

# Habits that Heal

*practices for  
spiritual formation*



February 22, 2026

## *WELCOME!!*

We are delighted that you have chosen to worship with us at Thompson. We hope it is a place where you feel God's presence. Generations of people have sat in these pews, felt the presence of the Holy Spirit, learned about the love of Jesus, and seen how the power of God has made a difference in their lives. Whatever is most important in your life right now, whether it is trials or joys, these things matter to God, and they matter to us. All of what you bring to the table is welcome here.

## SUNDAY SERVICES

We offer a 9:00 AM Traditional service and an 11:00 AM Contemporary service with praise music in the Sanctuary. Our services are available through livestream on [www.tmpc.org](http://www.tmpc.org). Recordings can also be viewed here at any time. Please follow along and respond when the type is in **bold**. Stand, as you are able, when you see an asterisk in the bulletin. Our Common Hour, described below, begins at 10 AM.

## FOR CHILDREN

We offer Sunday School at both services, where the children attend class with an instructor to learn and grow in their faith. Children begin their time in worship and then come forward for the children's message, after which they proceed to Sunday School. Be sure to register your child from 4 years old through 5th grade. If your child prefers to stay with you during worship, activity baskets with crayons and activity sheets are located at the back of the Sanctuary. Nursery care is available for those attending services at 9:00 AM or 11:00 AM in the nursery room.

## RESTROOMS

If you need to use the restroom, please exit the Sanctuary to the right of the altar area and go up the stairs to the bathrooms adjacent the Community Room. There are also additional restrooms down the hallway past the Kids Ministry Rooms.

## COMMON HOUR

TMPC has an hour between services that serves as a space for coffee and fellowship, Adult Education, Children's Choir, and other activities and meetings.

## VISITOR BAGS

If you're visiting today, we'd love to share a gift bag with you that includes more information about TMPC. Feel free to ask an usher or pastor any questions. Visit [www.tmpc.org](http://www.tmpc.org) for events, info, and e-giving. We're glad to be part of your faith journey!

1st SUNDAY IN LENT

FEBRUARY 22<sup>nd</sup>, 2026

**WE GATHER TO GLORIFY GOD**

WELCOME & ANNOUNCEMENTS

*(Please sign and pass the fellowship pads at the end of the pew)*

PRELUDE

Advanced and Adult Handbell Choir  
*Ring* Linda R. Lamb

\*CALL TO WORSHIP

Steve Sailer

Come, all who seek peace. Come all who seek wisdom. Come all who seek healing. Come and draw near to God.

**For when we draw near to God, God draws near to us.**

As we fix our gaze on Christ and dwell in God's goodness, our hearts are retrained, our vision clarified, our souls restored.

**When we draw near to God, God draws near to us.**

God of living water, let your wisdom flow through us. Form in us habits that heal — habits of prayer, mercy, stillness, and love.

**Teach us to know you. Teach us to love you.**

God is closer than our next breath.

**Let us worship the One who draws near and makes us whole.**

\*HYMN NO. 166

ST. FLAVIAN

*Lord, Who throughout These Forty Days*

## WE ARE RENEWED THROUGH GOD'S GRACE

CALL TO CONFESSION

Steve Sailer

PRAYER OF CONFESSION

**Merciful God, you invite us into rest, prayer, and holy restraint, yet we resist your invitation. We fill our days to avoid stillness. We rush past prayer. We cling to comforts that dull our hunger for you. Forgive us and quiet our restless hearts. Turn us again toward your presence, that we may learn to stop, to pray, to fast, and to trust in you.**

ASSURANCE OF PARDON

Hear the good news: When we confess, God is faithful to forgive and renew us. In Jesus Christ, we are met with mercy, not condemnation. In him we find forgiveness — and the rest our souls have been seeking.

**Thanks be to God. Amen.**

SUNG RESPONSE NO. 182

KINGSFOLD

*I Heard the Voice of Jesus Say*

***I heard the voice of Jesus say, "Come unto me and rest;  
Lay down, o weary one, lay down your head upon my breast.  
I came to Jesus as I was, so weary, worn and sad;  
I found in him a resting place, and he has made me glad.***

\*PASSING OF THE PEACE

Steve Sailer

The peace of our Lord Jesus Christ be with you.

