sing,

Arr. Craig Courtney

'Till earth and heaven ring, ring with the harmonies of Liberty;

Let our rejoicing rise high as the list'ning skies, let it resound loud as the rolling sea.

Sing a song full of the faith that the dark past has taught us,

Sing a song full of the hope that the present has brought us;

Facing the rising sun of our new day begun, let us march on till victory is won."

Text: James Weldon Johnson

Welcome to Lent

Rev. Kristina Hansen

*Call to Worship

One: This is the place and this is the time; Here and now God waits to break into our experience:

Many: To change our *minds*, to change our *lives*, to change our *ways*;

One: To make us see the world and the whole of life in a new light;

Many: To fill us with hope, joy, and certainty for the future.

One: This is the place, as are *a//* places; this is the time, as are *a//* times.

Many: Here and now let us praise God as we begin our Lenten Journey!

Prayer of Invocation

Loving God,

During the sacred season of Lent,
bring us closer to you.

Prepare a place in our homes and hearts
for silence and solitude,
so that we may re-discover
the grace of a prayer-full life.

Help us to fast from those things
that threaten the well-being of body and soul
and remind us of the grace of simplicity.

Enlarge our hearts
so that we give to those in need
And—in so doing—re-discover the grace
of gratitude and generosity.

May this season be a grace-filled time
to rekindle our love for you
and our faith in you.

*Hymn

Our God, Our Help in Ages Past
(Verses 1, 3 and 4—Music may be found on page 7.)

ST. ANNE

Time with Young Disciples

Robin Sheikh

Prayer for Transformation and New Life

One: Merciful God, catch us in our anxious scurrying
and hold us in this Lenten season:

Many: Hold our feet to the fire of Your Grace,
and make us attentive to our mortality,
that we may begin to release now

those things that keep us from living with You
 and with our neighbor on this earth.
 For grudges and indifference,
 For certainties that smother possibilities
 For corrosive fears which eat away the wonder of living this day --
 God, forgive us and relieve us from these burdens we hold on to so tightly.
 Open us to the adventure of losing our life in order to find it in you.
(Please take this moment of silence for your own private prayer.)
 One: We know that God loves us and will never let us go.
 Many: We rest in this knowledge. Our future is full of hope! Amen.

Scripture Song of the Day Psalm 32:1-7 (Responsively)

Musical Response *(all singing together)* :

Great is thy faithfulness! Great is thy faithfulness!
 Morning by morning new mercies I see;
 All I have needed thy hand hath provided;
 great is thy faithfulness, Lord, unto me.

One: The one whose wrongdoing is forgiven,
 whose sin is covered over, is truly happy!¹

Many: The one God doesn't consider guilty—
 in whose spirit there is no dishonesty—
 that one is truly happy!²

One: When I kept quiet, my bones wore out;
 I was groaning all day long— every day, every night!—³

Many: because your hand was heavy upon me.
 My energy was sapped as if in a summer drought.⁴

One: So I admitted my sin to you; I didn't conceal my guilt.

Many: "I'll confess my sins to the Lord," is what I said.
 Then you removed the guilt of my sin.⁵

One: That's why all the faithful should pray to you during troubled times,
 so that a great flood of water won't reach them.⁶

Many: You are my secret hideout! You protect me from trouble.
 You surround me with songs of rescue!⁷ Musical Response *(as above)*

Music for Reflection Grant Us Thy Peace Felix Mendelssohn

*"Grant us Thy peace, almighty God, thou source of every blessing!
 Feeble and frail, trust we Thy Word, all things in Thee possessing.*

In Thee is our hope and safety."

Second Reading

Matthew 4:1-11

Sermon

Watch & Learn

Rev. Hansen

*Hymn

Create in Me a Clean Heart, O God

SARADAY

(Music may be found on page 8.)

Joys and Concerns

Prayers for Healing and Justice

† Prayer of Jesus

Our Creator, who art in heaven, hallowed be thy name. Thy Spirit come!
Thy will be done, on earth as it is in heaven. Give us this day our daily
bread, and forgive us our debts, as we forgive our debtors. And lead
us not into temptation, but deliver us from evil, for thine is the Spirit,
and the power, and the glory, forever. Amen.

