

FIRST LUTHERAN CHURCH
1100 EAST SUPERIOR STREET, DULUTH, MN

March 8, 2026

8:30 a.m.

THIRD SUNDAY IN LENT



*You are invited to light a candle in prayer on the Tree of Life during the service.
The candle-lighter is hanging on the wall; you may need to take a candle out to light it.
Please pass the Friendship Notebook along your row and greet those around you that you may not know.
We welcome children in worship. There is a family room across from the right front sanctuary doors
and a few steps to the left a staffed nursery for any who wish to use them.
Hearing assist receivers are available at the ushers' station.*

GATHERING

The Holy Spirit calls us together as the people of God.

PRELUDE *As Rivers Flow From a Distant Spring* hymn tune: William Beckstrand; arr. David Cherwien

WELCOME

The assembly stands.

CONFESSION AND FORGIVENESS

All may make the sign of the cross, the sign that is marked at baptism, as the presiding minister begins.

Blessed be the holy Trinity, ☩ one God,
who forgives our brokenness,
whose mercy endures forever. **Amen.**

Let us take off our masks before God and one another (Ash Wednesday)

Silence is kept for reflection.

Holy One,

have mercy on us

For trusting that the world's temptations deliver more joy than you (Matthew 4)

have mercy on us

For believing that your blessing is for us but not for our neighbors (Genesis 12)

have mercy on us

For our small-minded ways and for doubting that change could ever come (John 4)

have mercy on us

For disregarding voices from the margin,
and for distrusting signs of your healing and hope in the world (John 9)

have mercy on us

For dwelling in tombs of others' and of our own making
and for disregarding Christ's call to come forth to life (John 11, Ezekiel 37)

have mercy on us and surprise us with your good news

God does surprise us

With grace that is wild and unruly
with mercy that is abundant and unexpected
with love that is expansive and unending

So if we are wondering if we are forgiven
 The answer is and always will be: "Yes!"
 In the name of Jesus Christ † we are forgiven. **Amen.**

GATHERING HYMN ELW #777 *Come to Me, All Pilgrims Thirsty*



- 1 "Come to me, all pil-grims thirst - y; drink the wa - ter I will give.
- 2 "Come to me, all trav-lers wea - ry; come that I may give you rest.
- 3 "Come to me, be - liev-ers bur - dened; find re - fresh-ment in this place.
- 4 "Come to me, re - pen-tant sin - ners; leave be - hind your guilt and shame.



If you knew what gift I of - fer, you would come to me and live."
 Drink the cup of life I of - fer; at this ta - ble be my guest."
 Come, re - ceive the gift I of - fer, turn to me and seek my face."
 Come and know di - vine com - pas - sion, turn to me, I call your name."

Refrain



Je - sus, ev - er - flow-ing foun - tain, give us wa - ter from your well.



In the gra - cious gift you of - fer there is joy no tongue can tell.

- | | |
|--|---|
| <ol style="list-style-type: none"> 5 "Come to me, distressed and needy;
I would be your trusted friend.
Come and seek the gift I offer,
come, your open hands extend." <i>Refrain</i> | <ol style="list-style-type: none"> 6 "Come to me, abandoned, orphaned;
lonely ways no longer roam.
Come and take the gift I offer,
let me make in you my home." <i>Refrain</i> |
|--|---|

APOSTOLIC GREETING

The grace of our Lord Jesus Christ, the love of God,
 and the communion of the Holy Spirit be with you all.
And also with you.

PRAYER OF THE DAY

Merciful God, the fountain of living water, you quench our thirst and wash away our sin. Give us this water always. Bring us to drink from the well that flows with the beauty of your truth through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

The assembly is seated.

WORD

God speaks to us in scripture reading, preaching, and song

TIME FOR YOUNG DISCIPLES

Pastor Dianne O. Loufman

READING Exodus 17:1-7

Water from the rock in the wilderness

Word of God.

Word of Life.

The assembly stands to welcome the gospel.

GOSPEL ACCLAMATION ACS #1025 *If We Live, We Live to the Lord* (sing twice)

If we live, we live to the Lord. If we
die, we die to the Lord. So then, wheth-er we live or
wheth-er we die, we are the Lord's.