**And also with you.**

ANTHEM

*Jesu, Jesu Fill Us With Your Love* Kid's Choir  
CHEREPONI

CHILDREN'S MESSAGE

*(Place prayer cards in the baskets as the deacons come forward)*

## **WE HEAR GOD'S POWERFUL WORD**

SCRIPTURE Exodus 2:11-15 (OT pg 49), Exodus 3:1-6 (OT pg 50),  
Exodus 24:15-18 (OT pg 70), Mark 1:9-13 (NT pg 34-35)

SERMON

INTRODUCTION TO THE LENTEN DISCIPLINE

*(As the piano begins the hymn, you are invited to fill out your Lenten discipline card. Our choir director will then lead us in singing together)*

\*HYMN NO. 819

*Be Still, My Soul* FINLANDIA

SILENT PRAYER, PRAYERS OF THE PEOPLE & 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 debts as we forgive our debtors; and lead us not into temptation but deliver us from evil; for thine is the kingdom, and the**

**power, and the glory forever. Amen.**  
CALL TO OFFERING

OFFERTORY

*Then Sings My Soul*

Adult Handbell Choir  
arr. Anna Laura Page

PRAYER OF DEDICATION

## **WE ARE SENT OUT TO BE THE CHURCH**

\*BENEDICTION

POSTLUDE

*Fughetta*

Ariana DuPont  
J.Pachelbel

*\*Please stand in body or spirit.*

## ***SUNDAY CALENDAR***

<b>Sun 2/22</b>	<b>9:00</b>	<b>TRADITIONAL WORSHIP SERVICE</b>	<b>Sanctuary</b>
	9:00-10:00	Nursery (Infant – 4 years)	Nursery
	9:20–10:00	Sunday School (Pre-K – 5 <sup>th</sup> Grade)	Kids Ministry Rooms
	<b>10:00</b>	<b>COFFEE HOUR</b>	Atrium
	<b>11:00</b>	<b>CONTEMPORARY WORSHIP SERVICE</b>	<b>Sanctuary</b>
	11:00-12:00	Nursery (Infant – 4 years)	Nursery
	11:20-12:00	Sunday School (Pre-K – 5 <sup>th</sup> Grade)	Kids Ministry Rooms

## **LENTEN SMALL GROUPS**

### **February 25th - March 25th**

Each Wednesday evening throughout Lent, we will meet for soup and bread at 6:30 pm. This simple meal will be followed by a small group time beginning at 7:00 pm until 8:00 pm. Choose a book and plan to attend the small groups!

There will also be a 10 AM Sunday morning study group for the John Ortberg book. Use the QR code here to sign up!



Choose from 3 books:

<p style="text-align: center;"><b><i>The Life You've Always Wanted: Spiritual Disciplines for Ordinary People, by John Ortberg</i></b></p>	<p style="text-align: center;"><b><i>Christian Meditation: Experiencing the Presence of God, by James Finley</i></b></p>	<p style="text-align: center;"><b><i>Praying like Monks, Living Like Fools: An Invitation to the Wonder and Mystery of Prayer, by Tyler Staton</i></b></p>
<p>7 PM small group (meets in Lounge) 10 AM small group</p>	<p>7 PM small group (meet in Kids Ministry Green Room)</p>	<p>7 PM small group (meet in Community Room)</p>
<p><b>See more information and sign ups by seeing the e-news or visit <a href="http://tmpc.org/lent">tmpc.org/lent</a></b></p>		

## **HOLY WEEK**

<p><b><i>Palm Sunday</i></b> Sunday, March 29<sup>th</sup></p> <p><i>Traditional Worship at 9 AM and Contemporary Worship at 11 AM (both in Sanctuary)</i></p>	<p><b><i>Maundy Thursday</i></b> Thursday April 2<sup>nd</sup></p> <p><i>Contemporary Worship at 7 PM (in Sanctuary)</i></p>	<p><b><i>Good Friday</i></b> Friday April 3<sup>rd</sup></p> <p><i>The Sanctuary will be open for prayer from 12 - 3 PM with guided prayer materials available for worshippers, followed by a traditional worship service at 7 PM in the Sanctuary</i></p>
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# **EASTER SUNDAY**

