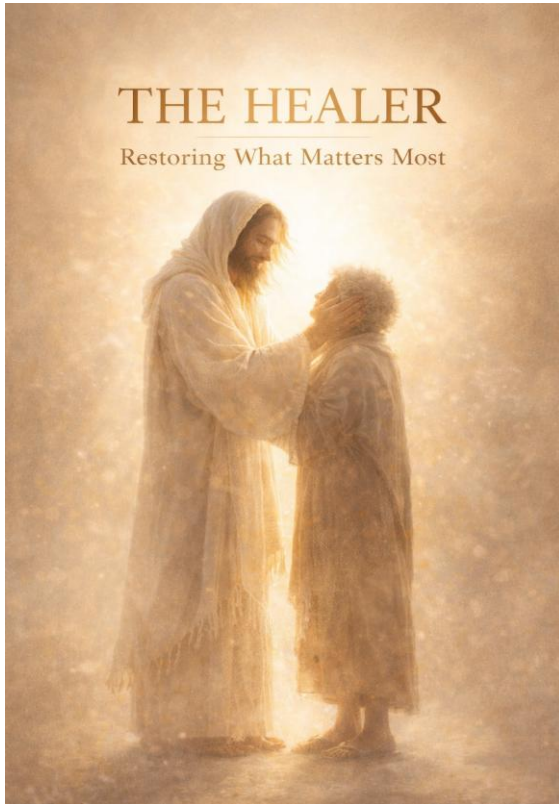

Vale United Methodist Church



“The Healing”

March 1, 2026

11528 Vale Road • Oakton, Virginia 22124

www.ValeChurch.org

In Person Worship at 10:00 a.m.

Virtual Worship at 8:30 a.m.

[Facebook.com/groups/valechurch](https://www.facebook.com/groups/valechurch)



United in faith, we seek to...

Align our lives with the way of Jesus Christ.

Invite others to journey with us.

Move beyond our walls to create a more just and loving world.

“The Healing”

GATHERING

We gather as the people of God to be formed by God's grace.

Welcome

The Peace

From your seat, please offer your neighbors the peace of Jesus Christ.

The lay reader will call out “May the peace of Christ be with you!”

Please respond with, “And also with you!”

Prelude

***Call to Worship**

One: 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.

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

One: 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.

Many: **We gather to bring our struggles into the light and embrace God's grace with open arms.**

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

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

One: 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.

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

***Hymn “The Summons”**

TFWS 2130

Prayer for the Second Sunday of Lent

Many: Infinite Love, heart of all life, you loved this word 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.

PROCLAMATION & RESPONSE

We hear God’s word proclaimed. We act in response.



Prayer for Illumination

Many: Gracious and loving God, open our hearts and minds by the power of your Holy Spirit, that as the Scriptures are read and your Word is proclaimed, we may hear with joy what you say to us today. Amen.

Scripture

Mark 2: 1-12

The reading will end with “A word of God that is still speaking.”

Please respond with “Thanks be to God.”

Children’s Moment

*After the Children’s Moment, children are invited to go
to their Sunday School classes.*

Sermon “The Healing”

Rev. Yun Kim

Call for Joys and Concerns

Prayers of the People

You may send prayer requests to PrayerRequests@ValeChurch.org.

After each petition, there will be a moment of silence closed by

“Lord, in your mercy,” Please respond with,

“Hear our prayer.”

The Lord’s Prayer

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.

God’s Tithes and Our Offerings

***Doxology**

UMH 95

“Praise God from Whom All Blessings Flow”

*Praise God, from whom all blessings flow;
Praise him, all creatures here below;
Praise him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. Amen.*

***Blessing of the Offerings**

THANKSGIVING & COMMUNION

The Great Thanksgiving

UMH 15

Breaking the Bread

Giving the Bread and Cup

In the United Methodist tradition, all who seek to lead a Christian life, together with their children, are welcome to receive communion. Those who wish to have Communion brought to their seat should notify an usher. Gluten-free elements are available upon request. If you would prefer to receive a blessing instead of Communion, you may cross your hands as you approach.

Communion Prayer

Eternal God, we give you thanks for this holy mystery in which you have given yourself to us. Grant that we may go into the world in the strength of your Spirit, to give ourselves for others, in the name of Jesus Christ our Lord. Amen.

Hymn “Freely, Freely”

UMH 389

SENDING FORTH

Transformed by God's presence, we go into the world to serve.

