SHAPE UP

Sitting-up exercises, body bends, the stretch, bicycle riding, jogging, walking, swimming, aerobics, golf, tennis - all are good for the body. Physical exercise is good for all of us, and many of us are following the present fad. It's hard getting in shape! The early Christians recognized that it's the same in the spiritual life. They designed a kind of spring training and called it "Lent." In fact, the word lent means spring. It was a season of renewal, a time to give tone to our spiritual muscles and increase the vitality and enthusiasm of our souls.

Are you ready to shape up? Spring training begins on Ash Wednesday at 7:00 p.m. in the Sanctuary. Don't miss it!
MORNING WORSHIP SERVICE
8th Sunday after Epiphany
10:55 a.m.
The Rev. J. Lawrence Brasher, Liturgist

BELLS
PRELUDE "Benedictus" F. Couperin
LIGHTING OF THE CANDLES
RITUAL OF FRIENDSHIP AND ANNOUNCEMENTS
(All who worship with us today are warmly welcomed to Duke Memorial Church. Please sign the attendance register when the book is passed to you. As it returns, note who is seated on your pew so you may speak to them after the service. If you are a visitor, please give us your address so that we may acknowledge your visit.)

* CHORAL INTROIT "Rejoice, the Lord is King" J. Darwall
   Hymn No. 715, vs. 1

* CALLING THE PEOPLE TO WORSHIP
Pastor: We know that without love,
People: ... our praise is hollow.
Pastor: We know that without love,
People: ... our hymns have no harmony.
Pastor: We know that without love,
People: ... our worship is a formality.
Pastor: Therefore, may our praise, our hymns, and our worship,
People: ... become alive with the vitality of love.

* INVOCATION
O God, maker of all things, lover of all men, Your presence is with us always, around
us and within us. You are the source of our life, and without You we and all things
would cease to be. Help us to worship You with mind and heart and all the power of
our being; through Jesus Christ our Lord. Amen.

* HYMN "Christ, Whose Glory Fills the Skies" No. 173

* APOSTLES' CREED

* GLORIA PATRI

CALL TO CONFESSION

CONGREGATIONAL PRAYER OF CONFESSION
Gracious God, we are keenly aware of our failures to be persons you
would have us be. Our behaviors do not match our intentions:

... We pray that your Kingdom will come,
yet deny your rule in our lives.

... We ask that You forgive our trespasses,
yet continue to be unforgiving toward others.

... We ask for daily bread for ourselves,
but show little concern for those starving.

... We pray boldly that Your will be done,
as we pretend that it matches ours.

O God, help us to comprehend, with greater depth and clarity, the
intensity and compassion of Your gracious love for us, so that in this
knowledge we may respond with love toward You and toward each other.

PERSONAL PRAYERS

SOME ASSURING WORDS
God discloses Himself to the humble, and the contrite He will not turn away. To the
repentant He shows mercy and compassion and sends them rejoicing on their way.

PASTORAL PRAYER

OUR LORD'S PRAYER

ANTHEM "With a Voice of Singing" M. Shaw
Exodus 24:12, 15-18
Giving of Our Tithes and Offerings

"He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully."

II Corinthians 9:6 (RSV)

OFFERTORY

"Caprice"  N. Clerambault

*Response

Laud and honor to the Father,
Laud and honor to the Son,
Laud and honor to the Spirit,
Ever Three and ever One;
One in might, and one in glory,
While unending ages run.

* Prayer of Dedication

* HYMN

"O Wondrous Sight! O Vision Fair"  No. 258

(Children in grades K-3 may leave for Junior Church.)

MORNING MESSAGE

"The Authentic Test"  The Rev. W. Eric Carson

Prayer of Commitment

* HYMN

"Forth in Thy Name, O Lord"  No. 438

Benediction

Pastor:  Lord, teach us,
People:  ... that we may think Your thoughts.
Pastor:  Lord, lead us,
People:  ... that we may walk Your walk.
Pastor:  Lord, fill us,
People:  ... that we may share Your being.
Pastor:  Lord, inspire us,
People:  ... that we may support Your cause.
Pastor:  Lord, use us,
People:  ... that we may do Your work.

* CHORAL RESPONSE

"Come, Let Us Join Our Friends Above"  Arr. R. Vaughan Williams

Hymn No. 709, verse 1

Postlude

Amen  F. Couperin

* Congregation standing

ACOLYTES: Mark Coffman and Hunt Davis
USHERS: Youth of the Church

GREETERS: Youth of the Church
JUNIOR CHURCH LEADER: Ann Stallings

EVANGELISM MESSENGERS: Stan
Coffman, Captain; Sid & Julie Allen, Para
Drake, Laney & Lois Funderburk, Sadie Taylor
INFANT NURSERY WORKERS: Rick and Winnie Kaspar

ALTAR GUILD WORKERS: Tamela
Davis, Leader; Para Drake, Martha Thumm
TOODLER NURSERY WORKER: Lee Ann Gelinne

MEMORIALS RECEIVED WITH APPRECIATION:

Tape Ministry
In memory of Thomas B. Walker, given by Mr. & Mrs. Thomas Coble.