Invitation to the Offering

Offertory Music

Wake Up, My Spirit

Adolphus Hailstork

"Wake up, my spirit! I, myself, will waken the dawn.

Exalt yourself above the heavens, O God, and Your glory over all the earth.

Awake, lute and harp. I will sing praise to You among the nations.

I will sing melody; I will sing alleluia!"

Text: Psalm 57:6-9 (New English Bible)

*Doxology

Praise God from whom all blessings flow;
Let songs rise up from earth below;
Let stars and galaxies enthrone;
Creator, Christ, and Spirit, One! Amen.

Prayer of Dedication

*Hymn

The Glory of These Forty Days

ERHALT UNS, HERR

(Verses 1, 2 and 4—Music may be found on pg 9.)

Benediction

Postlude

Trio Sonata I in Eb Major, Mvmt. I

J.S. Bach

Passing of the Peace

The peace of Christ be always with you.

And also with you.

Let us extend the Peace of Christ to one another.

Thank you to...

Rev. Kristina Hansen

Liturgist: Pat Tweet

Chancel Choir Members

Soprano: Cecelia Allchin*, Isa Apodaca, Nicole Knickerbocker*,

Lindsey Puc, Joan Sussman

Alto: Alyssa Koh, Leah Rosenman

Tenor: Olivia Anderson, Jason Cloen, Mark Darling

Bass: Rob Brown, John DeHority, Elijah Gebers,

Alan Jones, Stephen Lloyd, Sumner Tessier*

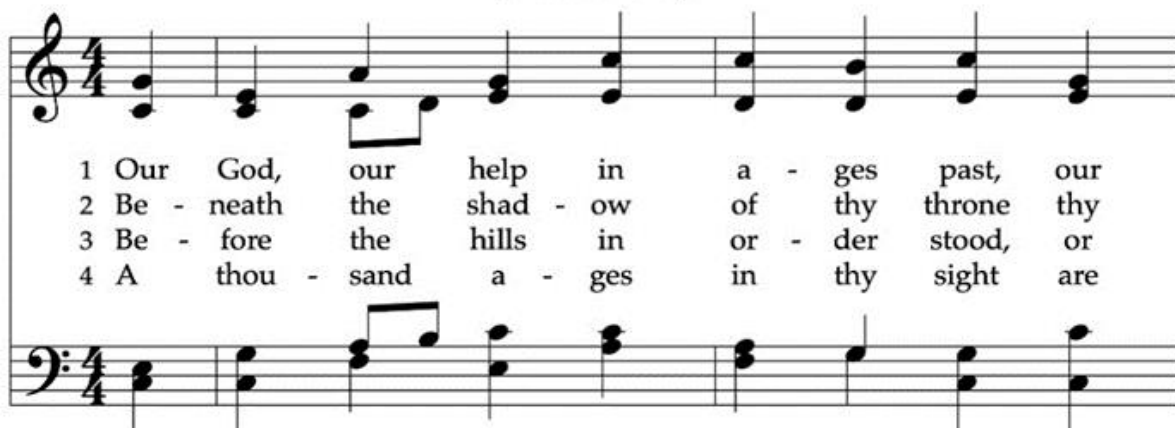
*on temporary leave

Live Stream Team: Don Fairman, David McDowell, Jim Parks, Sally Allison

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687 Our God, Our Help in Ages Past

(Psalm 90)



1 Our God, our help in a - ges past, our
 2 Be - neath the shad - ow of thy throne thy
 3 Be - fore the hills in or - der stood, or
 4 A thou - sand a - ges in thy sight are



hope for years to come, our shel - ter from the
 saints have dwelt se - cure; suf - fi - cient is thine
 earth re - ceived its frame, from ev - er - last - ing
 like an eve - ning gone, short as the watch that



storm - y blast, and our e - ter - nal home:
 arm a - lone, and our de - fense is sure.
 thou art God, to end - less years the same.
 ends the night be - fore the ris - ing sun.

5 Time, like an ever rolling stream,
 bears all our years away;
 they fly forgotten, as a dream
 dies at the opening day.

6 Our God, our help in ages past,
 our hope for years to come,
 be thou our guard while life shall last,
 and our eternal home.

