



FIRST SUNDAY OF LENT

March 9, 2025



ARLINGTON COMMUNITY CHURCH

22 Raymond Avenue
Poughkeepsie, New York 12603
845-454-2704
acchv.org
admin@acchv.org

WELCOME

The Arlington Community Church welcomes you. We are a community bound together and energized by faith, love, and commitment to Jesus Christ. We are glad you joined us today! We pray that you will experience God's presence as we share His Word, sing songs of praise, pray and fellowship together.

If you have never filled out the Connect Card in the pew rack in front of you, please do. Then drop it in an offering plate at the front of the sanctuary so we know how best to connect with you and answer any questions you might have. You can also sign up for the weekly newsletter on the Connect Card or sheet on the Information Table.

After service we gather in the fellowship hall for snack fellowship or on the 1st Sunday, we share lunch together after service-all are welcome.

TODAY'S MINISTRY TEAM

Greeters:	Matt Sahawneh, Debbie Grant, Bernie Cioffoletti
Reader:	Erik Hosch
Music:	Frank Gallo, Rob Grant Ian Canaday, Sandra Cox, Erica Hosch
Sermon:	Frank Gallo
Children's Message:	Ruth Zoodsma
Sound Board:	Pat Becker
Arlington First Steps & Kids:	Josy Sahawneh w/ Junior Assistant Myah Sahawneh
Post-Service Prayer Team:	Cynthia Canaday, Ian Canaday
Fellowship Host & Food:	Sandra Cox, Erica Hosch, Nancy Piscitello

TODAY

10:30AM PRESERVICE

Coffee Fellowship

11:00AM ORDER OF WORSHIP

GATHERING TOGETHER

Welcome and Announcements

DRAWING NEAR TO GOD

Opening Prayer

Call to Worship

from Psalm 47

Song

“King of My Heart”

Song

“My Savior My God”

Shared Prayer

Prayer Song

“Pour Out My Heart”

God’s Word of Promise

from Luke 1

Children’s Message

“Golden Rule”

Song

“You Are My King”

Peace Blessing

HEARING GOD’S WORD

Prayer for Understanding

Scripture Reading

Sermon

“Waste Not”

Prayer of Blessings

RESPONSE

Lord’s Supper

Prayer of Thanksgiving and Petition

Song

“The Lord’s Prayer”

Benediction

12:00PM LINGER LONGER

Prayer Team for Personal Prayer Requests

Snack Fellowship-All are Welcome

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All songs and hymns from “Lift Up Your Hearts”  
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# Living Well Through Lent 2025



*Cultivating the Fruit of the Spirit In Heart, Soul, Strength, and Mind*

**Seven Weeks on  
Friday Mornings**

March 7<sup>th</sup>-April 18<sup>th</sup>  
9:30-10:30am

Lent is a season where we take time for introspection and self-reflection, a time to reflect on the core of what it means to live a Christian life in the midst of great change and uncertainty.

Cultivating the fruit of the Spirit over the next seven weeks, we look at how to make our faith the central compass that guides that life, helping us to receive and share God's transformative love.

**Facilitated by**

**Erica Hosch & Cynthia Canaday**

An ACC Compass Ministry Teaching  
using Living Compass materials

Questions? See Cynthia.

Please sign up at the Information Table.

*“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” (Matthew 28:6)*

## UPCOMING DATES TO REMEMBER



21-3<sup>rd</sup> Friday Bring a Guest Game Night

26-Acts 2:42 Intergenerational Event-Exodus



06-Lord's Supper Sunday- Fellowship Meal

12-Community Easter Egg Hunt

13-Palm/Passion Sunday Service

18-Good Friday Music and Scripture Service

20-Easter Sunday Celebration Service

AN INTERGENERATIONAL EVENT

THROUGH THE WATERS

MARCH 26, 2025  
6PM

Hear the Exodus Story!  
Share a Semi-Sedar Meal!  
Participate in Activities!  
ALL ARE WELCOME

Acts  
2:42  
COMMUNITY  
WORSHIP &  
FELLOWSHIP MEAL

WEDNESDAY  
6:00PM-7:30PM  
ARLINGTON  
COMMUNITY CHURCH

ARLINGTON  
COMMUNITY CHURCH

## SEASON OF LENT

The liturgical season of Lent begins with the observance of Ash Wednesday on March 5<sup>th</sup> and continues for six weeks, ending on Thursday April 17<sup>th</sup>, when the Lord's Supper is often commemorated.