GOSPEL John 4:5-42

Baptismal image: the woman at the well

The Holy Gospel according to John.

Glory to you, O Lord.

The Gospel of the Lord.

Praise to you, O Christ.

The assembly is seated.

SERMON

Pastor Dianne O. Loufman

The assembly stands to proclaim the word of God in song.

HYMN OF THE DAY ELW #331 *As the Deer Runs to the River*

- 1 As the deer runs to the riv - er, parched and wea - ry from the chase,
- 2 When your Is - rael crossed the des - ert where no stream or spring was seen,
- 3 "Come and drink," I - sa - iah sum-moned, "all who for God's mer - cy plead!
- 4 Christ, we come from des - ert plac - es, deep - est thirst un - sat - is - fied.

we have come from hurt and hur - ry, thirst-ing for your heal - ing grace.
Mo - ses struck the rock, and wa - ter flowed for them, re - fresh - ing, clean.
God's for - give - ness, like a foun-tain, flows to sat - is - fy your need."
Lead us to the wa - ters flow-ing from the cross on which you died.

Refrain

Je - sus, source of liv-ing wa - ter, may we drink of you and live!

PRAYERS OF INTERCESSION *Sing response before, then after each petition.*

ACS #1077 Mercy, We Abide in You

Refrain – All Fine

Mer - cy, we a - bide in you. Stir in us, we pray.

The image shows a musical score for a two-part setting. The top part is in treble clef and the bottom part is in bass clef. The key signature has one flat (B-flat). The melody is simple and hymn-like. The lyrics are written below the notes. The piece is marked 'Refrain - All' at the beginning and 'Fine' at the end.

PEACE

The peace of Christ be with you always.

And also with you.

The people may greet one another with a sign of Christ's peace. All are then seated for the offering.

MEAL

God feeds us with the presence of Jesus Christ

OFFERING

You are invited to use our digital offering plate. Text "[fcduluth](#)" to 73256. You'll be sent a text with a link to give. Click on the link and enter your giving information. Thank you for supporting God's mission through FLC.

OFFERTORY ANTHEM *Herr, auf dich traue ich* - Heinrich Schütz (1585-1672); Chamber Choir

Psalm 71:1-3a: In you, O LORD, I take refuge; let me never be put to shame.

In your righteousness deliver me and rescue me; incline your ear to me and save me.

Be to me a rock of refuge, a strong fortress to save me, for you are my rock and my fortress.

The assembly stands.

OFFERING PRAYER

Let us pray together:

O God, maker of heaven and earth,

**You provide manna in the wilderness,
and streams of living water nourish all your creation.**

**With these gifts, awaken us to bear witness
to the good news of your love and mercy for all,
through Jesus Christ our Savior. Amen**

GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

The thanksgiving continues with the Words of Institution, concluding with the Lord's Prayer.

It is indeed right, our duty and our joy,
that we should at all times and in all places
give thanks and praise to you, almighty and merciful God,
through our Savior Jesus Christ.

You call your people to return to you
and prepare with joy for the paschal feast,
that, renewed in the gift of baptism,
we may come to live as your people once again.
And so, with all the choirs of angels, with all of creation,
with the church on earth and the hosts of heaven,
we praise your name and join their unending hymn:

HOLY, HOLY, HOLY



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and
God of might, heav - en and earth are full of your
glo - ry. Ho - san - na in the high - est.
Bless - ed is the one who comes in the name of the
Lord. Ho - san - na, ho - san - na in the high - est.
Ho - san - na, ho - san - na in the high - est.

Seeking the good news of God, we pray:

**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 and ever. Amen.

INVITATION TO COMMUNION

Here, at this table

There is good news for you.

Come and be surprised by the goodness of God.

The assembly is seated.

