



Second Sunday in Lent

Eucharist

Sunday, March 1, 2026, 10:30 a.m.

CENTRAL LUTHERAN CHURCH

Exploring the promise of God for all

You are welcome. No exceptions.

Central Lutheran Church experiences God's expansive love and strives to share it abundantly. We affirm all people without regard to age, race, biological sex, housing status, ethnicity, sexual orientation, immigration, refugee or migration status, gender identity or expression, socioeconomic status, and physical or mental health or ability. All are a part of God's family, created in God's image.

We strive to practice radical hospitality with all people and work toward racial equity. Everyone is invited to immerse themselves in the life of this community of faith as we explore the promise of God for all.

Worship



Bold print indicates responses spoken by all.



Congregational hymns are found printed in this bulletin or in the red hymnal, Evangelical Lutheran Worship (ELW).



You are encouraged to listen to your body and stand or remain seated at any point in the service.



Masks are welcome, but not required.



Children are welcome and celebrated in worship. Each Sunday there are Children's Bags at each of the ushers' tables at the entrances to the sanctuary. Inside each bag is a worship activity and snack. Many families sit near the children's tables next to the baptismal font, but you are welcome to sit anywhere in the sanctuary that is comfortable to you.



All are welcome to receive communion at Central. At the ushers' invitation, you will proceed toward the altar where there are regular and gluten-free wafers served with wine or grape juice. Your server will offer bread and wine for all, including children. If you prefer to receive a blessing rather than communion, please let your server know.



Offering can be made online using the QR code in the bulletin or left in the offering plates just outside the sanctuary doors.

MEMBERS OF:

Evangelical Lutheran Church in America | www.elca.org

Align Minneapolis | www.alignmpls.org

ReconcilingWorks | www.reconcilingworks.org



Welcome to worship at Central Lutheran Church. As you arrive for worship, you are invited to prepare your hearts and minds while listening to the prelude before the service begins today.



The Holy Spirit gathers us in unity on this first day of the week.

PRELUDE

“Diptych”

Brenda Portman

I. Prayer

II. Paean

(At the sound of the bell, please stand and face the font.)

Gathering

CONFESSION AND FORGIVENESS

Remembering our baptism, we begin in the name of the Father, and of the ✝ Son, and of the Holy Spirit. **Amen.**

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord. **Amen.**

Let us confess our sin in the presence of God and of one another.
Silence is kept for reflection.

Most merciful God,
we confess that we are captive to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name.
Amen.

In the mercy of almighty God, Jesus Christ was given to die for us, and for his sake God forgives us all our sins. As a called and ordained minister of the church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the ✝ Son, and of the Holy Spirit. **Amen.**