The word Lent is derived from the Anglo-Saxon word for springtime, which is a literal translation of the lengthening of the days. In the early church, the Lenten period was used as a time for preparing new converts for baptism on Easter Sunday. Today Lent is a time for preparation, reflection, growth, and change. The forty-day period of Lent was established in the middle of the fourth century (Sundays are not included in the count).

Good Friday is the 18<sup>th</sup>, when we remember the crucifixion of Jesus. Easter, Sunday, April 20<sup>th</sup>, is the joyous day that the church celebrates the Resurrection of Jesus Christ!

### DATES OF SPECIAL FOCUS IN THE EASTER SEASON

- March 5: Ash Wednesday-Start of Lent
- March 9: 1<sup>st</sup> Sunday of Lent
- March 16: 2<sup>nd</sup> Sunday of Lent
- March 23: 3<sup>rd</sup> Sunday of Lent
- March 30: 4<sup>th</sup> Sunday of Lent
- April 6: 5<sup>th</sup> Sunday of Lent
- April 13: 6<sup>th</sup> Sunday of Lent-Palm/Passion Sunday
- April 18: Good Friday
- April 20: Resurrection (Easter) Sunday Celebration

*Be involved, worship, learn, grow*

ARLINGTON COMMUNITY CHURCH

&

THE REVOLVING DOOR

Easter  
EGG HUNT

SAT. APRIL 12TH

11am-1pm

Come hear the Easter Story, create a  
fun craft and win Egg-citing Prizes!



22 Raymond Ave,  
Poughkeepsie NY 12603



**Use the QR Code to Let Us  
Know You are Coming**

## CHURCH INFORMATION

### WEEKLY SCHEDULE

|                              |                                                                                           |
|------------------------------|-------------------------------------------------------------------------------------------|
| <b>Sunday</b>                | 10:30am Coffee Fellowship<br>11:00am Worship Service<br>12:00pm Snack or Lunch Fellowship |
| <b>Tuesday</b>               | 6:00pm Exodus Bible Study                                                                 |
| <b>Wednesday</b>             | 6:00pm Acts 2:42 Community                                                                |
| <b>3<sup>RD</sup> Friday</b> | 6:00pm “Bring a Friend” Community<br>Outreach Events                                      |

### INFORMATION TABLE AND BROCHURES

There is information about upcoming events and church brochures on the information table in the foyer~

- About Arlington Community Church
- Children’s Ministry
- Acts 2:42 Community Wednesday Program

### PASTOR FRANK GALLO

Pastor Frank can be reached for conversation or to set up a time to connect: (845) 546-7106

### CHURCH FAMILY LIFE

Please contact Cynthia Canaday, Elder and Church Administrator (845)546-1634, if you are interested in membership, baptism, a home visit, or have a question or suggestion about the spiritual life of the church.

### 2025 CONSISTORY

|                       |                        |
|-----------------------|------------------------|
| Elder: Frank Gallo    | Elder: Rob Grant       |
| Elder: Ruth Zoodsma   | Elder: Cynthia Canaday |
| Deacon: Erik Hosch    | Deacon: Erica Hosch    |
| Deacon: Randy Zoodsma | Deacon: Sandra Cox     |

The Consistory welcomes your questions,  
comments, and suggestions



## TODAY'S WORSHIP SERVICE

All songs and responsive readings are in the bulletin.  
**BOLD** invites your participation.

### GATHERING TOGETHER

#### Welcome and Announcements

### DRAWING NEAR TO GOD

#### Opening Prayer

#### Call to Worship

*from Psalm 47*

Clap your hands, all you nations; shout to God with cries of joy. For the Lord Most High is awesome, the great King over all the earth. Sing praises to God, sing praises; sing praises to our King, sing praises. For God is the King of all the earth; sing to him a psalm of praise

#### Song

“King of My Heart”

**Let the King of my heart be the mountain where I run  
The fountain I drink from, oh, He is my song  
Let the King of my heart be the shadow where I hide  
The ransom for my life, oh, He is my song**

