



first CHURCH

OUR VISION

To be a Church that demonstrates justice, love, and inclusion for all.
All means all.

Worship at Des Moines First United Methodist Church

March 1, 2026 • 10:30 a.m.
Communion Sunday

RAINBOW STOLES AND PINS

Today during the service, you are invited to wear a rainbow stole or pin in support of our LGBTQ+ brothers and sisters. The rainbow stoles and pins are located on a table in the Narthex. The rainbow flag is a symbol of the diversity of the LGBTQ+ community and the spectrum of human sexuality and gender. Please return the rainbow stole or pin to the table when you exit the service!



MISSION STATEMENT

To **connect** people with God, to **build** a welcoming and inclusive community that **serves** our neighbors through actions of justice and love, and to **develop** disciples of Jesus Christ.

WE ARE A RECONCILING CONGREGATION

First United Methodist Church strives to love others as Christ loves us and, in doing so, to be the Body of Christ in word and deed.

As the Body of Christ, we welcome and affirm all of God's children, knowing that each is created in the image of God. We celebrate God's gift of diversity and value the wholeness made possible in community, equally shared and shepherded by all. We welcome and affirm people of every gender identity, gender expression, and sexual orientation, of every age, race, ethnicity, physical and mental ability, level of education, and family structure, and of every economic, immigration, marital, and social status, and more. We acknowledge that we live in a world of profound social, economic, and political inequities. As followers of Jesus, we commit to pursuing justice and pledge to journey in solidarity with all who are marginalized and oppressed.

LAND ACKNOWLEDGEMENT

The land on which the First United Methodist Church building sits, the land which we occupy when we worship, was once the home of the oBaakiiwaki-hina-ki (Sauk), the Meskawaki-asa-hina (Fox) and the Baxoje Maya (Ioway). We honor them.

*If it is comfortable for you, please stand wherever there is an *.*

UMH = United Methodist Hymnal (red book); TFWS = The Faith We Sing (black book)

*Congregational Responses in **bold***

THE GATHERING

PRELUDE

“Prelude in D minor”

Sidney Shide

by JS Bach

WELCOME, ANNOUNCEMENTS

Julie Poulsen

This is the day the Lord has made! **Let us rejoice and be glad in it!**

SHARING JOYS & CONCERNS

Julie Poulsen

PRAYERS FOR OTHERS • THE LORD’S PRAYER

Almighty God, we offer up these people and situations in our world today. For those who need the necessities of life: food, clothing, shelter, relationships.

Lord, in your mercy, hear our prayer.

For those suffering sickness and disease, be it physical, mental, or spiritual.

Lord, in your mercy, hear our prayer.

For those who have suffered tragic events or natural disasters.

Lord, in your mercy, hear our prayer.

For our world, those in war-torn countries, for the political & theological divides.

Lord, in your mercy, hear our prayer.

For those who are grieving a loss, no matter the time frame.

Lord, in your mercy, hear our prayer.

For those who are in abusive/evil situations & suffer violence & endure trauma.

Lord, in your mercy, hear our prayer.

For those suffering from addiction.

Lord, in your mercy, hear our prayer.

For those fighting the injustices of this world.

Lord, in your mercy, hear our prayer.

For those who find it difficult to experience hope, peace, joy or love.

Lord, in your mercy, hear our prayer.

Receive all of these prayers, O God, and those still resting on our hearts, minds, and souls. We offer these prayers with the prayer that Jesus taught us.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.

ENTERING WORSHIP

Choral Introit

“We Resist, Prayer Chant”

Chancel Choir

by Mark A. Miller

***CALL TO WORSHIP**

by Dr. Lisa Hancock

Julie Poulsen

The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all.

And also with you.

Children of God, in Lent we remember that our salvation is an unearned gift, that new life is a matter of faith, not of works.

We gather to lay down the burden of trying to earn our salvation.

Like Nicodemus, who met Jesus in the dark of night, we struggle to accept that new life is not just possible but given as a free gift of grace.

We gather to bring our struggles into the light and embrace God’s grace with open arms.

Like Paul writing to the Romans, we remember that God’s promise of new life has always rested on grace.

We gather to receive the promise of salvation by grace through faith.

Like the many who have followed, questioned, and grown in the faith, we submit ourselves to be formed by grace as we work out our salvation day by day.

We gather as people guided by the promise of new life, a promise fulfilled by Christ, whose path we follow.

***OPENING HYMN**

Blessed Assurance

UMH#369/Bell Choir

***OPENING PRAYER**

Adapted from Steve Garnaas-Holmes

Julie Poulsen

Infinite Love, heart of all life, you loved this world into being with such love as to birth yourself among us, Love begotten as the Beloved.

Your presence does not separate but unites; love does not push away, but embraces; you do not condemn, but save. Trusting this, we know we are loved, never rejected. Thanks be to God! Amen.