GATHERING HYMN

Hymn 796

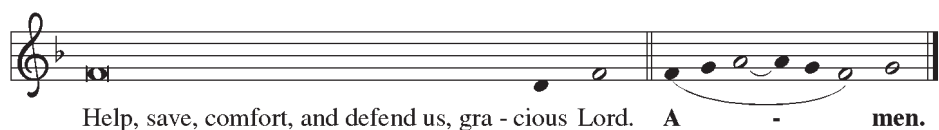
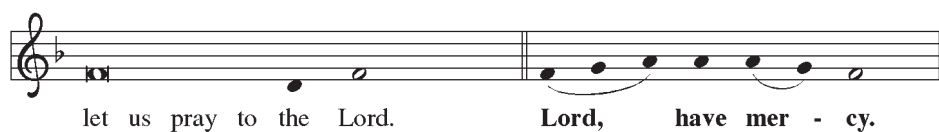
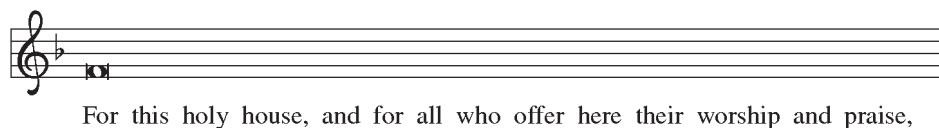
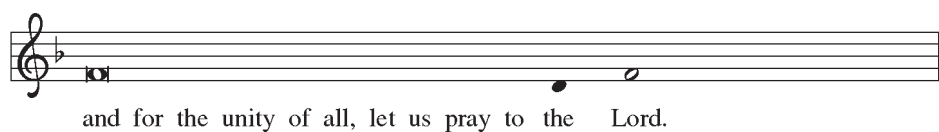
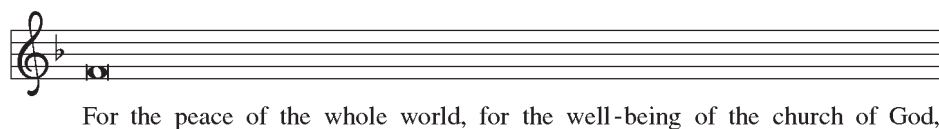
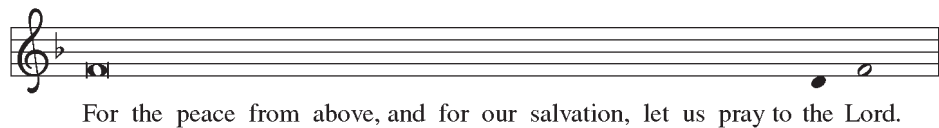
“How Firm a Foundation”

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.

KYRIE



PRAYER OF THE DAY

Let us pray.

O God, our healer and guide, in the waters of baptism you bring us to new birth to live as your children. Strengthen our faith in your promises, that by your Spirit we may lift up your life to all the world through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

(Please be seated)



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

Word

CHILDREN'S TIME

PSALM 121

“I Will Lift Up Mine Eyes”

Leo Sowerby

*I will lift up mine eyes unto the hills, from whence cometh my help.
My help cometh from the Lord, which made heaven and earth.
He will not suffer thy foot to be moved: He that keepeth thee will not slumber.
Behold, He that keepeth Israel shall neither slumber nor sleep.
My help cometh from the Lord; which made heaven and earth.
The Lord is thy keeper; thy shade upon thy right hand.
The sun shall not smite thee by day, nor the moon by night.
The Lord shall preserve thee from all evil, He shall preserve thy soul.
The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.
Amen.*

(Please stand)

LENTEN ACCLAMATION

Re - turn to the Lord, your God, for he is gra - cious and
mer - ci - ful, slow to an - ger, and a - bound - ing in
stead - fast love, and a - bound - ing in stead - fast love.



GOSPEL

John 3:1-17

The Holy Gospel according to John.
Glory to you, O Lord.

¹ Now there was a Pharisee named Nicodemus, a leader of the Jewish authorities. ² He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God, for no one can do these signs that you do unless God is with that person.” ³ Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” ⁴ Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” ⁵ Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶ What is born of the flesh is flesh, and what is born of the Spirit is spirit. ⁷ Do not be astonished that I said to you, ‘You must be born from

above.’⁸ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”⁹ Nicodemus said to him, “How can these things be?”¹⁰ Jesus answered him, “Are you the teacher of Israel, and yet you do not understand these things?

¹¹ “Very truly, I tell you, we speak of what we know and testify to what we have seen, yet you do not receive our testimony. ¹² If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? ¹³ No one has ascended into heaven except the one who descended from heaven, the Son of Man. ¹⁴ And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵ that whoever believes in him may have eternal life.

¹⁶ “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

¹⁷ “Indeed, God did not send the Son into the world to condemn the world but in order that the world might be saved through him.”

The Gospel of the Lord.
Praise to you, O Christ.

(Please be seated)

SERMON

(Please stand)

HYMN OF THE DAY
“Baptized and Set Free”

Hymn 453

PRAYERS OF THE CHURCH

Merciful God, hear us as we seek your healing love for our lives, community and the world.

Each petition concludes:

Hear us, O God.

Your mercy is great.

