



Third Sunday in Lent

Eucharist

Sunday, March 8, 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

MNIPL Climate Justice Congregation | www.mnipl.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

(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

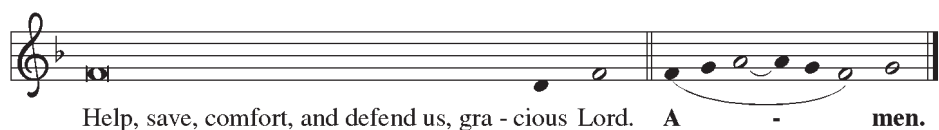
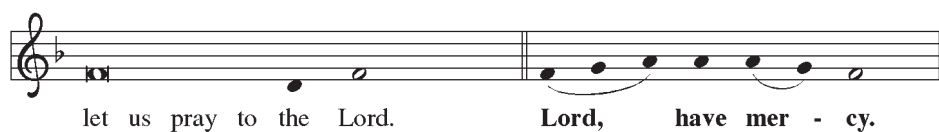
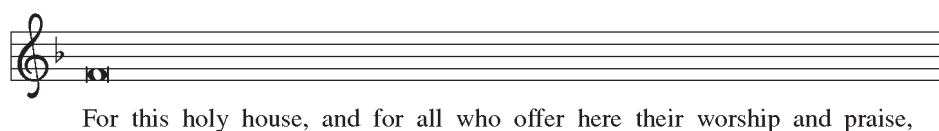
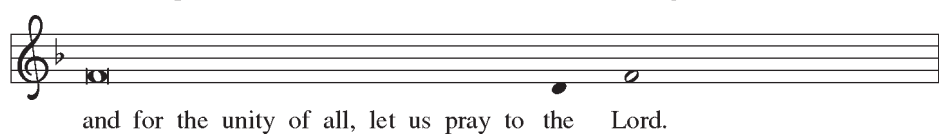
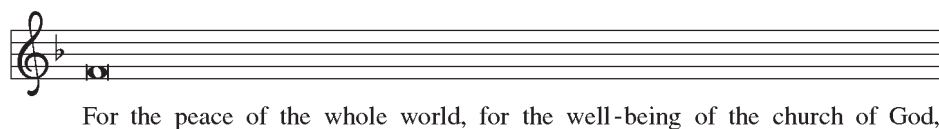
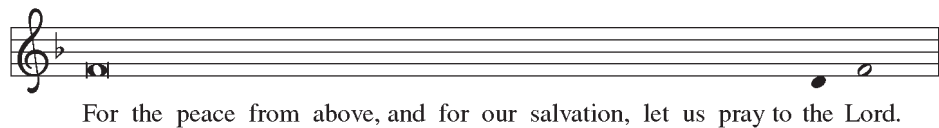
Hymn 332

“I Heard the Voice of Jesus Say”

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.

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.**

(Please be seated)



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

Word

CHILDREN'S TIME

PSALM 95-96

“O Come, Let Us Sing unto the Lord”

Emma Lou Diemer

O come, let us sing unto the Lord; Let us heartily rejoice in the strength of our salvation.

Let us come before His presence with thanksgiving; and show ourselves glad in Him with psalms.

For the Lord is a great God; And a great King above all gods. In His hand are all corners of the earth;

And the strength of the hills is His also. The sea is His and He made it; His hands prepared the dry land.

O come, let us worship and fall down and come, let us kneel before the Lord, our Maker.

For He is the Lord our God; and we are the people of His pasture, and the sheep of His hand.

O worship the Lord in the beauty of holiness; Let the whole earth stand in awe of Him, in awe of Him.

For He cometh to judge the earth; And with righteousness to judge the world, and the peoples with His truth.

O come, let us sing unto the Lord; Let us heartily rejoice in the strength of our salvation.

For He is the Lord, our God.

(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.

(Please be seated)



The Holy Gospel according to John.

Glory to you, O Lord.