*We practice Eucharistic hospitality; all are welcome. Receive the bread and dip it into the wine (red)
or grape juice (white). Gluten-free wafers are available upon request.*

LAMB OF GOD

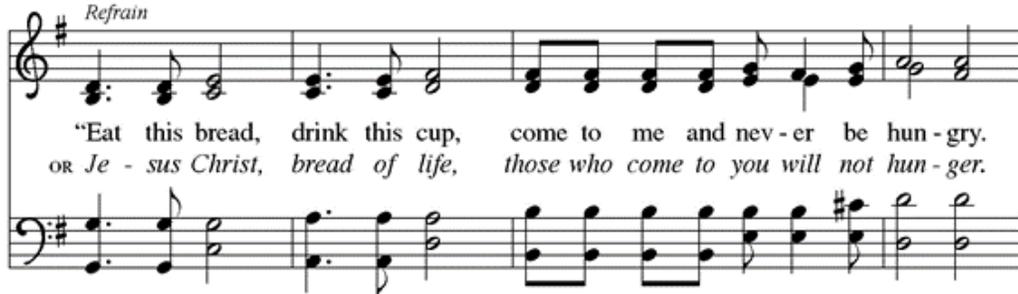
Lamb of God, you take a-way the sin of the world; have mer-cy on
 us. Lamb of God, you take a-way the sin of the world; have
 mer-cy on us. Lamb of God, you take a-way the sin of the
 world; grant us peace, grant us peace.

COMMUNION HYMN ACS 955 *Come to the Water of Life*

1 All who are thirst-y for mer-cy, all who are thirst-y for
 2 All who are thirst-y for heal-ing, all who are thirst-y for
 3 All who are thirst-y for beau-ty, all who are thirst-y for
 4 All who are thirst-y for jus-tice, all who are thirst-y for
 love; all who are thirst-y for love, for mer-cy,
 touch; all who are thirst-y for touch, for heal-ing,
 truth; all who are thirst-y for truth, for beau-ty,
 peace; all who are thirst-y for peace, for jus-tice,
 come: come to the Wa-ter of life.
 come: come to the Wa-ter of life.
 come: come to the Wa-ter of life.
 come: come to the Wa-ter of life.

COMMUNION HYMN ELW #472 *Eat this Bread* cantor sings verses

Refrain



“Eat this bread, drink this cup, come to me and nev - er be hun - gry.
OR Je - sus Christ, bread of life, those who come to you will not hun - ger.



Eat this bread, drink this cup, trust in me and you will not thirst.”
Je - sus Christ, ris - en Lord, those who trust in you will not thirst.

PRAYER AFTER COMMUNION

Let us pray together:

O God, divine mystery,

In this meal you reveal to us the bread of life.

Breathe life into parched places,

and fill us with the Spirit of your love.

May we become Christ’s body in the world,

surprising people with the good news of your love. Amen.