Good Samaritan Fund
In memory of Rev. Edward F. Smith, given by Edith A. Johnson, Zack & Evelyn Lyon and the Open Door Class.

Elevator Fund
In memory of Rev. Edward F. Smith, given by Beulah M. Latta.

Nursery Refurbishing Fund
In memory of Rev. Edward F. Smith, given by Harry and Dorris Rodenhizer.

A gift has been received from the Wesley Class.

TEACHERS' SPIRITUAL RETREAT, Sat., Mar. 3, 10 am - 1 pm, in Aldersgate Room (includes lunch). Please contact Ann Stallings (683-3467) if you can attend
OUR KNOWN HOSPITAL SICK to be remembered in your prayers:
Rigsbee, Inez, DCGH 6332
Massey, Norman, Duke N. 7301

UNITED METHODIST WOMEN will be sponsoring a Soup/Bake Sale immediately after the worship service on Sun., Mar. 4. Come by Whitford Hall and pick up some homemade soup and sweets to take home for lunch. Proceeds will be donated to the Women's Shelter for HOPE.

COPIES OF THE DAILY DEVOTIONAL GUIDE, "The Upper Room," are available in the Narthex, both in regular and large print, at 50 cents per copy.

TODAY IS THE LAST DAY you will be able to register for our new pictorial directory. If you still have not reserved your time for photography, please do so immediately after the services. We want our pictorial directory to represent the widest possible range of families who are members of this church. It won't be complete without you!

ATTENDANCE, Sunday, February 18
Sunday School ........................................... 231
Morning Worship ................................. 291

CHURCH CALENDAR FEBRUARY 25 - MARCH 4, 1990

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>9:15 a.m.</th>
<th>Junior Choir</th>
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<tbody>
<tr>
<td>February 25</td>
<td>9:45 a.m.</td>
<td>Sunday School for all ages</td>
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<td></td>
<td>10:55 a.m.</td>
<td>Morning Worship Service</td>
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<td></td>
<td>4:00 p.m.</td>
<td>Program Team</td>
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<td></td>
<td>8:00 p.m.</td>
<td>AA/Al-Anon Meetings</td>
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<tr>
<td>MONDAY</td>
<td>9:15 a.m.</td>
<td>Morning Of Meditation and Study, Aldersgate Room</td>
</tr>
<tr>
<td>February 26</td>
<td>1:30 p.m.</td>
<td>Staff Meeting</td>
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<td></td>
<td>8:00 p.m.</td>
<td>AA/Al-Anon Meetings</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>7:30 p.m.</td>
<td>Pictorial Directory Telephone Comm., Bradshaw Room</td>
</tr>
<tr>
<td>February 27</td>
<td>8:00 p.m.</td>
<td>Cerebral Palsy Foundation, Library</td>
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<td></td>
<td></td>
<td>AA/Al-Anon/Ala-Teen Meetings</td>
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<tr>
<td>WEDNESDAY</td>
<td>9:15 a.m.</td>
<td>Parents' Morning Out</td>
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<tr>
<td>February 28</td>
<td>10:00 a.m.</td>
<td>Wednesday Lunch Bunch</td>
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<td></td>
<td>1:15 p.m.</td>
<td>UMW Executive Comm., Bradshaw Room</td>
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<td></td>
<td>7:00 p.m.</td>
<td>Ash Wednesday</td>
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<td></td>
<td>7:30 p.m.</td>
<td>Bethany Bells</td>
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<tr>
<td>THURSDAY</td>
<td>2:30 p.m.</td>
<td>Afternoon Bible Study, Aldersgate Room</td>
</tr>
<tr>
<td>March 1</td>
<td>7:30 p.m.</td>
<td>Sanctuary Choir</td>
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<tr>
<td>FRIDAY</td>
<td>10:00-12:30</td>
<td>Bradshaw Room open/World Day of Prayer</td>
</tr>
<tr>
<td>March 2</td>
<td>8:00 p.m.</td>
<td>AA Meeting</td>
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<tr>
<td>SATURDAY</td>
<td>10:00 a.m.</td>
<td>Spiritual Retreat, Aldersgate Room</td>
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<tr>
<td>March 3</td>
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<td>SUNDAY</td>
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<td>March 4</td>
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W. Eric Carson, Senior Pastor     J. Lawrence Brasher, Associate Pastor
Marjorie J. Clark, Program Director Ann C. Stallings, Membership Care
Rudolph J. Kremer, Organist & Choir Director     J.V. Hoyle, Chimer
Church Office Telephone: 683-3467