

## Prayer Corner

### **"Prayers of the People"**

**From Valerie Bridgeman Davis (Africana Worship Book-Year A)**

*God of Unity, We come before you dismayed at our own divisions. We have struggled as your church to live in unity; but we are divided—along all the fault lines of our societies. The ruptures in our families, among friends, among denominations, among nations are wide and deep. When we attempt to get on the same page, we build taller walls and dig deeper trenches. God, help us! We know that Christ is not divided. We know that it is your baptism to which we have been called. It is your service to which we are compelled. You have called us to proclaim the gospel, but we even fight about what that is. Help us, God! Help us to give up our power, and our privileges. Help us to yield for the sake and cause of the cross of Jesus. Help us to want the unity you share, for you are one; in you there is no division. Help us to embrace and to live the foolishness of a life emptied of power and given to service, in the likeness of our Savior, Jesus Christ. Help us to walk in salvation—in the name of the Servant Christ, Amen.*

### Prayer Requests

- Rondo Community
- All who are grieving

### Seniors and Homebound

- Doris Douglas
- Johnette Houston
- Pat Jemie
- Barbara Wulf



*Loving God. Loving People.*

**CAMPHOR**  
Memorial United Methodist Church

585 Fuller Avenue | St. Paul, MN 55103  
www.camphorconnects.org | 651-224-0341

**February 22, 2026 | 10 am**  
**Black History Month | Lent**



**Rev. Cynthia Williams | Lead Pastor**

**Welcome to Camphor Memorial UMC!**

We are an open, welcoming, and affirming congregation, intentional and inclusive of all God's people. Camphor worship services are filmed, recorded and broadcast on line. Whoever you are – you are safe here.

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## Camphor Bulletin Board

- † All stand
  - \* Please be Seated
- Where indicated, speak or sing the words in **bold**

### Centering Moment: Our Daily Bread

Check out today's passage from  
"Our Daily Bread" to get centered for Worship.



### Prelude

### † Bringing in the Light | Processional

### Welcome

Pastor Cynthia Williams

### † CALL TO WORSHIP

Akudo Omeoga

- One: There are seasons when we carry too much in silence—when guilt grows heavy, when shame settles deep, when the words we need to say stay buried in our bones.
- Many: Yet the God who formed us knows our hearts completely and still calls us into freedom, into healing, into the light.**
- One: The psalmist testifies, "While I kept silent, my bones wasted away." But when truth was spoken, mercy rushed in and burdens were lifted.
- Many: We come ready to release what we've been holding, to trust the grace that forgives, and to receive the joy that restores.**
- One: In the wilderness, Jesus was tempted, tested, and tried—but he did not surrender to the lie. He answered with truth rooted in God's Word.
- Many: When doubt whispers and temptation presses in, we remember who we are and whose we are. God's truth steadies our steps.**
- One: This is holy ground—a place for honesty, for struggle, for renewal. A place where silence gives way to song.
- Many: We worship the God who meets us in the wilderness, surrounds us with mercy, and gives us strength to stand. Amen.**

*(Adapted from Church Assistant: Liturgy, Bible Study, Prayer)*

**Announcement Submissions: Submit announcements by 10 a.m. two weeks before publication (events: at least one month in advance).**

### This Week @ Camphor Memorial UMC

**Wednesday, February 25th** 6:30 pm | Bible Study (Zoom)

**Saturday, February 28th** 9 am: Praise Dance Rehearsal (Sanctuary)  
3 pm: Sanctuary Choir Rehearsal (Sanctuary)

**Sunday, March 1st** 8:45 am: Adult Sunday School (Conf. Rm)  
10 am: Worship (Sanctuary & Live-Stream)

### Change for Change: Small Coins, Big Impact!



We continue our monthly Change for Change offering—loose coins and spare dollars supporting local organizations through the Oglesby House of Blessing.

