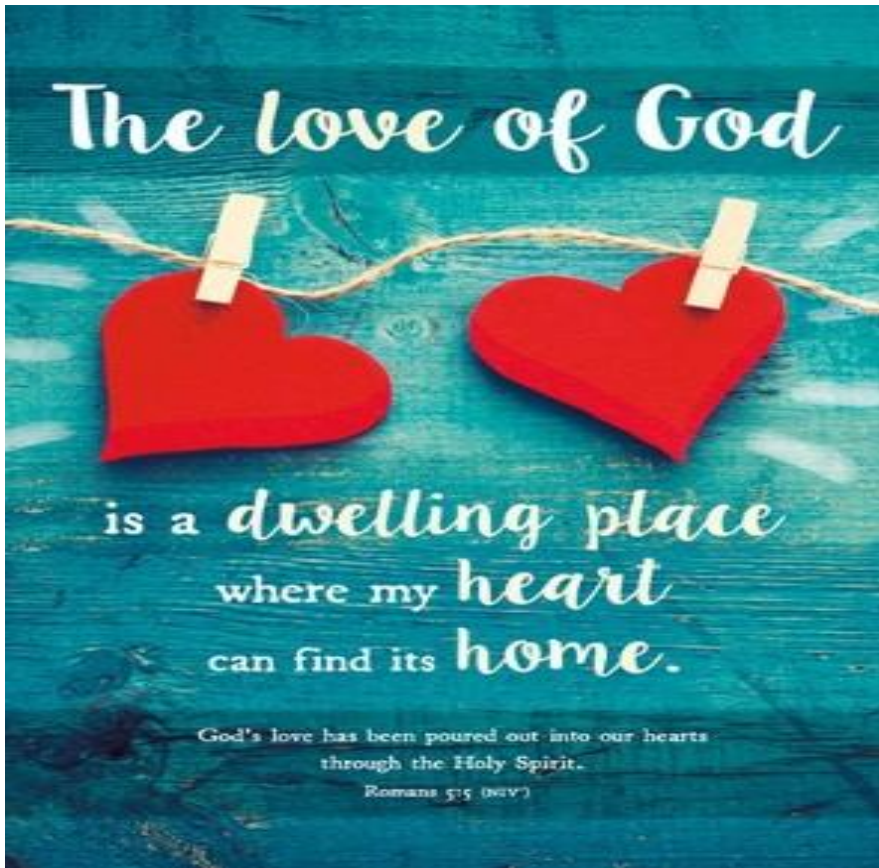


Triune Lutheran Church

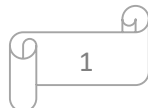


Third Sunday in Lent



**Evangelical Lutheran
Church in America**

God's work. Our hands.



We thank you for joining us here at Triune Lutheran Church, a family united with you through our Lord, Jesus Christ!



In order to make you feel more at home, here are a few notes about our worship here. If you have any questions, please do not hesitate to ask. We hope to make your time here as meaningful as possible!



- You are invited to speak the **bold print**, as well as sing along with the psalm and hymns, which you will find in the red *Evangelical Lutheran Worship* (ELW) hymnal in front of you in the pews.
- The portions marked with * are times when we invite you to stand, as you are able.
- There will not be a separate time for an offering to be collected during worship. If you wish to do so today, you may place your offering in the offering plate at the back.
- We believe the body and blood of Christ is meant for everyone, regardless of your church affiliation, and so feel free to participate, if you feel so moved. We will celebrate Communion through intinction. You will be invited to come up the side aisle to the pastor who will have wafers (gluten-free available upon request). You are encouraged to keep the wafer in your hand as you go to the worship assistant with the chalice of wine. You are invited to dip your wafer into the chalice before consuming the wafer and returning to your seat through the center aisle.
- For visitors, if you so choose, we encourage you to fill out a card available in the pew to learn more about us.
- Bathrooms are available in the hallway.

WELCOME & ANNOUNCEMENTS

***CONFESSION & FORGIVENESS**

We take time to recognize our shortcomings while clinging to the grace of God that surpasses our understanding.