Now when Jesus learned that the Pharisees had heard, “Jesus is making and baptizing more disciples than John”² (although it was not Jesus himself but his disciples who baptized),³ he left Judea and started back to Galilee.⁴ But he had to go through Samaria.⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph.⁶ Jacob’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.)⁹ The 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.)¹⁰ Jesus 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.”¹¹ The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water?”¹² Are you greater than our ancestor Jacob, who gave us the well and with his sons and his flocks drank from it?”¹³ Jesus said to her, “Everyone who drinks of this water will be thirsty again,¹⁴ 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.”¹⁵ 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.”

¹⁶Jesus said to her, “Go, call your husband, and come back.”¹⁷ The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband,’¹⁸ for you have had five husbands, and the one you have now is not your husband. What you have said is true!”¹⁹ The woman said to him, “Sir, I see that you are a prophet.²⁰ Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.”²¹ Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem.²² You worship what you do not know; we worship what we know, for salvation is from the Jews.²³ But 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.²⁴ God is spirit, and those who worship him must worship in spirit and truth.”²⁵ The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.”²⁶ Jesus 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?”²⁸ Then 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?”³⁰ They left the city and were on their way to him.

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

³⁹ Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.”⁴⁰ So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days.⁴¹ And many more believed because of his word.⁴² They 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.”

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

SERMON

(Please stand)

HYMN OF THE DAY

“For All the Faithful Women”



1 For all the faith - ful wom - en who served in days of old,
 2 Re - call the out - cast wom - an with whom our Lord con-versed:
 3 All praise to God the Fa - ther! All praise to Christ the Son!



to you shall thanks be giv - en; to all, their stor - y told.
 Christ gave her liv - ing wa - ter to quench her deep - est thirst.
 All praise to God the Spir - it, who binds the church as one!



They served with strength and glad - ness in tasks your wis - dom gave.
 Like hers, our hearts are yearn - ing; Christ of - fers us his word.
 With saints who went be - fore us, with saints who wit - ness still,



To you their lives bore wit - ness, pro - claimed your pow'r to save.
 Then may our lips be burn - ing to wit - ness to our Lord.
 we sing glad al - le - lu - ias and strive to do your will.

Text: Herman G. Stuempfle Jr., 1923–2007
 Music: KING’S LYNN, English folk tune
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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)

MUSICAL OFFERING

“If I Forget, Yet God Remembers!”

Dan Pederson

If I forget, yet God remembers!

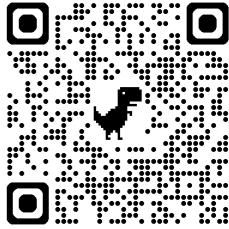
If these hands of mine cease from their clinging,

yet the hands divine hold me so firmly that I cannot fall;

And if sometimes I am too tired to call for him to help me,

then he reads the prayer unspoken in my heart, and lifts my care.

-Robert Browning



Scan to make a financial offering.



God feeds us with the presence of Jesus Christ.

Meal

(Please stand)

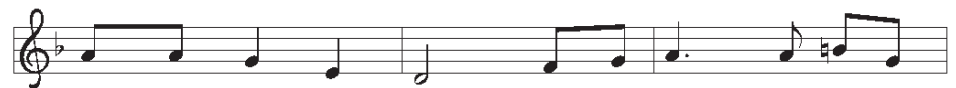
PRESENTATION HYMN

“Tree of Life and Awesome Mystery”

Stanzas 1 and Lent 3



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 3

Living Water of salvation,
be the fountain of each soul;
springing up in new creation,
flow in us and make us whole.