Many people sing this hymn unaware that it paraphrases Psalm 90, partly because this text speaks so immediately to the human condition. Since the middle of the 19th century, it has usually been joined to this tune named for the London parish where the composer was organist.

Create in Me a Clean Heart, O God 423

(Psalm 51)

Capo 5: (F) (Gsus) (G) (C) (Em7) (F) (A7)
B $\flat$ Csus C F Am7 B $\flat$ D7



1 Cre - ate in me a clean heart, O God; cre -
2 7 Cast me not a - way from your pres - ence; 7
3 Re - store to me the joy of your sal - va - tion; re -

(D) (D7) (G) (Dm)
G G7 C Gm



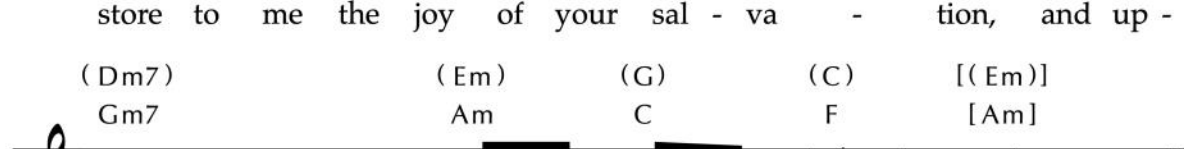
ate in me a clean heart, O God; cre -
cast me not a - way from your pres - ence; 7
store to me the joy of your sal - va - tion; re -

(E) (E7) (Am) (E7) (Am)
A A7 Dm A7 Dm



ate in me a clean heart, O God, and re -
cast me not a - way from your pres - ence 7 and
store to me the joy of your sal - va - tion, and up -

(Dm7) (Em) (G) (C) [(Em)]
Gm7 Am C F [Am]



new a right spir - it with - in me.
take not your Ho - ly Spir - it from me.
hold me with your free Spir - it.

The text here comes from Psalm 51:10–12, three verses that illustrate the pattern of parallels often found in Hebrew poetry. The first verse here centers on positive actions, the second on avoidance of negative actions, and the third on providing an improved spiritual condition.

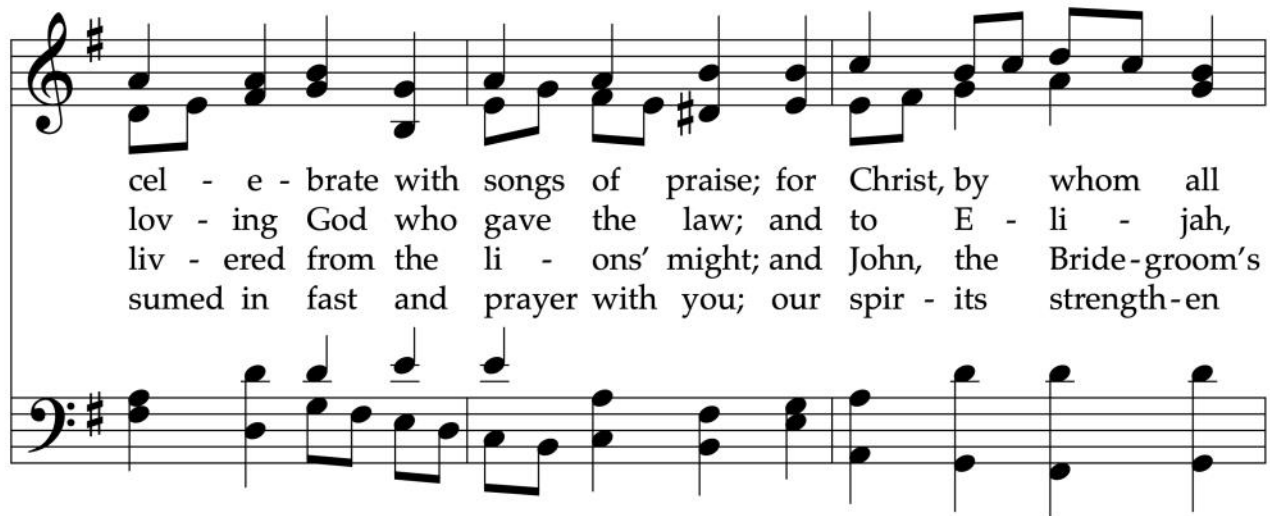
TEXT: Para. John Carter, 1997
MUSIC: John Carter, 1997
Text and Music © 1997 Hope Publishing Company