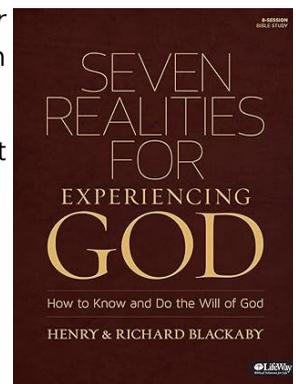
**The February 2026 recipient is Dorcas Circle**, a ministry of Camphor's United Women in Faith that demonstrates Christ's love and compassion for those in need. Since April 2025, this faithful group has served unhoused neighbors by preparing and delivering over 900 lunch bags, organizing hygiene supplies, and donating winter hats and gloves, many of them handmade.

### Experiencing God Bible Study

Join us for an eight-week study, *Seven Realities for Experiencing God: How to Know and Do the Will of God*, on Wednesday's at 6:30 pm via Zoom

**The book is required for this study.** You may purchase it on Amazon

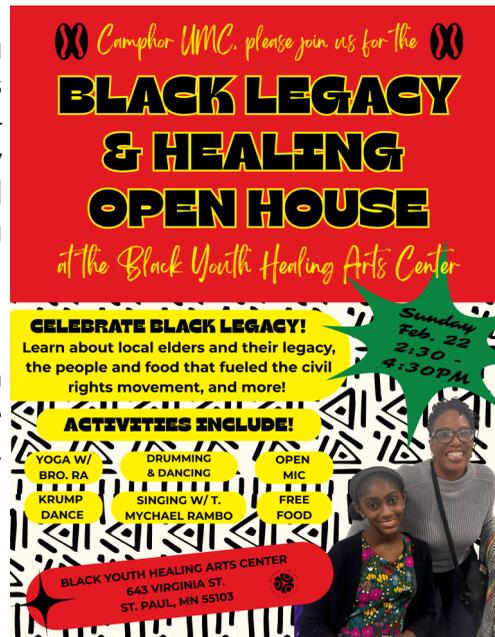
Zoom link: <https://us02web.zoom.us/j/89022802750>



## Black Legacy & Healing Open House | February 22nd

You are invited to the Black Legacy & Healing Open House at the Black Youth Healing Arts Center on Sunday, February 22, from 2:30-4:30 p.m. Come celebrate Black legacy through the stories of local elders and opportunities for shared community learning and connection.

The afternoon will include yoga with Bro. Ra, drumming and dance, KRUMP, singing with T. Mychael Rambo, an open mic, and free food at the Black Youth Healing Arts Center, 643 Virginia Street, St. Paul.



## Crashing Out: Stories About Struggling With Our Mental Health | Thursday, February 26th

You are invited to **Crashing Out**, a powerful night of storytelling hosted by **Neon (also known as The Wesley Foundation)**, the United Methodist campus ministry, on **Thursday, February 26 at 6 p.m.** Through honest and courageous stories, this gathering will center mental health, healing, and the sacred presence within our personal journeys.

All are welcome—whether you are a college student or a member of the wider community. Join us at **Coffman Theater in Coffman Memorial Union, 300 Washington Ave SE, Minneapolis, MN 55455**, to listen, connect, and find strength through community and solidarity.



## † Hymn of Praise

## “Praise Him! Praise Him!”

AA/HH 178

[Verse 1]

**Praise Him! praise Him! Jesus, our blessed Redeemer!  
Sing, O earth- His wonderful love proclaim!  
Hail Him! hail Him! highest archangels in glory,  
Strength and honor give to His holy name!  
Like a shepherd Jesus will guard His children-  
In His arms He carries them all day long:**

[Refrain]

**Praise Him! praise Him!  
Tell of His excellent greatness!  
Praise Him! praise Him! ever in joyful song!**

[Verse 2]

**Praise Him! praise Him! Jesus, our blessed Redeemer!  
For our sins He suffered and bled and died;  
He our Rock, our hope of eternal salvation,  
Hail Him! hail Him! Jesus the Crucified.  
Sound His praises - Jesus who bore our sorrows-  
Love unbounded, wonderful, deep and strong: [Refrain]**

[Verse 3]

**Praise Him! praise Him! Jesus, our blessed Redeemer!  
Heav'nly portals loud with hosannas ring!  
Jesus, Savior, reigneth for ever and ever,  
Crown Him! crown Him! Prophet, and Priest, and King!  
Christ is coming, over the world victorious-  
Pow'r and glory unto the Lord belong: [Refrain]**