**You are good, good, oh oh, You are good, good, oh oh  
You are good, good, oh oh, You are good, good, oh oh**

**Let the King of my heart be the wind inside my sails  
The anchor in the waves oh oh, He is my song  
Let the King of my heart be the fire inside my veins  
The echo of my days, Oh oh, He is my song**

**You're never gonna let, You're never gonna let me down  
You are good, good, oh oh, You are good, good, oh oh  
When the night is holding on to me, Gos is holding on.**

## **Song**

“My Savior My God”

**I am not skilled to understand  
What God has willed what God has planned  
I only know at His right hand  
Stands One who is my Savior**

**I take Him at His word and deed  
Christ died to save me this I read  
And in my heart I find a need  
Of Him to be my Savior**

**That He would leave His place on high  
And come for sinful man to die  
You count it strange so once did I  
Before I knew my Savior**

**My Savior loves my Savior lives  
My Savior's always there for me  
My God He was my God He is  
My God is always gonna be**

**Yes living dying let me bring  
My strength my solace from this spring  
That He who lives to be my King  
Once died to be my Savior**

## **Shared Prayer**

**Heavenly Father, we come before You today with hearts open to your presence. You know us better than we know ourselves, You look into the depths of our souls and understand our innermost thoughts and desires.**

**We ask You, Lord, to search our hearts, cleanse them of all that is not aligned with Your will, and guide us in every step we take. Illuminate our paths with Your wisdom, that we may always walk in Your ways. We seek Your strength to overcome our weaknesses and**

**courage to face the challenges that lie ahead. Mold us, shape us, and use us as instruments of Your peace.**

**Help us to live according to Your commandments. May Your will be done in our lives, and may Your kingdom come through the work we do in Your name.**

**We surrender ourselves to You, trusting in Your perfect plan for us. Transform our hearts, renew our minds, and empower us to do Your will with joy and gratitude as only your forgiven children can. Amen.**

### **Prayer Song**

*“Pour Out My Heart”*

**Here I am once again, I pour out my heart  
For I know that You hear, every cry, You are listening  
No matter what state my heart is in  
You are faithful to answer with words that are true  
And a hope that is real as I feel Your touch  
You bring a freedom to all that’s within  
In the safety of this place, I’m longing to**

**Pour out my heart, to say that I love You  
Pour out my heart, to say that I need You  
Pour out my heart, to say that I’m thankful  
Pour out my heart, to say that You’re Wonderful**

### **God’s Word of Promise**

*from Luke 1*

**Praising God and filled with the Holy Spirit, Zechariah, the father of John the Baptist prophesied: And you, my child, will be called a prophet of the Most High; for you will go on before the Lord to prepare the way for him, to give his people the knowledge of salvation through the forgiveness of their sins, because of the tender mercy of our God, by which the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace.”**

## Children Message/Prayer

“Golden Rule”

### Song

”Amazing Love(You Are My King)”

**I'm forgiven, because You were forsaken  
I'm accepted, You were condemned  
I'm alive and well, Your Spirit is within me  
Because You died, and rose again**

**Amazing love, how can it be,  
That You my King, would die for me  
Amazing love, I know it's true,  
It's my joy to honor You, in all I do, I honor You**

**You are my King, You are my King  
Jesus you are my King, Jesus you are my King**

### Peace Blessing

Christ is our peace. He has reconciled us to God in one body by the cross. We meet in his name and share his peace. Jesus himself used this greeting with his disciples: “The peace of the Lord be with you.” **And also with you.**

## HEARING GOD’S WORD

### Prayer for Understanding

### Scripture and Sermon

“Waste Not”

### Prayer for Blessing

## RESPONDING

### Prayer of Thanksgiving and Petition

### Song

“The Lord’s Prayer”

**Father, let Your Kingdom come  
Father, let Your will be done  
On Earth as in Heaven  
Right here in my heart (repeat)**

**Give us this day our daily bread, forgive us, forgive us  
As we forgive the ones who sinned against us,  
Forgive them  
And lead us not into temptation  
But deliver us from the evil one  
Let Your kingdom come**

**Father, let Your Kingdom come  
Father, let Your will be done  
On Earth as in Heaven  
Right here in my heart (repeat)**

**Give us this day our daily bread, forgive us, forgive us  
As we forgive the ones who sinned against us,  
Forgive them  
And lead us not into temptation  
But deliver us from the evil one  
Let Your kingdom come**