Blessed be the holy Trinity, † one God,
who journeys with us these forty days,
and sustains us with the gift of grace.

Amen!

Let us acknowledge before God and one another
our dependence on God's mercy.

Silence is kept for reflection.

Holy God,

we confess to you our faults.

**Too often we neglect and do not trust your loving
word;**

we take for ourselves instead of giving to others;

we spoil rather than steward your creation;

we cause hurt though you call us to heal;

we choose fear over compassion.

Forgive us, renew us, and lead us,

as we seek to follow in your way of new life.

Amen.

Hear the good news:
God so loved the world that God gave the only Son,
so that all may receive life.
This promise is for you!
God embraces you with divine mercy,
✠ forgives you in Christ's name,
and revives you in the power of the Holy Spirit!
Amen!

***GATHERING HYMN**

“What a Friend We Have in Jesus”

ELW 658

***PRAYER OF THE DAY**

Gracious God, the never-ending fountain of living water, you quench our thirst and wash away our hopelessness. Give us this water always. Bring us to drink from the well that flows with the beauty of your love, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen!**

FIRST READING

Exodus 17:1-7

¹From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. ²The people quarreled with Moses, and said, “Give us water to drink.” Moses said to them, “Why do you quarrel with me? Why do you test the LORD?” ³But the people thirsted there for water; and the people complained against Moses and said, “Why did you bring us out of Egypt,

to kill us and our children and livestock with thirst?” ⁴So Moses cried out to the LORD, “What shall I do with this people? They are almost ready to stone me.” ⁵The LORD said to Moses, “Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. ⁶I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.” Moses did so, in the sight of the elders of Israel. ⁷He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, “Is the LORD among us or not?”

Word of God, word of life!

Thanks be to God!

PSALM

Psalm 95

¹Come, let us sing to the LORD;
let us shout for joy to the rock of our salvation.

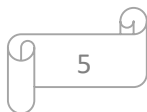
**²Let us come before God’s presence with
thanksgiving
and raise a loud shout to the LORD with psalms.**

³For you, LORD, are a great God,
and a great ruler above all gods.

**⁴In your hand are the caverns of the earth;
the heights of the hills are also yours.**

⁵The sea is yours, for you made it,
and your hands have molded the dry land.

**⁶Come, let us worship and bow down,
let us kneel before the LORD our maker.**



⁷For the LORD is our God, and we are the people of God's pasture and the sheep of God's hand.

Oh, that today you would hear God's voice!

⁸**“Harden not your hearts,
as at Meribah, as on that day at Massah in the
desert.**

⁹There your ancestors tested me,
they put me to the test, though they had seen my works.

¹⁰**Forty years I loathed that generation, saying,
‘The heart of this people goes astray; they do
not know my ways.’**

¹¹Indeed I swore in my anger,
‘They shall never come to my rest.’”

SECOND READING

Romans 5:1-11

¹Since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸But God proves his love for us in that while we still were sinners Christ died for us.

⁹Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. ¹¹But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Word of God, word of life!
Thanks be to God!

*Due to the length of the Gospel reading,
please feel free to remain seated.*

GOSPEL

John 4:5-42

The Gospel according to John.

Glory to you, O Lord!

⁵[Jesus] came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." ⁸(His disciples had gone to the city to buy food.) ⁹The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.)



¹⁰Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” ¹¹The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? ¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” ¹³Jesus said to her, “Everyone who drinks of this water will be thirsty again, ¹⁴but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” ¹⁵The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

¹⁶Jesus said to her, “Go, call your husband, and come back.” ¹⁷The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; ¹⁸for you have had five husbands, and the one you have now is not your husband. What you have said is true!” ¹⁹The woman said to him, “Sir, I see that you are a prophet. ²⁰Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” ²¹Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him.

²⁴God is spirit, and those who worship him must worship in spirit and truth.” ²⁵The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” ²⁶Jesus said to her, “I am he, the one who is speaking to you.”

²⁷Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” ²⁸Then the woman left her water jar and went back to the city. She said to the people, ²⁹“Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” ³⁰They left the city and were on their way to him.