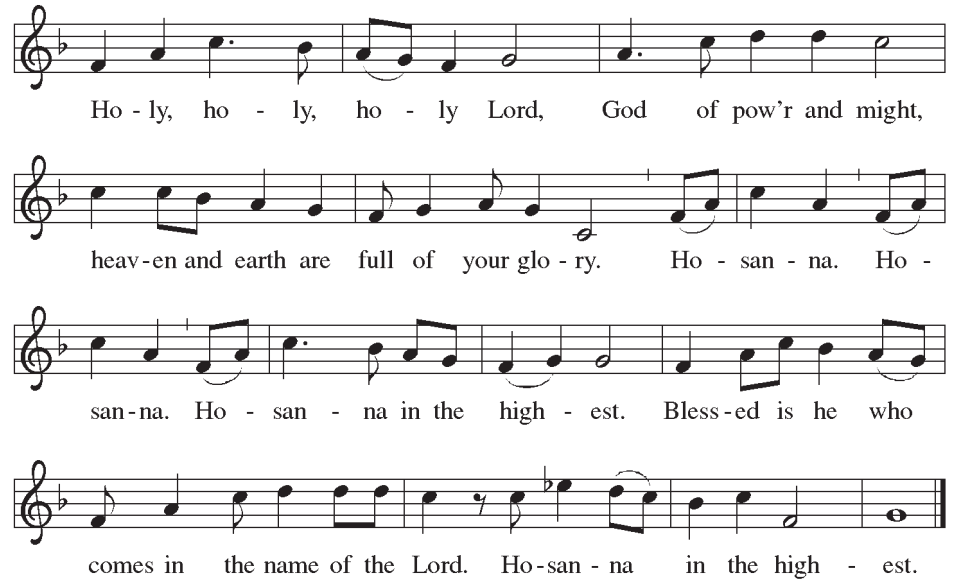
GREAT THANKSGIVING

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.

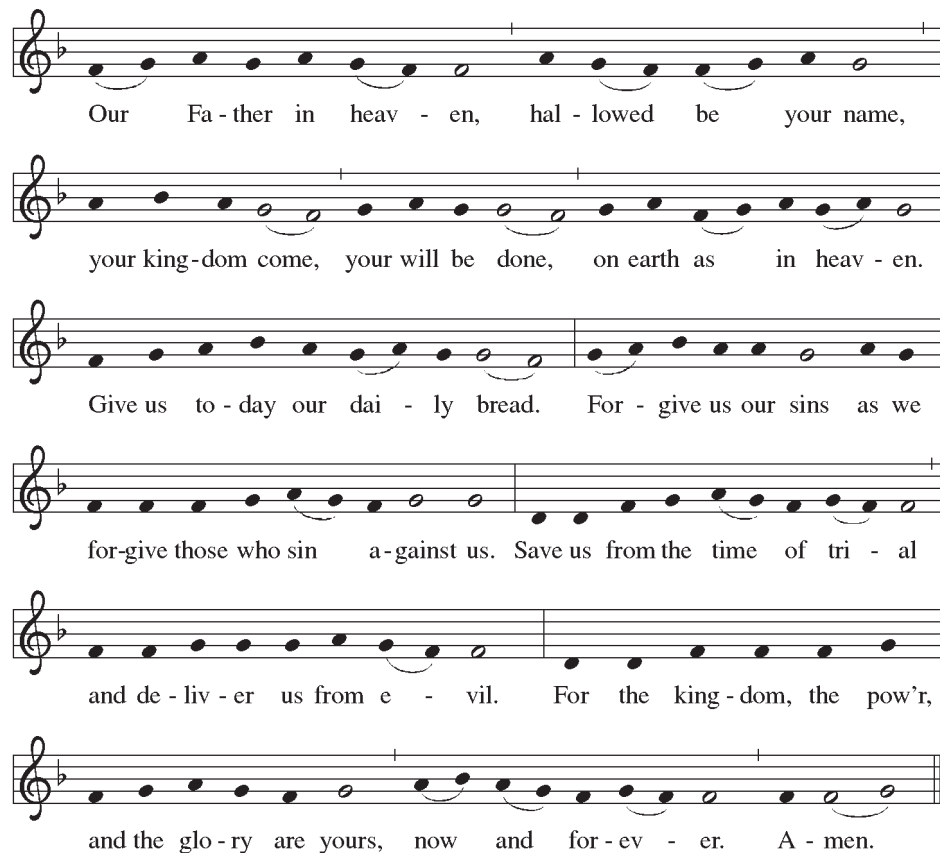
It is indeed right...and join in their unending hymn:



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.