Mission and Ministry Opportunities

* Blessing and Charge

* Postlude

**Please stand in spirit or in posture.*

UMH - *United Methodist Hymnal* (Blue)

TFWS - *The Faith We Sing* (Black)

W&S - *Worship and Song* (Green)

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Thank you to Tom Feeny and family
for providing our coffee hour treats!

*If you are interested in assisting with coffee hour,
please contact us at office@valechurch.org*

Lay Readers:

10:00 Pat Gibson

Virtual Todd Deppe

NEXT SUNDAY IN WORSHIP

3rd Sunday of Lent, March 8, 2026

“The Power”

Rev. Yun Kim

This Week at Vale: Mar 1 – Mar 8, 2026

Sun, Mar 1

- 8:30 am Worship Service (Virtual)
- 9:00 am Adult Sunday School
- 10:00 am Worship Service (In-Person)
- 10:15 am Children's Sunday School
- 11:00 am Children's Choir
- 11:00 am Fellowship Coffee
- 11:30 am Handbell Choir
- 11:30 am Pre-Teen gathering***

Mon, Mar 2

- 7:00 pm BSA Troop 1983 Meeting

Tues, Mar 3

- 7:00 pm Missions Committee Meeting (virtual)

Wed, Mar 4

- 10:00 am Lenten Bible Study
- 7:30 pm Chancel Choir

Thurs, Mar 5

- 10:00 am Closet Volunteer opportunities

Sat, Mar 7

- 10:30 am Prayer Shawl Ministry
- 5:00 pm Troop 1983, Scouts BSA

Sun, Mar 8

- 8:30 am Worship Service (Virtual)
- 9:00 am Adult Sunday School
- 10:00 am Worship Service (In-Person)
- 10:15 am Children's Sunday School
- 11:00 am Fellowship Coffee*
- 11:00 am Children's Choir
- 11:30 am Handbell Choir
- 11:45 am Vale Lunch Out***
- 3:00 pm GS Troop 56051 Event

* see announcement for details

Vale Mission and Ministry Opportunities

"Not a Spectator Sport"

Mar 1, 2026

WELCOME FRIENDS! WE'RE GLAD YOU'RE HERE!

Whether you are new to the area or a long-time resident, we warmly welcome you to our community of faith at Vale Church!

We look forward to meeting you in person—and hope to see you with us again soon!

Video Recording Notice – We occasionally record and publish our worship services. If you do not wish for your image to be shown, please alert the pastor or the church office.



Vale UMC is proud to be recognized as a Safe Haven congregation. If you suspect signs of human trafficking, please call 888-373-7888 or text 233733.

Enjoy today's message? – Services can also be found on YouTube and Facebook by searching for "Vale United Methodist Church."

Church updates – Did you know Vale sends out via email a weekly *Shout* with church updates? If you are **not** receiving our emails and would like to, please let the Vale office know.

Do you want to support Vale's ministries? Did you know that you can give to Vale online? We use the respected vendor Push Pay. You don't have to set up an account and you can designate your offering for a particular mission, program or for the general church funding. Go to <http://pushpay.com/g/valechurch> and see how easy it is. The information is confidential and secure.

If you have any questions or run into any difficulty using Push Pay, please contact our Financial Secretary, Tom Feeney, at FinSec@ValeChurch.org



Youth Group - Calling all preteens! Join us right after church **TODAY**, from 11:30 to 1:00 pm for an awesome time at Youth Group! We'll have fun activities, great conversations, and a chance to grow in our faith together. Bring your energy, bring a friend, and come ready for a great time. We can't wait to see you there!

Vale Ladies Brunch: is held at the Silver Diner on the corner of West Ox Road and Fair Lakes Parkway. We meet on the first Tuesday of every month for fellowship and support. Our next meet-up is **Tuesday, March 3rd**. All women of the church are welcome. Please contact Linda Heflin at hefhl@verizon.net or by phone at [703-620-2571](tel:703-620-2571) if you would like to join us so that we make sure to save a seat for you at the table.

Calling all Lay Readers - Please consider serving. Sign-up on Vale's SignUp Genius Page!

Preschool Registration - Registration for Vale's preschool is open! If you register before February 28, the fee is \$125 and after March 1, the fee increases to \$150. Registration forms are available on the Preschool bulletin board and in the church office. For more information, or to register please reach out to Diane Willard at preschool@valechurch.org.

Coffee Hour Volunteers -Volunteers are needed to provide coffee and snacks for after our 10:00 service. Please sign up on Vale's SignUp Genius page to help out!