³¹Meanwhile the disciples were urging him, “Rabbi, eat something.” ³²But he said to them, “I have food to eat that you do not know about.” ³³So the disciples said to one another, “Surely no one has brought him something to eat?” ³⁴Jesus said to them, “My food is to do the will of him who sent me and to complete his work. ³⁵Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. ³⁶The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷For here the saying holds true, ‘One sows and another reaps.’ ³⁸I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

³⁹Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." ⁴⁰So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. ⁴¹And many more believed because of his word. ⁴²They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

This is the holy Gospel of our Lord!
Praise to you, O Christ!

SERMON

HYMN OF THE DAY

"Eternal Father, Strong to Save"

ELW 756

***APOSTLES' CREED**

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.**

**On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

***PRAYERS OF INTERCESSION**

Sustained by God's abundant mercy, let us pray for the church, the world, and all of creation.

A brief silence.

Universal God, bless all partnerships with other Christians and inter-religious dialogue. Guide the daily work of denominational and congregational leaders. Strengthen our combined witness for the sake of the gospel, that all experience your life-giving love. Merciful God, **receive our prayer.**

Wondrous God, your entire creation teems with life, from the depths of the earth and seas to the skies above. Fill us with awe and reverence for the diversity and preservation of life. Merciful God, **receive our prayer.**

God of all the nations, topple the dividing walls that separate us from our neighbors. Form us into your beloved community where diversity of gender, race, language, ability, and ethnic origin is celebrated and affirmed. Continue to watch over those who serve in the military and as first responders. Merciful God, **receive our prayer.**

Gracious God, we lift up those who suffer in mind, body, or spirit, including Arlene Dress, Niki Grigsby, John Kurtz, Dan & Jill Maldovan, Annie Slaughter, Mardell Weiss, Clara Wilcox, and all those we name in our hearts now...Be present with all who are lonely, and give courage to all who are afraid. Comfort those who live with chronic illness or other sickness. Give them your living water always. Merciful God, **receive our prayer.**

God of hope, continue to strengthen our Triune family. Nurture our faith and pour your love into our hearts. Inspire our congregation to be a heartfelt testimony to your relentless grace in our lives. Merciful God, **receive our prayer.**

Eternal God, we give thanks for the lives of all your saints. We praise you for their hope in you that sustained lives of faith and service. Encourage us with the wonder they shared in you. Merciful God, **receive our prayer.**

We lift our prayers to you, O God, trusting in your steadfast love and your promise to renew your whole creation; through Jesus Christ our Savior. **Amen!**

***PEACE**

The peace of Christ be with you always!

And also with you.

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!

THANKSGIVING AT THE TABLE

Holy God, our living Water and our merciful Guide, together with rivers and seas, wells and springs we bless and magnify you!

You led your people Israel through the desert, and provided them water from the rock.

We praise you for Christ, our Rock and our Water,
who joined us in our desert,
pouring out his life for the world.

In the night in which he was betrayed,
our Lord Jesus took bread, and gave thanks;
broke it, and gave it to his disciples, saying:
Take and eat; this is my body, given for you.
Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks,
and gave it for all to drink, saying:
This cup is the new covenant in my blood,
shed for you and for all people for the forgiveness of sin.
Do this for the remembrance of me.

Remembering, therefore,
his life, death, and resurrection,
we await your fulfilled salvation for all this thirsty world.

Holy Spirit, pour out your strength on this holy food,
and on all gathered for this feast throughout the world:
wash away our sin,
that we may be revived for our journey by the love of Christ.

Through him all glory and honor is yours,
Almighty Father, with the Holy Spirit,
both now and forever.

Amen!

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 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

**Receive the gift of Christ for us all: life in abundance!
Thanks be to God!**

COMMUNION

***PRAYER AFTER COMMUNION**

Embodied God,
at your table, we have tasted the goodness of Jesus.
With the eyes of our hearts open to your promise,
empower us to hear the needs of our neighbors
and respond in the world with your boundless love.
Amen!