SARADAY
Irregular

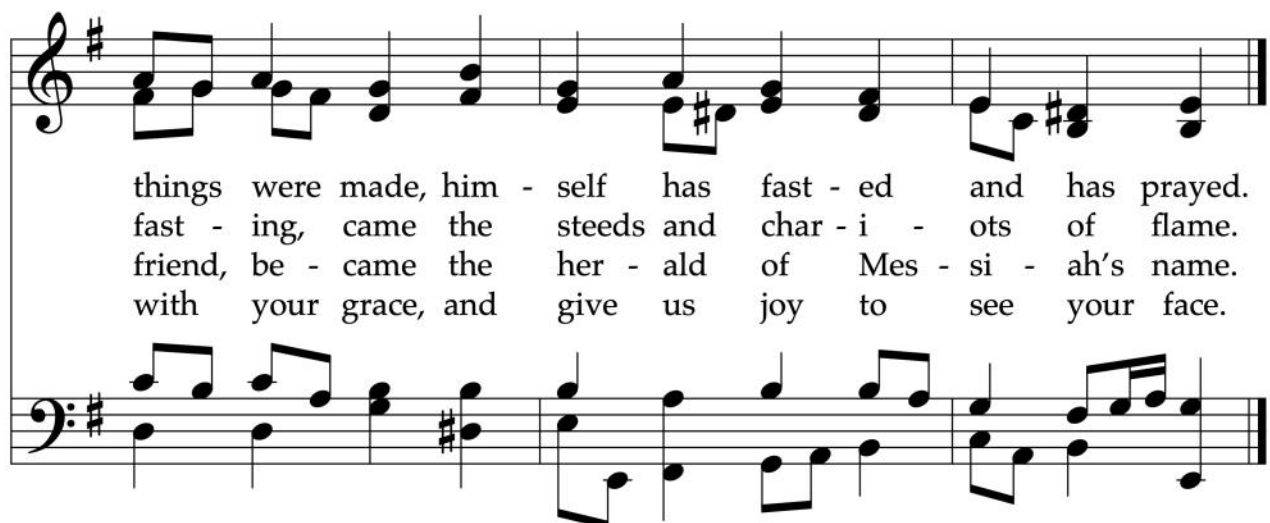
165 The Glory of These Forty Days



1 The glo - ry of these for - ty days we
 2 A - lone and fast - ing Mo - ses saw the
 3 So Dan - iel trained his mys - tic sight, de -
 4 Then grant that we like them be true, con -



cel - e - brate with songs of praise; for Christ, by whom all
 lov - ing God who gave the law; and to E - li - jah,
 liv - ered from the li - ons' might; and John, the Bride-groom's
 sumed in fast and prayer with you; our spir - its strength-en



things were made, him - self has fast - ed and has prayed.
 fast - ing, came the steeds and char - i - ots of flame.
 friend, be - came the her - ald of Mes - si - ah's name.
 with your grace, and give us joy to see your face.

Appropriate for singing at any time during Lent, this stately text connects Jesus' wilderness fast with the solitary testing of other prophetic souls: Moses, Elijah, Daniel, and John the Baptist. This sturdy 16th-century chorale melody formed the basis of Bach's *Cantata 126*.

Welcome Visitors!

**We live into Jesus' inclusive call to love all people,
care for creation, and work for God's Justice.**

Nursery Care is available for young children beginning in the library and moving to C-23 on the second floor. Parents are welcome to come up with their children if they would like.

Sunday School - Children not in nursery care will be invited forward during the "Time with Our Youth" and then will follow their teacher to the Sunday School room.

You may place your offering in the offering plates as they are passed. If you would like to donate online, you can use the QR code to the right to make your contribution to the church.



This is a Hearing Loop equipped sanctuary – please switch your hearing aid to the "T" (telephone) position.

† **We seek** to use diverse images and liberating language about divine presence in our services of worship. Please feel free to adapt the words in hymns and prayers as needed so that they express your faith.

* **An asterisk indicates** "please rise in body or spirit."