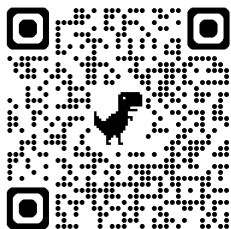
Receive our prayers, O God, through Jesus Christ, who gives all the sustaining common elements of home. **Amen.**

PEACE

The peace of the Lord be with you always.

And also with you.

(Please be seated)



Scan to make a financial offering.



God feeds us with the presence of Jesus Christ.

MUSICAL OFFERING

“Amplius Lava Me”

Sung in Latin:

*Amplius lava me a iniquitate mea,
et a peccato meo munda me.*

Francesco Ciampi,
arr. Michael Burkhardt

Translation:

Wash me yet more from my iniquity,
and cleanse me from my sin.

Meal

(Please stand)

PRESENTATION HYMN

“Tree of Life and Awesome Mystery”

Stanzas 1 and Lent 2

1 Tree of Life and awe - some mys - t'ry, in your
 death we are re - born; though you die in all of
 his - t'ry, still you rise with ev - 'ry morn, still you
 rise with ev - 'ry morn.

Lent 2

In our call to be a blessing,
may we be a blessing true;
may we live and die confessing
Christ as Lord of all we do.

GREAT THANKSGIVING

The Lord be with you.

And also with you.

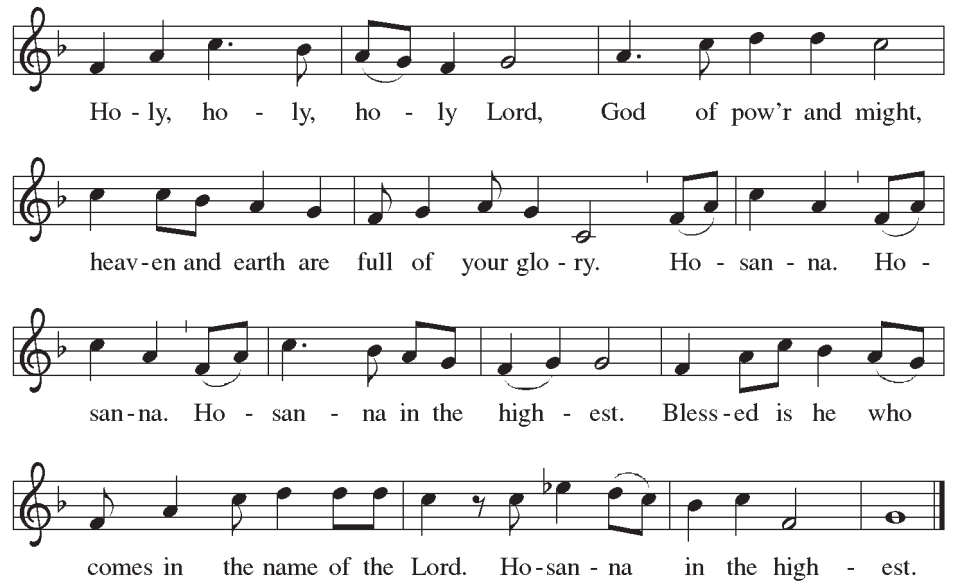
Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right...and join in their unending hymn:



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

Creating, Healing and Sustaining God, you provide a home for all, built around common elements...All glory and honor is yours, O God, O Living One, with the Holy Spirit, in your holy church, now and forever. **Amen.**

LORD'S PRAYER



Our Fa - ther in heav - en, hal - lowed be your name,
your king-dom come, your will be done, on earth as in heav - en.
Give us to - day our dai - ly bread. For - give us our sins as we
for-give those who sin a - gainst us. Save us from the time of tri - al
and de - liv - er us from e - vil. For the king - dom, the pow'r,
and the glo - ry are yours, now and for - ev - er. A - men.

