

# LARGE PRINT EDITION



## HOLY COMMUNION

*Third Sunday in Lent*

March 8, 2026+ 9:30 am

*The woman at the well*

*Image of baptism: living water*

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All Are Welcome! Mt Carmel at 100 – Past Present Promise 1926 - 2026

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### *Let us drink from Jesus the spring of water*

*In today's gospel the Samaritan woman asks Jesus for water, an image of our thirst for God. Jesus offers living water, a sign of God's grace flowing from the waters of baptism. The early church used this gospel and those of the next two Sundays to deepen baptismal reflection during the final days of preparation before baptism at Easter. As we journey to the resurrection feast, Christ comes among us in word, bath, and meal—offering us the life-giving water of God's mercy and forgiveness.*

### *Lent 2026 We journey to the place of God's mercy (Images of Baptism)*

Feb 22	<i>The temptation of Jesus (renouncing evil)</i>
March 1	<i>The mission of Christ: saving the world (Nicodemus seeks rebirth)</i>
March 8	<i>The woman at the well (living water)</i>
March 15	<i>The man born blind (light and sight)</i>
March 22	<i>The raising of Lazarus (out of the tombs)</i>

## GATHERING

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

### GATHERING MUSIC

*At the sound of the bell please stand if you are able and face the worship leaders.*

## GATHERING HYMN

(hymn) ELW 777

“Come to Me, All Pilgrims Thirsty”

stanzas 1 – 4

- 1 "Come to me, all pilgrims thirsty; drink the water I will give.  
If you knew what gift I offer, you would come to me and live."

### *Refrain*

Jesus, ever flowing fountain, give us water from your well.  
In the gracious gift you offer there is joy no tongue can tell.

- 2 "Come to me, all trav'lers weary; come that I may give you rest.  
Drink the cup of life I offer; at this table be my guest." *Refrain*

- 3 "Come to me, believers burdened; find refreshment in this place.  
Come, receive the gift I offer, turn to me and seek my face."

### *Refrain*

- 4 "Come to me, repentant sinners;  
leave behind your guilt and shame.  
Come and know divine compassion,  
turn to me, I call your name." *Refrain*

Text: Delores Dufner, OSB, b. 1939

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## CONFESSION AND FORGIVENESS

*The assembly is invited to stand or kneel; and all may make the sign of the cross, the sign marked at baptism, as the presiding minister begins.*

P Blessed be the holy Trinity, † one God,  
who forgives all our sin, whose mercy endures forever.

C Amen.

P Let us turn to God and confess our sin  
in the assurance of God's abiding love.

*silence is kept for reflection*

**Kyrie** (*Lord have mercy*)

**Kyrie eleison. Kyrie eleison.**

**Lord have mercy. Lord have mercy.**

**Kyrie eleison.**

**Kyrie eleison. Lord have mercy.**

**Christe eleison. Christe eleison.**

**Christ have mercy. Christ have mercy.**

**Christe eleison.**

**Christe eleison. Christ have mercy.**

**Kyrie eleison. Kyrie eleison.**

**Lord have mercy. Lord have mercy.**

**Kyrie eleison.**

**Kyrie eleison. Lord have mercy.**

*silence for reflection*

**P** Gracious God,

**C** we confess that we have sinned in thought, word, and deed,  
by what we have done and by what we have left undone.

**Forgive us and give us strength to turn from sin  
and to serve you in newness of life. Amen.**

**P** By water and the Holy Spirit, God gives us new birth, and  
through the death and resurrection of Jesus Christ, God  
forgives us all our sin. Almighty God strengthen you in all  
goodness and keep us in eternal life.

