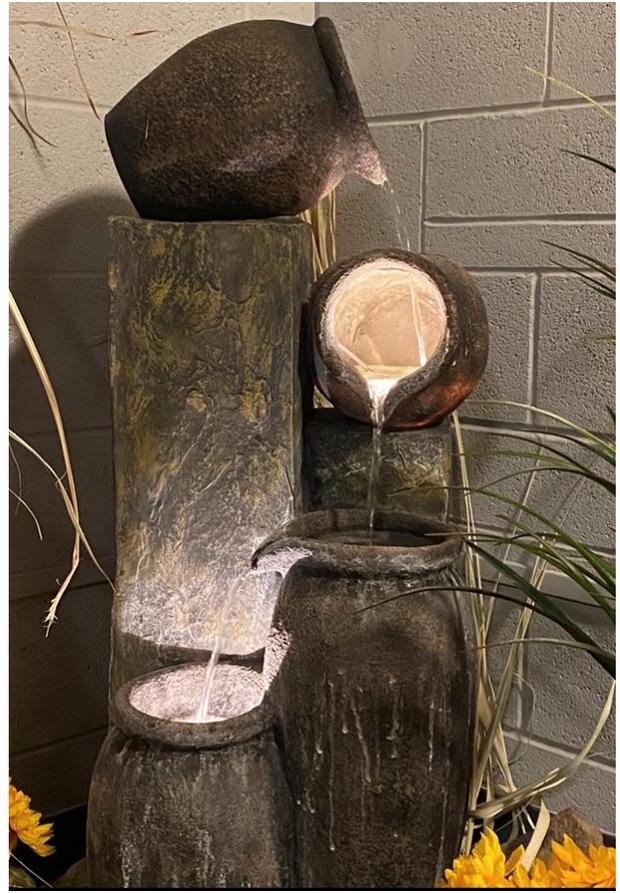


Dear All,

Greetings in the name of our Lord and Savior Jesus Christ!

This coming Sunday, March 8, will be the Third Sunday of Lent. We will continue lifting our eyes up to the mountains, where our help comes from. We will meet Moses and his people at Mount Horeb, where water will spring forth from the rock. We will meet Jesus as he talks with a Samaritan woman at a well upon Mount Gerizim. In preparation for Sunday, I invite you to practice sensory grounding while drinking water. When you drink water, what does it feel like? What does it look like? What does it smell like? What does it sound like? What does it taste like?

We will continue our practice of hybrid worship. This means that you are welcome to join us in person and that you are welcome to join us from home, whatever works best for you. If you are able to access technology for online worship, we will be live streaming the service via Youtube and Facebook.



For Youtube Live, please go to our channel: https://www.youtube.com/channel/UCPh2zjtSFxk2uo9_YWEusCQ/, subscribe to it, and enable notifications. The live video should be up and running just before the service starts. If you watch later, click on our channel and then select “Live” videos. You can also watch afterward on our website at: <https://fpchighland.org/worship>.

For Facebook Live, please go to our page here: <https://www.facebook.com/firstpchighland/> around the start of worship. A recording of the service will remain on our Facebook page if you want to watch later.

As always, I have included worship materials, including the bulletin, readings, hymns, a sermon, and creative activities for disciples of all ages.

I leave you with these words from *John*:

Jesus said to her, “Everyone who drinks of this water will be thirsty again, but 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.” The 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.”

In Christ and with Love,

Rev. Tyler Orem

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