## **Sunday, April 5th 2026**

<b>6:30 AM Sunrise</b> This casual early dawn service celebrates the Risen Lord in the Community Room.	<b>9 AM Traditional</b> This robust traditional worship service will be packed with music featuring the vocal choir, the bell choir and the children's choir.	<b>11 AM Contemporary</b> This contemporary worship service will feature the worship band and remember Jesus' love and the hope of salvation for mankind.
<b>10 AM Easter Egg Hunt</b> Join us at 10:00 AM for a joyful Easter egg hunt. Kids will be able to run through the property and collect candy-filled eggs. Bags will be provided.		<b>10 AM Easter Brunch</b> A delicious spread will provided for everyone at 10:00 AM. Enjoy fruits, pastries, juice, coffee and more.
<b>Stay tuned for more information on Easter in the coming weeks!</b>		

## **ANNOUNCEMENTS**

**ANNUAL MEETING** The Annual Meeting will take place on **Sunday, February 22nd**, immediately following the 9 AM worship service in the Sanctuary.

**GRAND OPENING** Our first worship service in our new space will be **Sunday, March 22nd at 10 AM. THERE WILL BE ONE COMBINED SERVICE AT 10 AM.** Then, join us for an open house of our finished renovations from 1 PM - 3 PM, and plan to attend a 3 PM dedication ceremony.

**CHOIR MEMBERS WANTED** Are you interested in singing? The choir is always looking for new members to join our choir! No need to formally sign up- just come to rehearsal on Thursday nights at 7 PM.

**MEAL MINISTRY VOLUNTEERS NEEDED** We are looking to expand our list of volunteers willing to provide meals for church families in need. This is a meaningful way to support and care for one another during difficult times. If you are interested in helping or would like more information, please contact Steve Mirande at [steve.mirande@gmail.com](mailto:steve.mirande@gmail.com)

**PLEDGES FOR 2026** We have received **110 pledges for 2026!** This is great news, and we are on the way to our goal of **121**. If you have not yet submitted your 2026 pledge card, please do so as soon as you are able. Your commitment helps our church plan faithfully and responsibly for the year ahead. Pledge cards are available in

the atrium and can be returned to the office or completed online at [tmpc.org/give](http://tmpc.org/give).

**SOUPER BOWL OF CARING** Thanks to all who participated in this year's Souper Bowl of Caring! 126 cans of soup will be distributed by the Monthly Food Drive Team to local pantries.

## **CHURCH LIFE & MEMBER CARE**

**PRAYERS FOR HEALING AT HOME** Ulla Heinicke, Jane Mayrhofer, Cliff Montgomery, Nancy Morabito, Lisa Palise, Bucky Pope, Nancy Quanstrom, Dick Vestal, Fran Volski, Arlene and Doc Whitticar and George Wislar. *If you have someone to add to our prayer chain, please send your request to Alison Yearley at [apybobba@aol.com](mailto:apybobba@aol.com)*

**PRAYERS FOR THOSE IN THE MILITARY** Christopher Campbell, Christian Mirande, Jim O'Donnell, Matt Peshek, and Will Schaub.

**TMPC MEMBERS CELEBRATING BIRTHDAYS** Please wish Happy Birthday to a few of our members who celebrate their birthdays between *February 22<sup>nd</sup>-March 1<sup>st</sup>*: Jack Ebert, Daniel Thompson, Judy Gushue, Bob Auwarter, Don Norin, and Pamela Mills.