*(Worshippers May Enter)*

## Centering Prayer (In Unison)

Akudo Omeoga

**God of mercy and truth, You know the words we swallow and the burdens we carry in quiet. When we keep silent out of fear, shame, or pride, You remain patient and near. In wilderness seasons—when we feel tempted or unsure—You do not abandon us. You meet us there and steady us with Your truth. As we center ourselves now, loosen what has been tight within us. Replace our silence with honesty, our fear with courage, and our weariness with Your peace. Help us stand firm in Your Word and rest secure in Your grace. You are our hiding place, and You surround us with mercy. Amen.**

*(Adapted from Church Assistant: Liturgy, Bible Study, Prayer)*

## Passing of the Peace

Akudo Omeoga

Let us offer one another signs of reconciliation, peace, and love. Saying, to our neighbors, **"the peace of Christ be with you,"** the response is, **"And also with you!"**

*(Worshippers May Enter)*

## Song of Intercession

*Spirit Song*

AA/HH 321 | UMH 347

*O let the Son of God enfold you with his Spirit and his love.*

*Let him fill your heart and satisfy your soul.*

*O let him have those things that hold you, and his Spirit like a dove  
will descend upon your life and make you whole.*

*[Refrain]*

*Jesus, O Jesus, Come and fill Your lambs.*

*Jesus, O Jesus, Come and fill Your lambs.*

*O Come and sing this song with gladness, as your hearts are filled with joy*

*Lift your hands in sweet surrender to his name*

*O give him all your tears and sadness, give him all your years of pain*

*And you'll enter into life, in Jesus name [Refrain]*

## Intercessory Prayer

Pastor Cynthia Williams

## Lord's Prayer (In Unison)

**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, the power, and the glory forever. Amen.**

## Gathering our Community/Announcements

Pastor Cynthia Williams

## Ministry of Giving | Offering

Pastor Cynthia Williams

*Scan the QR Code to give online via Square or PayPal!*

*1st Offering: Change for Change*

*2nd Offering: Tithes & General Offering*



Smith gained widespread recognition in 1931 as the NAACP's prosecuting attorney in the Arthur A. Lee housing case. When the Lee family purchased a home in a previously all-white south Minneapolis neighborhood, they faced intimidation and pressure to leave. Lena O. Smith defended their right to remain, successfully protecting the family despite public hostility and large crowds gathering outside the home.

Beyond the courtroom, Smith was known for advancing civil rights by engaging politicians, business leaders, and the press—understanding that legal victories alone were not always enough. For much of her professional life, she lived at 3905 Fifth Avenue South in Minneapolis. In 1991, her home was added to the National Register of Historic Places in recognition of its association with her enduring legacy of courage and advocacy.

### Source Note

*This Black History lesson on Lena O Smith is excerpted from Hannah Jackson Matthews' Black History in the Twin Cities Calendar © 2024*

## New Members Classes | March 8th & 15th



New to Camphor or ready to take the next step in your faith journey?

We invite you to join us for our **New Members Orientation**, a two-part experience held after worship on **Sundays, March 8 and March 15**.

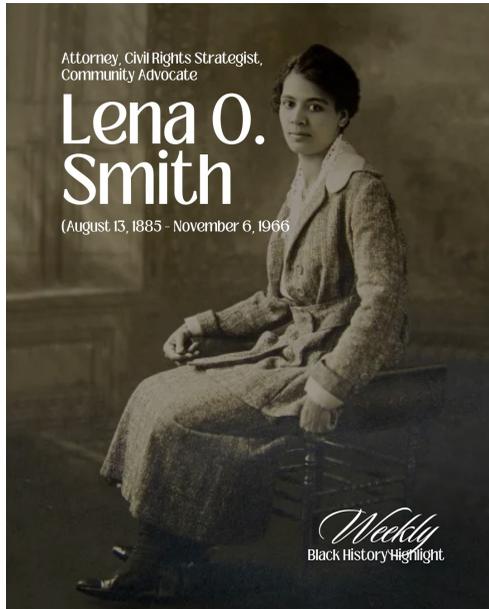
These sessions are designed to help you learn more about Camphor's mission, ministries, history, and vision, as well as what makes us Methodist through our Wesleyan theology, heritage, and commitment to living out our faith in the world. You will also have the opportunity to ask questions and explore ways to grow in relationship with God, with one another, and with our community.