**C Amen.**

## **GREETING AND PRAYER OF THE DAY**

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

**C And also with you.**

**P** 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.

**C Amen.**

*The presider continues with words of welcome.*

## **WORD**

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

### **CHILDREN'S WORD**

*Children are invited forward; parents are welcome to come with their children.*

### **FIRST READING**

*Water from the rock in the wilderness* Exodus 17:1-7  
*Because the thirsty Israelites quarreled with Moses and put the Lord to the test, Moses cried out in desperation to the Lord. The Lord commanded Moses to strike the rock to provide water for the people. The doubt-filled question — “Is the Lord among us or not?” — received a very positive answer.*

From 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. <sup>2</sup>The 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?” <sup>3</sup>But 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?” <sup>4</sup>So 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?”

The word of the Lord.

### **C Thanks be to God.**

### **PSALM**

Psalm 95 (ICEL)

*Let us shout for joy to the rock of our salvation. (95:1)*

A Come, sing with joy to God, should to our savior, our rock.

**C Enter God’s presence with praise,  
enter with shouting and song.**

A A great God is the Lord, over the gods like a king.

God cradles the depths of the earth,  
holds fast the mountain peaks.

God shaped the ocean and owns it, formed the earth by hand.

**C Come, bow down and worship, kneel to the Lord our maker.  
This is our God, our shepherd, we are the flock led with care.**

A Listen today to God’s voice:

“Harden no heart as at Meribah,  
on that day in the desert at Massah.

There your people tried me, though they had seen my work.”

“Forty years with that lot!

I said: They are perverse, they do not accept my ways.

So I swore in my anger: They shall not enter my rest.”

**C O come, let us worship and bow down.**

A Let us kneel before the Lord, our Maker!

**C Give praise to the Father Almighty;  
to the Son, Jesus Christ, the Lord;  
to the Spirit who dwells in our hearts;  
both now and forever. Amen.**

## SECOND READING

*Reconciled to God by Christ's death*

Romans 5:1-11

*Though we often hear that God helps those who help themselves, here Paul tells us that through Jesus' death God helps utterly helpless sinners. Since we who had been enemies are reconciled to God in the cross, we now live in hope for our final salvation.*

*Paul writes to the church at Rome:*

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup>through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. <sup>3</sup>And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, <sup>4</sup>and endurance produces character, and character produces hope, <sup>5</sup>and 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.

<sup>6</sup>For while we were still weak, at the right time Christ died for the ungodly. <sup>7</sup>Indeed, rarely will anyone die for a righteous person--though perhaps for a good person someone might actually dare to die. <sup>8</sup>But God proves his love for us in that while we still were sinners Christ died for us. <sup>9</sup>Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. <sup>10</sup>For 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. <sup>11</sup>But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

The word of the Lord.

**C Thanks be to God.**

## **LENTEN GOSPEL ACCLAMATION**

Joel 2:13

*The assembly stands to welcome the gospel, singing: (ELW setting 3, p. 142)*

**C Return to the Lord you God, for he is gracious and merciful,  
slow to anger, and abounding in steadfast love, and  
abounding in steadfast love.**

## **GOSPEL**

*The woman at the well*

John 4:5-42

*Jesus defies convention to engage a Samaritan woman in conversation. Her testimony, in turn, leads many others to faith.*

P The holy gospel according to John.

**C Glory to you, O Lord.**

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

<sup>7</sup>A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." <sup>8</sup>(His disciples had gone to the city to buy food.) <sup>9</sup>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.) <sup>10</sup>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." <sup>11</sup>The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? <sup>12</sup>Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" <sup>13</sup>Jesus said to her, "Everyone who drinks of this water will be thirsty again, <sup>14</sup>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.” <sup>15</sup>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.”

<sup>16</sup>Jesus said to her, “Go, call your husband, and come back.” <sup>17</sup>The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; <sup>18</sup>for you have had five husbands, and the one you have now is not your husband. What you have said is true!” <sup>19</sup>The woman said to him, “Sir, I see that you are a prophet. <sup>20</sup>Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” <sup>21</sup>Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. <sup>22</sup>You worship what you do not know; we worship what we know, for salvation is from the Jews. <sup>23</sup>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. <sup>24</sup>God is spirit, and those who worship him must worship in spirit and truth.” <sup>25</sup>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.” <sup>26</sup>Jesus said to her, “I am he, the one who is speaking to you.”