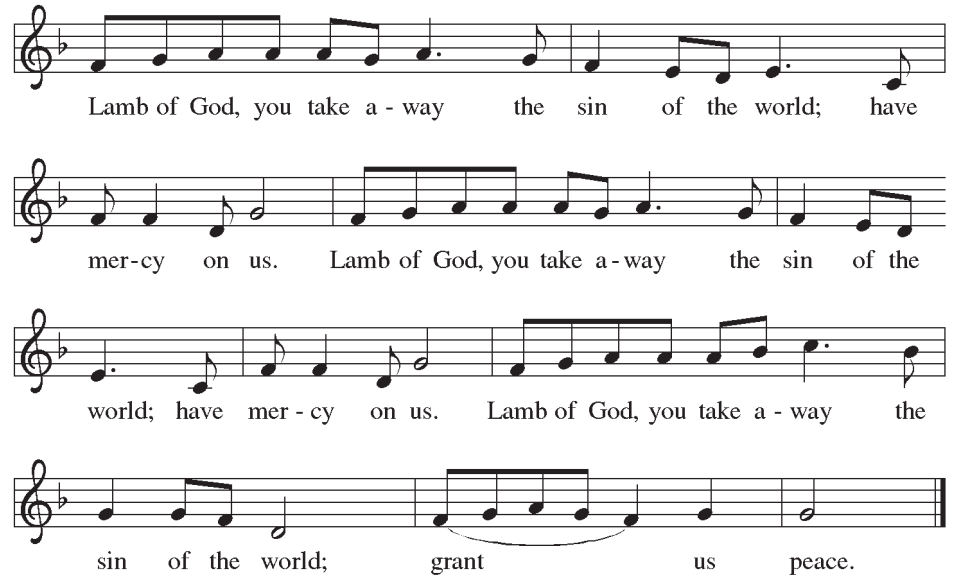
(Please be seated)

All are invited to receive these gifts of God.

Children are welcome to come forward and receive communion or a blessing.

COMMUNION

“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.

“Ave Verum Corpus”

Wolfgang Amadeus Mozart

Sung in Latin:
Ave verum corpus, natum
de Maria Virgine,
vere passum, immolatum
in cruce pro homine
cuius latus perforatum
fluxit aqua et sanguine:
esto nobis praegustatum
in mortis examine.

Translation:
Hail, true Body, born
of the Virgin Mary,
having truly suffered, sacrificed
on the cross for mankind,
from whose pierced side
water and blood flowed:
Be for us a sweet foretaste
in the trial of death!

“In the Cross of Christ I Glory”

Hymn 324

(Please stand)

POST-COMMUNION PRAYER

Compassionate God, you have fed us with the bread of heaven. Sustain us in our Lenten pilgrimage: may our fasting be hunger for justice; our alms, a making of peace; and our prayer, the song of grateful hearts, through Jesus Christ, our Savior and Lord. **Amen.**



*God blesses us and sends
us for shared mission in
our shared world.*

Sending

BENEDICTION

The Lord bless you and keep you.
The Lord's face shine on you with grace and mercy.
The Lord look upon you with favor and give you peace.
In the name of the Father, and of the Son, \dagger and of the Holy Spirit.
Amen.

SENDING HYMN

Hymn 638

"Blessed Assurance"

DISMISSAL

Go in peace, serve the Lord.
Thanks be to God!

POSTLUDE

"Toccatà in D Minor," BuxWV 155

Dieterich Buxtehude

Serving Today

Pastor Stephanie Friesen	<i>preacher</i>
Pastor Peter Nycklemoe	<i>presider</i>
Pastor Melissa Pohlman	<i>hospitality</i>
Zee Gregerson	<i>assisting</i>
Karl Evert	<i>crucifer</i>
Central Choir	<i>ensemble</i>
Joe Osowski	<i>choir director</i>
Gregory Peterson	<i>organist</i>
Mark Kieffer	<i>video/sound</i>
Allison Eger	<i>host</i>

Thanks to:

Sacristans, Usher, Hospitality Ministry Teams.

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Presentation Hymn: Text: Marty Haugen, b. 1950

Music: Marty Haugen

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Central Lutheran
MINNEAPOLIS

An Everyday Church for Everyone

Central Lutheran
333 South 12th Street
Minneapolis, MN 55404

(612) 870-4416 | info@centralmpls.org