**Please contact the church at [office@camphorconnects.org](mailto:office@camphorconnects.org) or 651-224-0341 to let us know if you plan to attend and how many will be joining you.**

## Black History Month Moment- Lena O. Smith

UMH 95 | AA/HH 651

### Attorney, Civil Rights Strategist, Community Advocate



Lena Olive Smith arrived in Minneapolis in 1907 at the age of twenty-one with her mother and siblings. From the beginning, her professional life challenged the racial and gender norms of the Twin Cities.

She first co-owned a downtown Minneapolis hair salon with a white woman—an uncommon partnership for the time. After the business failed, Smith entered the field of real estate, a profession deeply shaped by racial exclusion and restrictive housing practices that limited where African Americans could live.

Confronted daily with discrimination in housing and employment, Smith turned to the law as a tool for justice. She enrolled at Northwestern College of Law and graduated in 1921. Smith became one of only nine African American attorneys known to have practiced law in Minneapolis between 1890 and 1927 and was the only African American woman to maintain a law practice in the Twin Cities throughout the 1920s and 1930s.

Smith's legal career unfolded during a period when civil rights struggle in Minnesota mirrored those across the nation. Although the Twin Cities did not experience the same scale of Black migration as other major cities, segregation and racial discrimination were entrenched in housing, employment, and public life. At the same time, African American communities sustained vibrant institutions, including churches, newspapers, clubs, fraternal organizations, and civil rights groups—spaces where Smith's leadership took root.

In 1925, Smith helped found the Minneapolis Urban League. Five years later, she was elected the first woman president of the Minneapolis NAACP. After nine years in that role, she joined the Executive Board and became Chair of the joint Legal Redress Committee of the Minneapolis and St. Paul NAACP, where she pushed for a more assertive legal strategy in confronting racial injustice.

## † The Doxology

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

### Ministry of Music

*Come By Here*

Voices of Grace

## † Scripture Lesson

### Psalm 32 | Matthew 4:1-11 (NRSVue)

*Psalm 32* | Naveah Hayes

1 Happy are those whose transgression is forgiven, whose sin is covered. 2 Happy are those to whom the Lord imputes no iniquity and in whose spirit there is no deceit. 3 While I kept silent, my body wasted away through my groaning all day long. 4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah. 5 Then I acknowledged my sin to you, and I did not hide my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the guilt of my sin. Selah. 6 Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them. 7 You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance. Selah. 8 I will instruct you and teach you the way you should go; I will counsel you with my eye upon you. 9 Do not be like a horse or a mule, without understanding, whose temper must be curbed with bit and bridle, else it will not stay near you. 10 Many are the torments of the wicked, but steadfast love surrounds those who trust in the Lord. 11 Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright in heart.

*Matthew 4:1-11* | Mary Louise Archer

1 Then Jesus was led up by the Spirit into the wilderness to be tested by the devil. 2 He fasted forty days and forty nights, and afterward he was famished. 3 The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." 4 But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" 5 Then the devil took him to the holy city and placed him on the pinnacle of the temple, 6 saying to him, "If you are the Son of God, throw yourself down, for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" 7 Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" 8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory, 9 and he said to him, "All these I will give you, if you will fall down and worship me." 10 Then Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" 11 Then the devil left him, and suddenly angels came and waited on him.