RECEIVING GOD’S WORD

CHILDREN’S TIME

Pastor LaTonya

Sing “Jesus Loves Me” UMH # 191 while children come forward

ANTHEM

“O Jesus, I have Promised”

Chancel Choir

by David Ashley White

GOSPEL READING

John 3:1-17

Pastor LaTonya

Page 114, New Testament (back portion of the pew Bible)

This is the Word of God for the People of God. **Thanks be to God!**

SERMON

WHAT ARE YOUR INTENTIONS?

Pastor LaTonya

RESPONDING TO GOD’S WORD

Please join me in a moment of prayerful reflection.

Pastor LaTonya

Let us now share together in Holy Communion

UMH#13

The Communion Table is open to ALL.

As you come forward, please bring your tithe/offering and your attendance sheet and place them in the trays when receiving communion.

Please follow the instructions of the ushers.

COMMUNION MUSIC

“Improvisation”

Sidney Shide

by Sidney Shide

COMMUNION & OFFERING THANKSGIVING PRAYER

Pastor LaTonya



Use our QR code for donations. Enter amount, select one-time or recurring, choose where to direct your gift (general budget defaults), select your payment options, then fill in other fields. Thank you!

How do you scan a QR code?

1. Open the Camera app on your smart phone.
2. Hold the phone so the QR code appears in the view.
3. Tap the notification to open the link associated with the QR code.

NEWS, ANNOUNCEMENTS & MORE!

NEWCOMERS, WELCOME!

If you are here for the first time, we have a small gift bag for you at the parking lot door. After worship, meet new friends at "Coffee Time" in Kenyon Hall. Everyone is welcome!

INTERESTED IN MEMBERSHIP?

If you want to learn more about joining First UMC, please speak to Pastor LaTonya. We welcome and invite all to join our faith community.

PACESETTERS CLASS – ADULT CLASS

Join us Sunday mornings at 9:00 am, Lower -Level Room 4, for coffee and treats with program at 9:15am. Ned Johnson leads the group with a discussion of issues presented and occasional guest speakers. Please join us!

Young Adult Lunch with Pastor LaTonya Saturday, March 1

All adults under 40 are invited to a get-acquainted lunch with Pastor LaTonya. Pizza will be provided. Bring your own pop or drink. Children welcome - Nursery provided. This will be a wonderful opportunity to get acquainted with Pastor LaTonya and to connect with one another in a relaxed, welcoming setting. Come enjoy good food, meaningful conversation, and fellowship as we grow together in community. Please RSVP so we know how much pizza to order.—we look forward to seeing you there!

Contact: juliaefpoulsen@gmail.com @ 3194613146 for questions or to RSVP


 **YOU'RE INVITED TO A   COMBINED CHOIR CONCERT  **

Featuring the Iowa State Singers & the Ankeny High School Concert Choir

Join us at FUMC for a special night of music. This free event is open to the public

 Bring your friends for an inspiring evening of choral music! 

 Friday, March 6, 2026

 7:30 PM

 First United Methodist Church
1001 Pleasant Street
Des Moines, IA 50309

 Free Concert (A freewill offering will be received)

  Open to the Public. We hope to see you there!  

Bishop's Lent Study

Dear Iowa United Methodists,

Brooklyn is a small town in southeast Iowa that is proud of the many flags that adorn its town square. The town (population ~1500) displays the flags of all fifty U.S. states. In 2025, it added a new one—a Congolese flag. That is because a community group sought to honor United Methodist pastor Guylain Yumba, who is from the Democratic Republic of the Congo.

Pastor Yumba has served the United Methodist Church in Brooklyn for a little more than a year. In that time, he has been a witness to the power of Christian love to cross boundaries of race, ethnicity, culture, and language and to break down barriers.

Pastor Yumba has been an effective ambassador of Christ. Indeed, Scripture tells us, “Christ is our peace...with his body, he broke down the barrier of hatred that divided us,” Ephesians 2:14 (CEB).

Still, we live in a country that is increasingly divided by racism and xenophobia, by growing extremism and rising political violence. Authoritarianism is on the rise, and dangerous ideologies, such as white Christian nationalism, are taking hold. These developments dismay us and leave us with hard questions:

- What does it mean to be a United Methodist Christian at a time when nationalistic movements that call themselves Christian deny the love of Christ?
- How do we have respectful conversations when there is so much division in our communities and churches, even in our own families?
- Can I love my country while rejecting the idea that one nation or race is better than another?

Building Beloved Community: The Courage to Love in the Face of Tyranny is a new study from the Council of Bishops that invites us into this conversation. It invites us to learn together and to build beloved community in the face of division and hate. It invites us into acts of mercy, justice, and love and to faithfully live out our vision.

That vision reminds us,

The United Methodist Church forms disciples of Jesus Christ who, empowered by the Holy Spirit, love boldly, serve joyfully, and lead courageously in local communities and worldwide connections.