## **CHILDREN AND YOUTH**

<b>KIDS CLUB</b>	<b>Every 2<sup>nd</sup> Friday</b> 5:00 PM – 7:00 PM	Kids Club is for children 4-12 years old. We provide dinner, play games, and complete a service project.
<b>KIDS CHOIRS, HANDBELLS, AND CHIMES</b>	<b>Sundays at 10:00 AM</b> <b>(September thru June)</b> Community Room	Rotating rehearsals for groups that perform during worship about once a month. All abilities and ages welcome. <i>Led by Tricia Murphy</i>
<b>THOMPSON YOUTH GROUP</b>	<b>Sundays at 6:00 PM</b> The Lounge	Students grades 6-12th grade meet for study, games, and fellowship. <i>Led by Zena Tredinnick-Kirby</i>
<b>Contact Zena Tredinnick-Kirby with any questions at <a href="mailto:dce@tmpc.org">dce@tmpc.org</a> and Tricia Murphy for questions related to music at <a href="mailto:music@tmpc.org">music@tmpc.org</a></b>		

## **SMALL GROUPS**

<b>ALPHA OMEGA</b>	<b>March 1<sup>st</sup> 10:00 AM</b>	AO gathers for either a book or Bible study, fellowship, and mission. <i>Led by Marci Capel</i>
<b>MONDAY MORNING WOMEN'S MINISTRY</b>	<b>Mondays at 9:30 AM</b> Community Room	Topics rotate between movie discussion, Bible study, faith and the news, and book studies. <i>Led by Sue Wert</i>
<b>TUESDAY MORNING MEN'S GROUP</b>	<b>1<sup>st</sup> and 3<sup>rd</sup> Tuesday at 9:30 AM</b> Community Room	This group gathers for fellowship, book discussions, and time in prayer. <i>Led by Mike Wert</i>
<b>SERMON TALKS</b>	<b>Thursdays at 9:30 AM</b> Community Room	Join us for Bible Study and laughter. We will use this time to read through and unpack the scripture for the upcoming Sunday.
<b>ART HISTORY</b>	<b>3rd Tuesdays (September thru April) at 6:00 PM</b> Lounge	This group examines how artists across eras have expressed their lives and shaped culture, with a focus on gender equality and celebrating diverse voices, past and present. <i>Led by Zena Tredinnick-Kirby</i>
<b>Contact group leaders by visiting <a href="http://tmpc.org/small-groups">tmpc.org/small-groups</a></b>		

## **ONGOING OUTREACH OPPORTUNITIES**

<b>FOOD DRIVE</b>	<b>Wednesday March 18<sup>th</sup></b>	You can leave donations from 10:00 to 10:30 AM that day at our food pantry, located inside the church, or during office hours before the event. <i>Led by Susan Achenbach</i>
<b>TRENTON AREA SOUP KITCHEN (TASK)</b>	<b>Thursday February 26<sup>th</sup> 9:45 AM -1:00 PM</b>	Those who want to carpool meet at the TMPC parking lot at 9:15 AM. <i>Led by Chuck Green</i>
<b>COMMUNITY MEAL</b>	<b>Every 2<sup>nd</sup> Sunday 12:15-1:15 PM</b>	TMPC hosts a free meal open to everyone in our church family and the community. All of our meals feature a main dish, with potluck sides, salads, and desserts. <i>Led by Melissa Michael</i>
<b>FISHERMAN'S MARK</b>	<b>Tuesday March 3<sup>rd</sup> 8:30 AM See SUG (when live) for meeting location</b>	Meets monthly to put together 100 meals for Fisherman's Mark, and they are then delivered weekly to those who cannot get to the food pantry. <i>Led by Susan Achenbach and Cheryl Boyle</i>
<b>LAMBERTVILLE COMMUNITY MEAL</b>	<b>Every 2<sup>nd</sup> Wednesday (and 4<sup>th</sup> Wednesday starting in March) 12:00 PM</b>	We're looking for volunteers who can help the day of the meal or are willing to bring desserts for the meal for our neighbors in Lambertville, NJ. Our meal will take place at the Lambertville Presbyterian Church at 31 N Union Street.
<b>See more information, sign-ups, and contact information for each outreach event by seeing the e-news or visiting <a href="http://tmpc.org/mission">tmpc.org/mission</a></b>		

# NEW HOPE PRESCHOOL

at Thompson Memorial Presbyterian Church



**OPEN HOUSE**  
**April 11, 2026**  
**10:00am-12:00pm**

- Tour our Building •
- Meet the Teachers •
- Learn About Enrollment •

[NEWHOPEPRESCHOOL.ORG](http://NEWHOPEPRESCHOOL.ORG)

**CONTACT US**



215-862-2440



[preschool@tmpc.org](mailto:preschool@tmpc.org)