(Leader: The Word of God for the People of God/ **All: Thanks be to God**)

**Ministry of Music**

*Heal the World*

Voices of Grace

**Sermon**

*While I Kept Silent*

Bishop Lanette Plambeck

**Invitation for Prayer**

Pastor Cynthia Williams

*(Those who desire prayer or anointing with oil may come at this time.)*

**† Benediction with Blessings**

Bishop Lanette Plambeck

**Let the Church say Amen,  
Let the Church say Amen  
God has spoken, Let the Church say Amen**

*(Worshippers may depart. Go in Peace)*

**Please stay after worship today and join United Women in Faith for our Annual Black History Café Fundraiser—enjoy a home-cooked soul food meal (vegetarian options available) with a suggested donation of \$15 (\$12 vegetarian) as we celebrate Black history, culture, and community.**

**A Joyful Welcome to Bishop Lanette Plambeck | February 22**



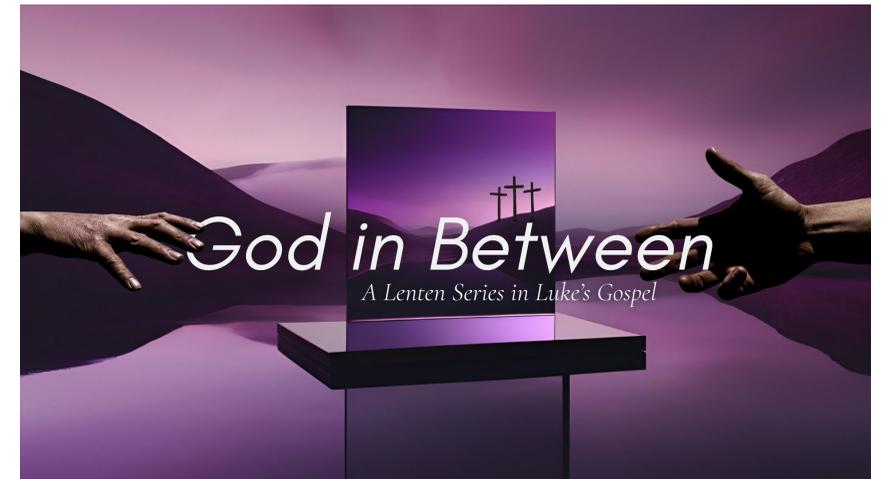
We are honored to welcome Bishop Lanette Plambeck, Resident Bishop of the Dakotas-Minnesota Episcopal Area of The United Methodist Church, as our guest preacher at Camphor.

Elected to the episcopacy in 2022, Bishop Plambeck leads with a vision rooted in courageous love, joyful service, and expansive inclusion. She serves on the

Council of Bishops as liaison to the Native American Comprehensive Plan and the Evangelical Lutheran Church in America, and she chairs the Leadership Development Team while also serving as president of the North Central Jurisdiction College of Bishops.

Ordained an elder in 2005, Bishop Plambeck previously served in the Iowa Annual Conference and brings a diverse background that includes service in the United States Army and leadership in person-centered agencies. She is passionate about developing healthy leaders, strengthening local churches, and building communities grounded in compassion, grace, and justice. Bishop Plambeck describes herself as unapologetically Wesleyan and deeply committed to helping others experience the love of God through bold, faithful leadership.

**Camphor Bulletin Board**



**God In Between | A Lenten Series in Luke’s Gospel**

This Lenten season, we invite you to journey with us through God in Between—a sacred invitation to reflect on the spaces where faith meets uncertainty, where questions remain open, and where God is still at work. Lent calls us to slow our pace, quiet our distractions, and listen more closely for God’s presence, especially in moments that feel unresolved or unfinished.

Through scripture, prayer, and worship, we will explore themes that hold tension together—hope and grief, rest and growth, mercy and justice—trusting that God does not abandon us in the middle of the story. Rather than rushing toward easy answers, this season invites us to dwell in holy complexity and discover how God shapes us through patience, honesty, and faithfulness.

**March 1st | Stranger & Neighbor (Luke 10:25-37)**

**March 8th | Faith & Works (Luke 10:38-42)**

**March 15th | Rest & Growth (Luke 13:6-9)**

**March 22nd | Righteousness & Mercy (Luke 19:1-10)**

**March 29th- Palm Sunday | Shouting & Silence (Luke 29-40)**

**April 3rd- Good Friday | Seven Last Words Service-6:30pm**

**April 5th-Resurrection Sunday | Grief & Hope (Luke 24:1-12)**

We encourage you to remain engaged throughout the Lenten journey and come just as you are. Bring your questions, your weariness, your hope, and your trust, as we walk together and stay open to the ways God continues to meet us, guide us, and transform us in the in-between.