We hope you will join us after worship for conversations and refreshments! Cookies and drinks are available in the front of the sanctuary.

Joys and Concerns – If you have a joy or concern that you would like to lift in prayer today, please complete a Prayer Request card (available by the worship bulletins) naming the person (s), situation or event, and any other information that you would like to be shared. The requests will be collected during the hymn following the sermon and provided to the Deacons.

If you would like to honor someone or a special event with flowers you can purchase a bouquet (\$35) for a future worship service by contacting Deacon Helen Ganotis at <helenganotis@gmail.com>.

Coming up at Downtown United Presbyterian Church

Sunday, February 22

9:45AM Sunday Forum, Hybrid
10:00AM Choir Warm-up
10:45AM Nursery
11:00AM Worship - Rev Kristina
Hansen
11:15AM Sunday School
12:00PM Refreshments, Sanctuary

Tuesday, February 24

10:30AM Psalms+ Bible Study

Wednesday, February 25

7:00PM Choir Practice

Thursday, February 26

7:00PM Session Mtg, Hybrid

Friday, February 27

3:00PM Space Use Mtg, Zoom

Sunday, March 1

9:45AM Sunday Forum, Hybrid
10:00AM Choir Warm-up
10:45AM Nursery
11:00AM Worship
11:15AM Sunday School
12:00PM Refreshments, Sanctuary



We give special thanks for the flowers . . .

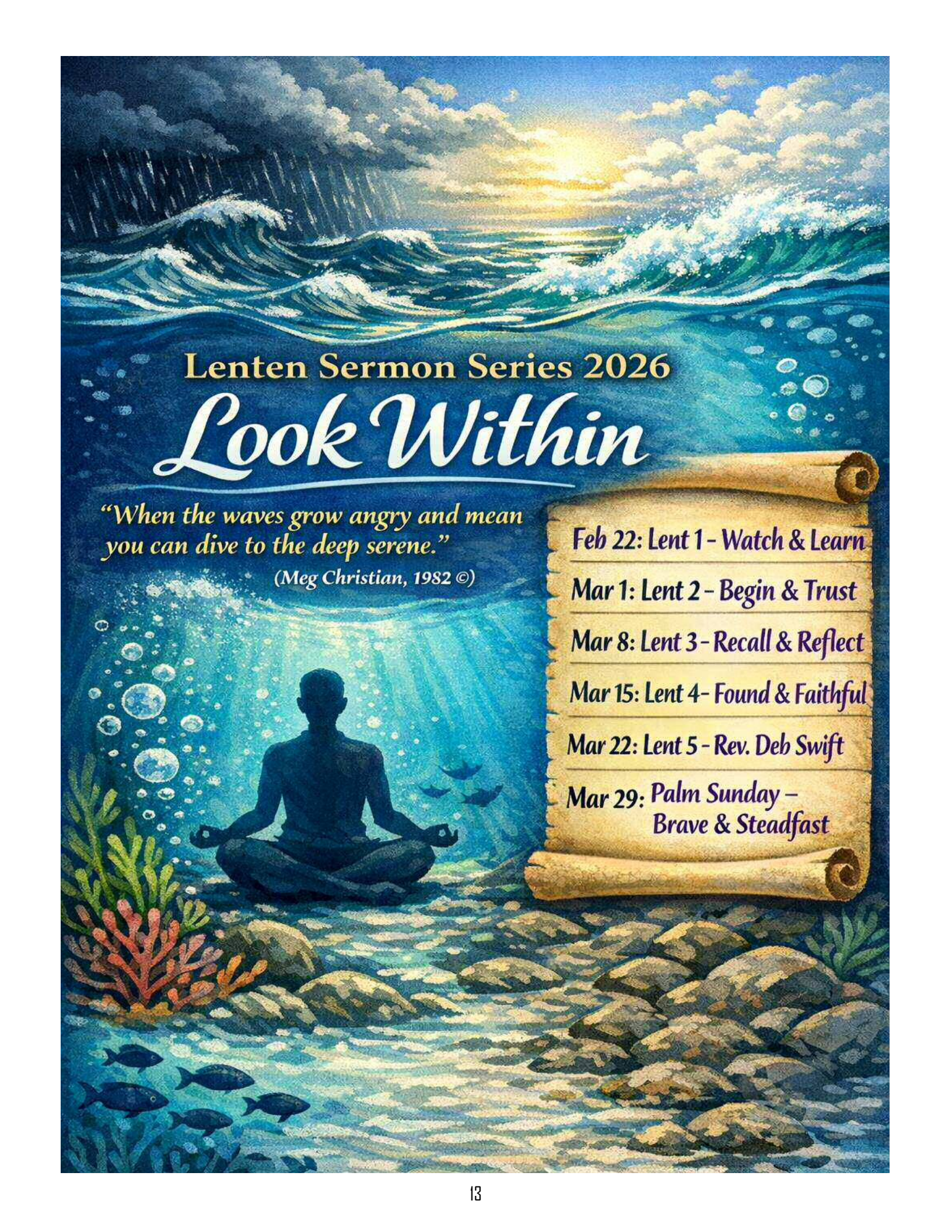
Given in memory of Jim, Aaron, and Brian Rees by Mary Rees.