All are invited to receive these gifts of God.

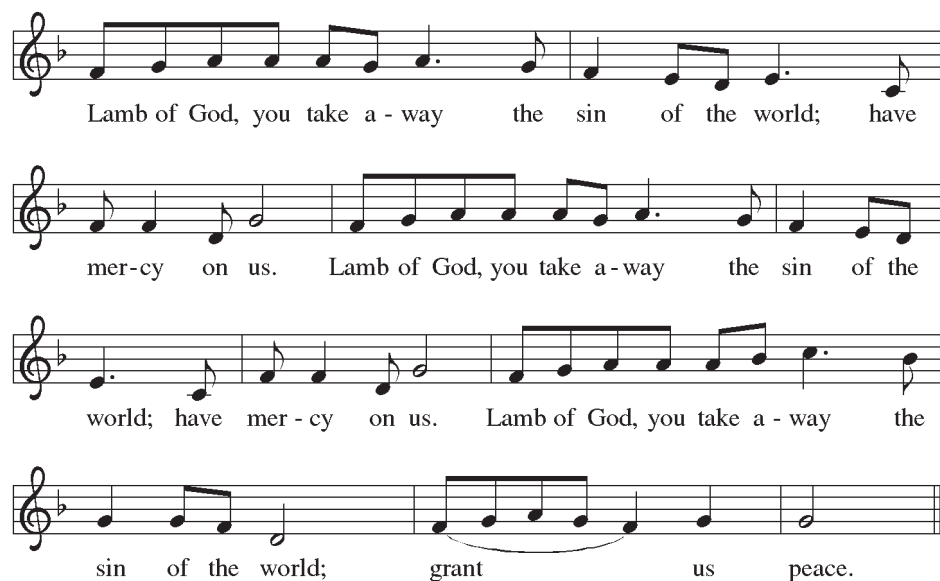
Children are welcome to come forward and receive communion or a blessing.

**Many African American spirituals and hymns were never credited to their creators or were claimed by other individuals. On weekends when Central uses music or music texts created by people who were kept in chattel slavery, a donation will be made to a Historical Black College and University (HBCU) as a reparation to their descendants. For 2026, Central will be sending donations to Texas Southern University in Houston, Texas.*

(Please be seated)

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.

"O God of Mercy"

Simon Lole

*"Let Us Break Bread Together"

Hymn 471

(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, ✝ and of the Holy Spirit.
Amen.

SENDING HYMN

Hymn 335

"Jesus, Keep Me Near the Cross"

DISMISSAL

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

POSTLUDE

"Lamb of God, Pure and Sinless,"
BWV 618

Setting, Johann Sebastian Bach

Serving Today

Pastor Melissa Pohlman	<i>preacher</i>
Pastor Stephanie Friesen	<i>presider</i>
Pastor Peter Nycklemoe	<i>hospitality</i>
Ann Oyen	<i>assisting</i>
Christopher McCarty	<i>crucifer</i>
Central Choir	<i>ensemble</i>
Joe Osowski	<i>choir director</i>
Isaac Drewes	<i>organist</i>
Henry Rye	<i>organ scholar</i>
Mark Kieffer	<i>video/sound</i>
Karen Snyder	<i>host</i>

Thanks to:

Sacristans, Usher, Hospitality Ministry Teams.

Chancel flowers this week are given by the children and grandchildren of Char Johnson in celebration of her 90th birthday on March 4.

Chancel flowers are given by Kent Gustafson and Jill and Craig Sinclair in loving memory of Viki Kimsal.

Portions of the liturgy are from SundaysandSeasons.com

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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

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