<sup>27</sup>Just 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?” <sup>28</sup>Then the woman left her water jar and went back to the city. She said to the people, <sup>29</sup> “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” <sup>30</sup>They left the city and were on their way to him.

<sup>31</sup>Meanwhile the disciples were urging him, “Rabbi, eat something.” <sup>32</sup>But he said to them, “I have food to eat that you do not know about.” <sup>33</sup>So the disciples said to one another, “Surely no one has brought him something to eat?” <sup>34</sup>Jesus said to them, “My food is to do the will of him who sent me and to complete his work. <sup>35</sup>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. <sup>36</sup>The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper

may rejoice together. <sup>37</sup>For here the saying holds true, 'One sows and another reaps.' <sup>38</sup>I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

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

C Praise to you, O Christ.

## SERMON

*silence is kept for reflection*

## HYMN OF THE DAY

*(hymn) ELW 419*

"For All the Faithful Women"

*stanzas 1, 8, last*

**1 For all the faithful women who served in days of old,  
to you shall thanks be given; to all, their story told.  
They served with strength and gladness  
in tasks your wisdom gave.  
To you their lives bore witness, proclaimed your pow'r to save.**

*The Woman at the Well (Jn 4)*

**8 Recall the outcast woman with whom our Lord conversed:  
Christ gave her living water to quench her deepest thirst.  
Like hers, our hearts are yearning; Christ offers us his word.  
Then may our lips be burning to witness to our Lord.**

**Last**

**All praise to God the Father! All praise to Christ the Son!  
All praise to God the Spirit, who binds the church as one!**

**With saints who went before us, with saints who witness still,  
we sing glad alleluias and strive to do your will.**

Text: Herman G. Stuempfle Jr., b. 1923 © 1993 GIA Publications, Inc., Chicago, IL 60638.  
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## **APOSTLES' CREED**

*(adapted: each petition begins "I put my trust in...")*

**A** ... we proclaim the faith that we share.

**C I PUT MY TRUST IN God, the Father almighty,  
creator of heaven and earth.**

**I PUT MY TRUST 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 PUT MY TRUST 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.**

## **BEFRIENDERS BLESSING**

### **PRAYERS OF INTERCESSION**

*Prayers are offered for the Church, the earth, the nations, and those in any need.*

*each petition concludes:*

*...hear us O God.*

**C Your mercy is great.**

# MEAL

*God feeds us with the presence of Jesus Christ*

## RECONCILING PEACE

**P** In Jesus Christ God has made peace with us.

The peace of Christ be with you always.

**C** **And also with you.**

*The assembly is invited to share the peace of Christ with one another.*

## OFFERING

*When bread and wine are broken and shared in the Lord's Supper an offering is gathered for the mission of the church, including the care of those in need.*

*Please leave your offerings in the plates as they are passed, at the usher desk or give online. During this time, the table is set. Please stand as the offering procession reaches the chancel. Thank you for your generosity.*

*"Be Thou My Vision"*

*arr. Carlton Young*

## Presentation of the Gifts

**Offertory Procession**

*(ELW hymn #188)*

**C** **Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence and take not your Holy Spirit from me. Restore unto me the joy of your salvation and uphold me with your free Spirit.**

*The assisting minister pours out the wine.*

## GREAT THANKSGIVING

**P** The Lord be with you.

**C** **And also with you.**

*The presider continues with the Great Thanksgiving, concluding:*

**Lord's Prayer (1975)** *(to match Wednesday's Evening Prayer)*

**P** As Christ teaches, we pray:

**C** **Our Father in heaven,**

**hallowed be your name, your kingdom come,  
your will be done, on earth as in heaven.**

**Give us today our daily bread. Forgive us our sins  
as we forgive those who sin against us.**

**Save us from the time of trial and deliver us from evil.**

**For the kingdom, the power, and the glory are yours,  
now and forever. Amen.**

**Breaking of the Bread and Invitation to Communion**

**Communion**

*"Lamb of God"*

*(setting 3; page 146)*

**C** **Lamb of God, you take away the sin of the world; have  
mercy on us. Lamb of God, you take away the sin of the  
world; have mercy on us. Lamb of God, you take away the  
sin of the world; grant us peace.**