Please join us
in welcoming
Pastor Kristina Hansen
(Pastor Kristina or PK)
as our new
Stated Supply Pastor.



We are excited
to have you
with us PK!



Lenten Sermon Series 2026

Look Within

*"When the waves grow angry and mean
you can dive to the deep serene."*

(Meg Christian, 1982 ©)

Feb 22: Lent 1 - Watch & Learn

Mar 1: Lent 2 - Begin & Trust

Mar 8: Lent 3 - Recall & Reflect

Mar 15: Lent 4 - Found & Faithful

Mar 22: Lent 5 - Rev. Deb Swift

Mar 29: Palm Sunday -
Brave & Steadfast

Registration is Open!



Presbytery of Genesee Valley's

CONGREGATIONAL LEARNING DAY

Saturday, March 7, 2026

8:30 am - 1:00 pm

Online via Zoom. FREE

Session 1:

1. A workshop for Elders/Elder training -
Led by Rev. Colin Pritchard
2. A workshop for Deacons -
Led by a Rev. Erin Jacobson
3. A workshop on Grants –
Led by a panel of speakers
4. Anti-racism training -
Led by Janette Henderson

Worship: Led by Rev. Twyla Boyer

Session 2:

5. Anti-racism training -
Led by Janette Henderson
6. Stated Clerk training-
Led by Bethany Benz-Whittington
7. Caring for our Immigrant Neighbors -
Led by a panel of speakers
8. Can We Talk?
Led by Rev. Kirk Baker

[Click here to view the brochure and details about the event.](#)

Or scan the QR code below:



If you have any questions, please contact Nancy Simpson (simpsfam37@gmail.com)



Sunday Forums—March 2026

March 1

From Integrating Water Fountains to Marching on Washington, A Justice Journey

Presenter: Windsor Wade



Windsor's parents, Louis and Katie, fled the Jim Crow South in 1952. Ten years later, on a trip South to visit family, Windsor drank from a "Whites Only" fountain. Heeding the Dalai Lama's admonition, "It's not enough to be compassionate, you must act," Windsor became a teacher and has continually worked for progressive justice, including service with two Rochester organizations, Metro Justice and the Gandhi Institute. He also is a long-time member of Veterans for Peace, and a member of its national board.

Replacing Exploitation & Scarcity with Sustainability Caring for Creation

Community Gardens and Farms: Creating Sustainable Prosperity

March 8

Presenter: Erin Turpin

From building community gardens at St. John's and St. Mark's Episcopal Church to introducing RIT students to Foodlink's Community Farm, recent college graduate Erin Turpin has been putting into practice her major in Sustainability and Sociology. Erin believes in nature-based learning and helping organizations understand and advance environmental justice.

Climate Action Plan: Making Monroe County Sustainable

March 15

Presenter: Madison Quinn

Protecting the environment is key to maintaining quality of life and preserving natural resources for the future. Learn about projects currently underway and next steps in improving our county's sustainability, adapting to climate change, energy conservation, and social equity. These include eight LEED Certified facilities, a 400+ vehicle green fleet, the Waste to Watts Program, solar initiatives, and Ecopark. County residents help shape priorities and provide feedback.

Achieving Sustainability: Can We Reduce Food Waste?