***BLESSING**

God, the giver of love,
✠ Christ, the resurrection and the life,
and the Holy Spirit of rebirth
bless you in this Lenten journey and forevermore!
Amen!

***SENDING HYMN**

“Lead On, O King Eternal”

ELW 805

***DISMISSAL**

Go in peace. Serve in love!
Thanks be to God!

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Ministers: **All People**
Presiding Minister: **Pastor Brad Ross**
Worship Assistant: **Dale Kirk**
Organist: **Edith Schatt**
Office Manager: **Jan Piskac**

Lectionary Blog: [Strange] Waters of Life

Because my wife and I were on international insurance that didn't want to pay the high costs of health care in the United States on an ongoing basis, we had to leave the country shortly after our eldest son was born or forfeit the insurance benefit for his birth and aftercare. The easiest and quickest way to do this was to go to Niagara Falls, Canada, where we could figure out our next steps. So we packed up our 10-day-old in a borrowed car and headed north.

As long as we were in Niagara Falls, we decided to see the falls themselves. Sarah and I loved it, but for our newborn, it was a loud, wet, uncomfortable experience. Still, I'll never forget holding my baby in the tunnel underneath the falls. He and I weren't accustomed to each other yet, and we were embarking on a whole new journey together. Somehow our first adventure together—leaving one place and traveling to another, surrounded by water—has become the pattern for much of our life together. This week's lectionary texts tell stories of strange/holy experiences with water that showcase God's presence with people

In Exodus 17 we have the first of a couple of stories about provision of water from a rock in the wilderness. In this story, the people grumbled against Moses as they wandered through the wilderness. In fairness to the Israelites, the text explicitly says they didn't have water to drink. I would have grumbled, too, just as my children now grumble when I take them on a long road trip and forget to bring snacks and drinks. Moses became frustrated and passed the people's complaint on to God. Unlike Moses, however, God didn't seem to get upset and just set about providing water for the people. While God could have opened a well then and there, God instead told Moses to appear before all the people and strike a rock that would gush forth water and quench their thirst.

The similar provision of water in Numbers 20 gave rise to the early interpretive movement that saw the rocks in Exodus 17 and Numbers 20 as the same that rolled along with the people to provide water everywhere they lacked it. The tradition of a mobile watering station was so well known that Paul referenced it for a mixed Gentile and Jewish audience in Corinth, saying, "And all drank the same spiritual drink, for they were

drinking from a spiritual rock *which followed them*; and the rock was Christ” (1 Corinthians 10:4). Paul says the rock followed them and was God’s presence in Christ. The accompanying rock answered the people’s question of “Is the Lord among us or not?” in the affirmative (Exodus 17:7).

Years later Jesus intentionally went to the well of Sychar to provoke an interaction with a Samaritan woman. Interestingly, this story seems to have been related to John by a Samaritan source. There is no Jewish tradition of Jacob having dug a well in the vicinity. The Samaritan woman regarded herself and her people as the true heirs of their father Jacob (John 4:12). Indeed, she referenced her ancestors to say that they worshiped on Mount Gerizim. Fights between Jews and Samaritans continue to this day, but a traditional site of worship of the God of Israel seems to have existed at Mount Gerizim at an early date, long before the fragmenting of the United Kingdom of Israel (Joshua 24:1, 26-27).

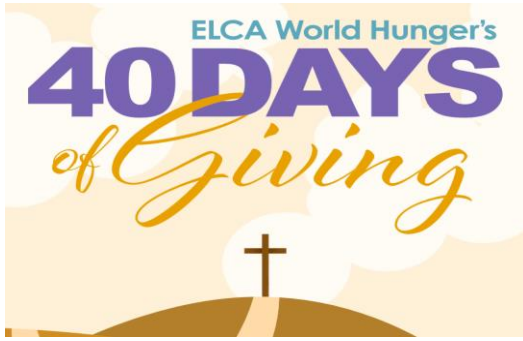
In addition to history, the Samaritan woman also had infrastructure on her side. She told Jesus that the well was deep and that he had no bucket to retrieve any water, living or otherwise. Even today, after centuries of the well filling in with limestone fragments, it remains about 140 feet deep. In the woman’s opinion, Jesus, as a Jew, had no claim on the water at the well.