SENDING

God blesses us and sends us in mission to the world

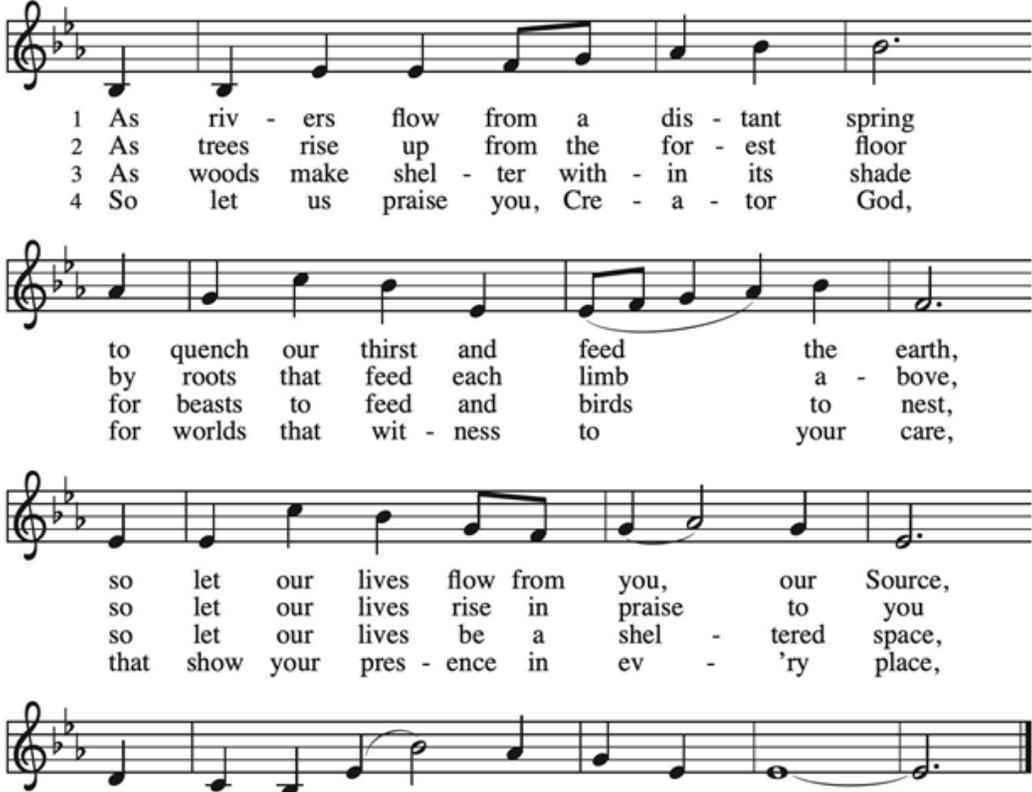
OPPORTUNITIES TO SERVE

BLESSING

The presiding minister proclaims God’s blessing.

Amen.

SENDING HYMN ACS #1046 *As Rivers Flow From a Distant Spring*



1 As riv - ers flow from a dis - tant spring
2 As trees rise up from the for - est floor
3 As woods make shel - ter with - in its shade
4 So let us praise you, Cre - a - tor God,
to quench our thirst and feed the earth,
by roots that feed each limb a - bove,
for beasts to feed and birds to nest,
for worlds that wit - ness to your care,
so let our lives flow from you, our Source,
so let our lives rise in praise to you
so let our lives be a shel - tered space,
that show your pres - ence in ev - 'ry place,
to coun - ter death and nur - ture birth.
from hearts we root in your deep love.
a ref - uge for the worn to rest.
your glo - ry shin - ing ev - 'ry - where.

DISMISSAL

Go in peace. Live out the good news.

Thanks be to God!

POSTLUDE *As the Deer Runs to the River* tune: David Hurd; arr. Christopher Uehlein

Ministers All People of First Lutheran Church
Pastor The Rev. Dianne O. Loufman
Associate Pastor The Rev. Andrea Bonneville DeNaples
Program Staff Karen Sande, Director of Music
Michael Fuchs, Director of Choral Activities
Bryan Gatten, Director of Contemporary Worship
Assisting Minister Susanna Ojakangas
Reader Amy Merchant
Musicians Chamber Choir
Audio/Video Team Eric Gatten, Shania Krause, Sam Weston

Acknowledgements *Evangelical Lutheran Worship, With One Voice* and *All Creation Sings* texts and hymns ©2026 Augsburg Fortress. Liturgical music is Setting 12 in *All Creation Sings*. The spoken liturgy was written by Pastor Dianne O. Loufman, inspired by the theme *Tell me something good: grounding ourselves in the good news this Lent.*, words for worship written by Rev. Sarah A. Speed/*A Sanctified Art* LLC/used by permission ©2025 sanctifiedart.org. All rights reserved. Reprinted by permission under Augsburg Fortress Liturgies Annual License #SAS009917, One License #A-729428, CCLI License #1816436, CCS WorshipCast Streaming License #13132.

First Lutheran Church, dedicated to the mission of Jesus Christ, welcomes you into this community of faith, where we share life in its entirety, with all its joys and sorrows. We believe all people are created in the image of God and are offered God's love, grace, and forgiveness, regardless of religious tradition, age, gender identity, race, education, economic status, sexual orientation, family structure, mental or physical abilities, or where they might be on their faith journey. We acknowledge the indigenous culture of this land. We are committed to the work of racial justice. We extend a special welcome in Christ's love.

faithlovecommunity

First Lutheran Church

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