March 22

Presenter: Callie Babbitt

Immense natural resources are used in agriculture and food processing in this country, but over one-third of that food ultimately goes uneaten and ends up in landfills. This waste leads to added climate impacts and higher costs to consumers and businesses. Callie will discuss the challenges of food waste and what we as individuals can do to minimize waste and better manage excess food to improve sustainability outcomes.



Sundays, 9:45AM—The Shaw Room

The Downtown Church Staff

Cheryl Bittle, Weekend Receptionist
Jason Cloen, Associate Musician
Eileen Dietsch, Director of Operations
Rev. Kristina Hansen, Senior Pastor
Alan Jones, Associate Musician
David Mear, Business Manager
Baker Mohammed, Bookkeeper
Moses Nhial, Maintenance
Penelope Paredes, Nursery Coordinator

Robin Sheikh, Office Administrator &
Sunday School Teacher
Ebony Smalls, Evening Receptionist
Michael Stagles, Maintenance Lead
Joseph Taylor, Maintenance Supervisor
Ed Verna, Maintenance
Lee S. Wright, D.M.A.,
Director of Music Ministry

Parish Leaders

Mary Rees and Pat Tweet - Clerks of Session
Jacque Hancock and Carol Samuel - co-Moderators of Deacons

Session

The Rev. Kristina
Hansen, Moderator
Nancy Brown

Jason Cloen
John DeHority
Sally Allison

Jim Vesper
Pat Tweet
Mary Rees

Deacons

Andrea Folan
Helen Ganotis
Jacque Hancock
Elizabeth Katz

Stephen Lloyd
Grania Marcus
Sandy Morales
Gie Oey

Becky Parks
Carol Samuel
Kelley Sheils
Marilyn Terpening

121 N. Fitzhugh Street, Rochester, NY 14614
Telephone: (585) 325-4000
email: office@DowntownPresbyterian.org
www.DowntownPresbyterian.org





A Call to Lent 2026

Preparing for Easter with Lenten Disciplines

Feb. 22 – April 5, 2026



Let your hope keep you joyful,
be patient in your troubles,
and pray at all times.
Romans 12:12

Isaiah 56:
6 Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?
7 Is it not to share your bread with
the hungry
and bring the homeless poor into
your house;
when you see the naked, to cover
them and not to hide yourself from
your own kin?

If you remove the yoke from
among you,
the pointing of the finger,
the speaking of evil,
10 if you offer your food to the
hungry and satisfy the needs of the
afflicted,
then your light shall rise in the
darkness
and your gloom be like the
noonday.

A new way of fasting
Thanks be to God

A Call To Lent **Won't you consider a Lenten** **Discipline this year?**

Downtown United Presbyterian Church is challenging every member to pick a Lenten Discipline this year. A Lenten Discipline is something that you choose in addition to your usual daily routine. Its intention? As the song says, "Just a closer walk with Thee."

The options presented within this menu are as varied as possible in an effort to offer something to everyone.

- Some options ask only a brief commitment;
- Others require a greater commitment.
- All are intended to stretch us, open us, and draw us to God. To inspire us, intrigue us, energize us. Even to prod, poke, or push us—if we feel in need of that. Hey, we're all different!

Jesus spent 40 days in the wilderness in preparation for his ministry and we, in turn, have a 40-day Lenten Season to prepare ourselves for Easter, the Good News of the Resurrection.

***Won't you take a
Lenten Journey
this year?***

**Imagine what blessings
God might have for you!**

Before you look through the menu, **you are invited to take a moment** **in prayer...**

"Holy Spirit lead me to the right Lenten discipline for this year. Amen."

Check off ☒ as many as appeal to you.