Jesus brushed aside discussions of which mountain might be God’s preferred home to insist that the water of the well was nothing compared to the water of life that he offered. The woman seems to have accepted quite quickly that Jesus was the Messiah, who could produce living water. She immediately told her neighbors in Sychar about him. The Samaritans confessed later that they initially believed in Jesus’ claims because of the woman, but after listening to him for a couple days, they believed he was the savior of the world because of what they had witnessed firsthand (John 4:39-42).

Jesus journeyed to a somewhat strange and disputed site of water in order to point out that he was and would be with the people—Jewish, Samaritan and Gentile—to provide the living water of his presence for them on their life journeys.

During the Israelite experience of wilderness, and the political-religious wilderness of the first century, God was present to provide water, but even more, to provide God’s own presence. God’s same presence is here for us today!
- Cory Driver

*This Lectionary Blog, and other resources for the journey of faith, available on
LivingLutheran.org.*



As we restart our quarterly ministry support of organizations both locally and worldwide, we first focus on one of our wider church's most pivotal ministries, ELCA World Hunger. In the coming weeks of Lent, we will share a story of the impacts made both within this country and beyond. We give thanks to God for the sacred opportunity to be part of "God's Work. Our Hands." (the motto of the ELCA).

At Hephatha Lutheran Church in Milwaukee, Wis., a city with high rates of both poverty and lead exposure, leaders are working hard to keep children safe. The church, with support from ELCA World Hunger, provides lead-free kits with water filters, tape and mops. As the kits are shared, they explain that the tape can cover lead paint that is chipping, and the mops clean up dust from the paint so that children and adults don't inhale it. The church also helps adults learn about the dangers of lead, which can cause serious health problems and is especially dangerous for children and pregnant women. Exposure to lead can cause severe, long-term effects ranging from behavioral problems to anemia and kidney damage.

But filters, tape and mops can go only so far. The issue of lead — and the crisis of unsafe water, more generally — is an issue of justice. Environmental policies, housing regulations and health care access are all woven together when it comes to keeping people safe from lead poisoning. That's why Hephatha also worked with neighbors to start an advocacy group to talk with legislators about keeping the community safe. Pastor Mary Martha of Hephatha links this work to the calling of the church: Advocacy. Advocacy and education "[lead] us back to the font, where we stand with people at the holy water that makes us God's children and sends us out to serve God's justice." This is just one of many ELCA World Hunger-funded projects around the world ensuring people have access to safe water. With your support, children such as those in Milwaukee can access the safe, clean water they need to thrive.

For those who wish to make a contribution:

OFFERING: Make your check payable to Triune and write "ELCA World Hunger" on your check's memo line.

MAIL: Make check payable to "ELCA World Hunger" and send to ELCA, P.O. Box 1809, Merrifield, VA 22116-8009.

ONLINE: ELCA.org/40Days

PHONE: 800-638-3522

The Woman at the Well

Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." John 4:10 (NIV)



The puzzle is based on John 4:5-26 (NIV)

1. Find the hidden words. The words have been placed horizontally, vertically, or diagonally. When you locate a word, draw a circle around it.

A F X V C K G I F T P U S S D
M Z Y M R S C V Y H R I R O Z
V N Q P J B C M E I O W T U E
R B F G Q N F U F R P O N H O
M P M A L I F E E S H M J C K
L F C H M U K Q Q T E A R H G
D S P R I N G H Z Y T N R X O
W E L L L I V I N G D R I N K
I M U M T U I G B D U P E B H
V E R K T M Z Y U V D O T E W
J S S A M A R I T A N N E F A
E S B L E H U S B A N D R P T
S I U D Q A H Y R K T A N K E
U A Q P B O K M O T O N A S R
S H Z U M R Y P H D E Q L Y F

PROPHET
LIVING
THIRSTY

WELL
WATER
LIFE

GIFT
ETERNAL
SPRING

DRINK
JESUS
SAMARITAN

MESSIAH
WOMAN
HUSBAND