The Neighbors Feeding Neighbors program is looking for some new volunteers to keep supporting our local schools. The process of shopping, packing and distribution of backpack packages of foods that we provide to the children of Waples Mill Elementary takes a number of hours every month and a few extra hands would make light work for the current committee. If you are interested, please see Eileen Koefoot or Linda Chrosniak after services or reach out directly to Eileen at ekoefoot@gmail.com or 703-472-6410.

Children's Easter Egg Hunt - Our community wide Easter Egg Hunt will begin after service around 11:30 am on March 29th. Festivities will include an Easter story, games, and a candy-filled egg hunt. Please bring your own basket and invite your friends and neighbors! For more information or questions, email Cayla at valedcym@gmail.com



Prayer Shawl ministry - will meet again Saturday, March 7th at 10:30 am in the Vale Church Resource Room.

We need your photos! A team is working to redesign and relaunch the Vale Church website, and we need new, recent photos! We are focusing on "action" photos: pictures of people doing things (not just standing in a row and smiling for the camera). Please pick a few of your favorites and email them to office@valechurch.org. See Stephanie Marshall if you have questions or any ideas to share.



Vale Lunch Out - Our next Vale Lunch Out will be held March 8, at 11:45 at Famous Dave's, located in the Oakton Shopping Center. Separate checks will be given. For questions or to let me know you plan to attend, contact Terri Lowry at 703-620-6632 or via email at tlowry2003@gmail.com. All are welcome to join us. Hope to see you there!

Easter Eggs - We are **collecting donations** for our Children's Easter Egg Hunt! We are accepting donations of *nut-free* candy and small items like stickers or pop-its. Please drop off your donations by Sunday March 22nd at the Church Office. For more information or if you have questions, email Cayla at valedcym@gmail.com.



Easter Youth Breakfast and Advanced Easter Egg Hunt - All youth ages 9-18 are invited to stick around after the Sunrise Easter Service for a special Youth Easter Breakfast in the Youth Room, followed by an advanced Easter Egg hunt before the 10:00 am service.

Vale Book Club - meets the second Tuesday of each month, September -June, at 10:00, via Zoom. We read fiction for the most part, but are open to other genres. We hope you can join us on March 10th. For the link or for more information, contact Terri Lowry at lowry2003@gmail.com or Mary Morran at mmorran01@gmail.com.

Night Before Easter Youth Lock In - Saturday April 4-5th, 6PM-7AM Sunrise Service: Get ready for an unforgettable night! Join us for our Pre-Easter Youth Lock-In as we prepare our hearts (and our voices!) for the Easter Sunrise Service. We'll start the evening by rehearsing and getting ready to lead in worship, then celebrate with an epic overnight lock-in! Bring your sleeping bag, pillow, and comfy clothes (as well as your Easter clothes for the next morning) For more information, please email Cayla at valedcym@gmail.com

Coming up at Vale:

Sun, Mar 29: Palm Sunday

- 8:30 am Worship Service (Vale -Virtual)
- 10:00 am Worship Service (Vale -In-Person)
- 11:30 am *Annual Children's Easter Egg Hunt*

Thurs, Apr 2: Maundy Thursday

- 7:00 pm Maundy Thursday Service (CoF)

Sun, Apr 5: Easter Sunday

- 7:00 am Sunrise Service
- 8:30 am Worship Service (Vale -Virtual)
- 8:30 am Easter Youth Breakfast and Egg Hunt
- 10:00 am Worship Service



2026 VALE CHURCH LEADERSHIP

Bob Lacy, Chair
Dorothy Arbiter, Lay Leader
Bette Rutherford, SPRC • Eric Koefoot, Trustees Chair
Linda Chrosniak, Missions Committee
Andrea Chapas • Debbie German

Karen Leniart, United Methodist Women, President
Tom Feeney, Financial Secretary
Judy Jobbitt, Assistant Financial Secretary

VALE CHURCH STAFF

Rev. Yun Kim, Pastor
703-620-2594 / Pastor@ValeChurch.org

Melanie Emerick, Office Administrator
703-620-2594 / Office@ValeChurch.org

Cayla Hailwood, Director of Children and Youth Ministries
703-620-2594 / ValeDCYM@gmail.com

Diane Willard, Director of Vale Preschool
703-620-2594 / Preschool@ValeChurch.org

Jan Smith, Music Director
703-620-2594 / Music@ValeChurch.org

Norm Dietz, Accompanist/Organist

Vicky Alonzo, Nursery Caregiver
Olesya Ellis, Nursery Caregiver

Edilman Robles, Custodian