- Then look back through and choose the one(s) that you believe will make the best sense for you this year.
- Remember: this is not about "being perfect" or "getting it right"—it's about a closer walk with the Holy One.
- **"PC" (Pastor's Choice) indicates options Pastor Kristina strongly encourages people to try.**

Prayer

- ☐ Pray every day
- ☐ Pray as you take a walk
- ☐ "Prayer Walk" your neighborhood, silently praying for each family and business as you pass
- ☐ Pray the Sunday Prayers (in bulletin) daily
- ☐ **PC:** Pray the Lord's Prayer daily
- ☐ **PC:** Say Grace before meals
- ☐ Pray with a friend/spouse once, or weekly, or daily
- ☐ Pray for the world while reading the newspaper
- ☐ Pray daily by being silent and listen for God
- ☐ Pray for people each time they text you
- ☐ OTHER: _____

Worship

- ☐ Prepare for worship (e.g. prayer, meditation, arise earlier, fasting)
- ☐ Attend worship every Sunday
- ☐ **PC:** Attend **Maundy Thursday @ 7:00 pm**, (Tenebrae in Shaw Room)
- ☐ **PC:** Attend **Good Friday Walk** In Highland Park. Meet at 10:00 am in the Pansy Bed on Highland Avenue.
- ☐ **PC:** Attend **Easter Sunday Worship** at 11:00 am.
- ☐ Observe a Sabbath Day each week
- ☐ OTHER: _____

(If you choose either of the 2 following worship options, please contact Pastor Kristina)

- ☐ Serve as the Liturgist for a service during Lent.
- ☐ Offer 3 Minute Children's Message

Study

- ☐ Read Bible every day
- ☐ Read Sunday Scripture lessons prior to Sunday each week
- ☐ Attend Psalms+ on Tuesdays @ 10:30 am
- ☐ Read an inspirational book
- OTHER: _____

Service

- ☐ Volunteer a day to a cause (e.g. soup kitchen, food pantry)
- ☐ Volunteer time each week to a cause (e.g. as above, tutor)
- ☐ Bring food items for Immigrant Families
- ☐ Intentional Random Acts of Kindness daily or weekly
- ☐ OTHER: _____

Sacrificial Acts

- ☐ Fast one day a month
- ☐ Give up a favored habit/food
- ☐ Tithe (10%) during Lent
- ☐ **PC:** Give an extra offering during Lent
- ☐ **PC:** Give a gift in memory or celebration of a loved one Pay off a debt
- ☐ Get up an hour earlier to devote to God
- ☐ Give up TV or Electronic Devices one day each week.
- ☐ Eliminate/Reduce “luxury” or “optional” spending and give what you have saved to charity.
- ☐ Clean out “that closet”, “that room”, “that drawer”. Donate items to a Thrift Shop.
- ☐ Donate generously ... food items, clothing items, household items to pantries, shelters, thrift shops
- OTHER: _____

Creative Stewardship

- ☐ **PC:** Artwork for introspection & prayer
- ☐ **PC:** Journal for introspection & prayer
- ☐ OTHER: _____

Relationship

- ☐ Pray with a friend/your spouse
- ☐ Ask forgiveness of someone
- ☐ Work toward forgiveness of someone
- ☐ **PC:** Dedicate 1 hour of “Us” time to spend with your significant other, each week (No TV, No kids, No distractions)
- ☐ **PC:** Dedicate 1 hour weekly for family time (No electronic. Be creative!)
- ☐ Write cards, letters, emails to 3 friends with whom you are out of touch. Make a list and do it.
- ☐ Phone calls to 3 people with whom you have lost touch. Make a list and do it.
- ☐ OTHER: _____

Your Body as a Temple

- ☐ Add one vegetable a day
- ☐ **PC:** Eliminate one excess
- ☐ **PC:** Exercise each day
- ☐ Prioritize a full night’s sleep
- ☐ Make one additional home cooked meal a week
- ☐ Walk 10 minutes before or after each meal
- ☐ OTHER: _____

Be Green

- ☐ Walk someplace you would normally drive
- ☐ **PC:** Recycle more
- ☐ Avoid buying highly packaged items
- Stop your junk mail

A Call To Lent

(This panel is to be torn off and placed in the collection plate on any Sunday in Lent to be blessed.)

This year, I commit to a Lenten Discipline to deepen my spiritual practice. I understand that this is a commitment between God and me. To God alone am I accountable. I understand that it is not about “being perfect” or “getting it right” but about a closer walk with God, with Jesus, with the Holy Spirit.

Today, I make my commitment in the company of my church family and in the presence of the Holy Spirit. May the covenant I have made on earth be ratified in heaven. Amen.

Signed:_____

Print:_____

A list of your Lenten Disciplines: (OPTIONAL)