Please join me in studying this important resource. Together, we can grow in our discipleship and be more fully formed in Christ. Together, we can lean into our Christian faith by having the courage to love.

In Christ’s Love,

Bishop Kennetha J. Bigham-Tsai

(This letter is a reproduction of the forward written by Bishop Bigham-Tsai in the Iowa edition of the book.)

You can order the Iowa edition below.

<https://admin.cokesbury.com/Building-Beloved-Community-2?refq=building%20beloved%20community>

From the dropdown menu, please select **Iowa Conference**.

When: Tuesday, 2/24, 3/3, 3/10, 3/17, 3/24, and 3/31 at 7:00 p.m.

Where: Zoom

How to Join: Please **RSVP** to receive the Zoom link and study schedule at:

<https://us06web.zoom.us/meeting/register/tkXzP2HUT9SVD4tSaGwsfA#/registration>

Let us walk together through Lent, discovering how God calls us into a community rooted not in fear, but in *love, joy, and courage*.

Bishop Maurice Dingman Peace Award Celebration

Catholic Peace Ministry is honoring the Humanitarian Operations and Public Education Foundation (HOPE) for Palestine at the annual Bishop Maurice Dingman Peace Award Celebration. HOPE, an Iowa City – based non-profit, provides emergency humanitarian aid to the people inside Gaza, and is teaming up with local NGOs to build water wells and distribution systems for displaced Gazans.

When: Saturday, March 7; 6 pm

Where: Holy Trinity Church, 2926 Beaver Ave., Des Moines

For more information: catholicpeaceministry@gmail.com

THE WALK

A new Bible study for adults and teens

Join at **9:00 a.m.** in the **lower level** as we explore

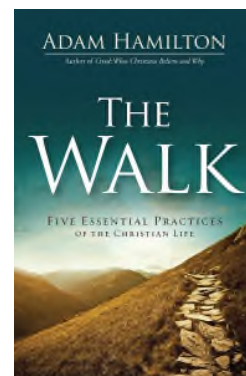
Starting on Feb 22 we will begin a new Lenten study called

The Walk by Adam Hamilton.

Julie will have books to purchase on Feb 8 for \$15.00.

Everyone is welcome.

Julie Poulsen at 319-461-3146.



Iowa United Methodist Foundation Scholarships | Iowa United Methodist Foundation 2025-2026 Scholarship Guide <https://iumf.org/scholarships>

The Iowa United Methodist Foundation offers thousands of dollars in scholarships every year to students who demonstrate academic and community excellence. We offer:

Scholarship applications are open December 1 – March 1 annually.

Once you click on the application link, you will be brought to a third-party website. Please contact Cassie (cassie.parks@iumf.org) with questions related to scholarships. Please contact our partner Kaleidoscope (help@mykaleidoscope.com) with questions related to the application. You can also utilize their Help Center.

THE CONNECTION CAFE COLLECTION BOX FOR NEEDED ITEMS

January - March. = 8oz Paper Cups

(Please no Styrofoam as it is not environmentally friendly)

The Bridge Board thanks you for helping! Your contributions are definitely making a difference. Please deposit donated items in the collection box in the Narthex outside the Sanctuary. First Church does not allow Styrofoam products! Direct questions to one of the Bridge Board members from our church—Pastor LaTonya, Lesley Gesaman, Ned Johnson, or Kay Pudil.



SPECIAL RECYCLING AT FIRST CHURCH

Did you know that you can bring the following items to First Church for Recycling? Containers for these recyclable items are available in the Narthex. Thank you for doing your part to keep toxic waste out of the landfill.

- AA, AAA, C, D & 9 Volt Rechargeable & Alkaline Batteries
- Hearing Aid Batteries
- CFL Light Bulbs (the swirly bulbs)
- Prescription Eyeglasses
- Ink Cartridges



CCYC is Now Enrolling 2's, 3's, and Preschoolers!

We're excited to share that CCYC is currently enrolling for 2's, 3's, and Preschool programs!

If you know a family looking for **loving, high-quality childcare** in a nurturing and engaging environment, we'd be thrilled to welcome them to our CCYC family.



✨ *Spaces are limited—contact us today to learn more or schedule a visit!*



THIS WEEK ^{at} GLANCE



Sun, Mar 1

10:30 am. *Worship, Sanctuary, Main Floor*
Fellowship Time, Kenyon Hall Main Floor
Communion Sunday
Food Pantry Sunday

Wed, Feb 25

Bulletin Announcements & CrossNote Articles Due

First United Methodist Church • 1001 Pleasant Street • Des Moines, IA 50309

PH: 515-244-6209 • FAX: 515-282-6106 • www.DMFirstChurch.org

Guest Wi-Fi Password • Welcome!



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Notes

Have a Blessed Day