**It's Yours, it's Yours, all Yours, all Yours  
The kingdom, the power, the glory are Yours  
It's Yours, it's Yours, all Yours, all Yours  
Forever and ever the kingdom is Yours**

**Father, let Your Kingdom come  
Father, let Your will be done  
On Earth as in Heaven  
Right here in my heart (repeat)**

**Benediction**

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Prayer Team

You are invited to stay for individual prayer in the study behind the piano

Snack Fellowship

Please stay for snack fellowship

PLEASE PRAY FOR THE FOLLOWING REQUESTS

RECOVERING FROM ILLNESS AND/OR SURGERY

- Debbie Grant-bronchitis
- Shari Gallo-Shingles
- Zane Kinney-Flu A virus
- Josy Sahawneh-hysterectomy surgery
- Robert Terwilliger, Ann Veeder's father-heart stent surgery
- Roger McIsaac, Dawn Kostenko's brother- intestinal surgery
- Cindy Finley, Don Veeder's sister-cancers

ONGOING CHRONIC PAIN AND/OR FATIGUE

- Francesca Doering
- Cissy Kenyon
- Nancy Piscitello
- Carol Barnes
- Elliot Rothstein
- Eva Oakley, Josy Sahawneh's mother

UPCOMING SURGERY/POTENTIAL SURGERY

- Onesha Cora-breast cancer surgery scheduled for 3/19/25.
- Helene West- cardiac surgery pending
- Erica Hosch possible surgery for growths in neck

SPRING 2025

MEMBERSHIP & BAPTISM SUNDAY

Please see Cynthia Canaday, chair of the elder board, if you are interested in joining ACC as a Confessing Member. The elders would be blessed to meet with you to learn about your faith journey, answer any questions you have, and share the rights and responsibilities of membership with you. We then are privileged to present you to the church as Confessing Members.

This service is being planned for a Sunday this spring. It is also for those seeking baptism.



UNDERSTANDING OUR PARKING

The small lot next to our building has 10 parking spots. To follow fire code regulations, there is no parking along the sidewalks or on the grass.

On Sunday mornings and Wednesday evenings, this small lot is reserved for those with a blue & red hang tag easily seen on the rearview mirror for People with Disabilities and also for the elderly who cannot walk a distance and need an accessibility entrance.

Additionally, the tiny parking lot between the house and the garage at the top of the church parking lot is private parking for the tenants who live in the house.

There is plenty of parking along Raymond Avenue and in the large lot behind the church building accessed immediately off Davis Avenue (just past the church if you are coming from eastbound 44/55(Haight Ave)).

The lot off Davis Avenue is a simple, flat 2-minute walk to the church. You can enter the building by walking up the church drive and entering through the side hallway door or continue down Raymond Avenue to the corner, go up the steps and enter the door into the back of the sanctuary or use the other entrance that goes through the coatroom into the foyer.



LIFE AT ARLINGTON COMMUNITY CHURCH

COME EARLY ANY SUNDAY: At 10:30 for coffee preservice in our fellowship hall.

RELAX AND MAKE YOURSELF AT HOME: Arlington Community Church is a diverse group of people, a congregation transformed and gathered by the grace of our loving Lord, offering new life and hope through the love of God and the life and teachings of Jesus.

ARLINGTONVILLE CHILDREN: On Sundays, care is provided for children aged 5 years and under in the First Steps room. After the Children's Sermon, children aged 6-11 are dismissed around 11:15 to the Arlington Kids class where they are engaged in fun activities that will help them learn to make wiser choices, build stronger relationships, and develop a deeper authentic faith.

LET US KNOW YOU WERE HERE: If you are new to this church, fill out the Connection Card (found in the pew rack in front of you). Drop it in the offering plate at the front of the sanctuary for us—we appreciate this. You can also send us an email through the website or leave us a voice message on the church phone.

LINGER LONGER: We have snacks and beverages after service, and sometimes a meal. Hang around, get to know one another.

COME BACK: Grow in faith, connection, fellowship and service with others.

GET INVOLVED: We have midweek studies. We have other social and recreation events scheduled throughout the year—check out your bulletin, view the bulletin board for upcoming events or visit the website. You can also find us on social media.