*silence for reflection concludes the communion*

**Prayer after Communion**

**A** Let us pray.

Merciful God, accompany our journey through these forty days. Renew us in the gift of baptism, that we may provide for those who are poor, pray for those in need, fast from self-indulgence, and above all that we may find our treasure in the life of your Son, Jesus Christ, our Savior and Lord,

**C** **Amen.**

# SENDING

*We are sent to be God's hands in the world*

## BLESSING

P Love the Lord your God with all your heart,  
With all your soul, with all your mind, with all your strength.  
Keep these words in your heart as you walk the way of Lent.  
Almighty God, Father, † Son, and Holy Spirit,  
bless you now and forever.

C Amen.

## SENDING HYMN

*(hymn)* ELW 658

“O Jesus, Joy of Loving Hearts”

- 1 O Jesus, joy of loving hearts,  
the fount of life, the light of all:  
from ev'ry bliss that earth imparts  
we turn, unfilled, to hear your call.
- 2 We taste you, ever-living bread,  
and long to feast upon you still;  
we drink of you, the fountainhead;  
our thirsting souls from you we fill.
- 3 For you our restless spirits yearn,  
where'er our changing lot is cast;  
glad, when your smile on us you turn,  
blest, when by faith we hold you fast.
- 4 O Jesus, ever with us stay!  
Make all our moments fair and bright!  
Oh, chase the night of sin away!  
Shed o'er the world your holy light.

Text: attr. Bernard of Clairvaux, 1091-1153; tr. Ray Palmer, 1808-1887, alt.

## ANNOUNCEMENTS AND SERVING OPPORTUNITIES

### DISMISSAL

*Please face the worship leaders for the dismissal.*

**A** Go in peace. Love and serve the Lord.

**C** Thanks be to God.

### POSTLUDE

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## SERVING TODAY

Pastor Foy Christopherson, *presiding*

Dave Olson, *assisting minister*

Youth, *first readers*

Jill Davis, *second reader*

Ruth Bills, *director of music & worship*

Oliver Hall, *guest musician*

Sanctuary Choir

Julie Larson, Anna Matthes, *technology desk*

Janell Partyka, *sacristan/altar guild*

Dave Samletzka, Barb Hollister, *ushers*

Dave Larson, *bus ministry*

Labandz family, *coffee hosts*

**Chancel flowers** this weekend are given to the glory of God.

*If you wish to donate flowers sign up in the narthex or call the church office.*

**The YouTube webcast** this weekend is sponsored by Rich & Susan Feist.

*If you wish to sponsor the webcast sign up in the narthex or call the church office.*

*Please join us for coffee fellowship in the lower level following worship.*

*This service is being streamed live on the internet.*

# GIVE US THIS WATER ALWAYS



The brood born here to live in heaven has life from water and the fructifying Spirit. Sinner, seek your cleansing in this stream that takes the old and gives a new person back. No barrier can divide where life unites: one faith, one fount, one Spirit make one people. A virgin still, the church gives birth to children conceived of God, delivered in the water. Washed in this bath the stains will float away that mark the guilt of Adam/Eve and your own. The stream that flows below sprang from the wounded Christ to wash the whole world clean and give it life. Children of the water, think no more of earth; heaven will give you joy; in heaven hope. Think not of your sins too many or too great: birth in this stream to holiness.

*- baptistry inscription, St. John Lateran in Rome, 5th Century*

# WELCOME



**Everyone is welcome.** We are a faith community participating in the life of God, a life that is a gift to us and in which we are actively engaged. That gift compels us to be actively engaged in the neighborhoods of Northeast Minneapolis as well. We are a multigenerational community that proudly celebrates our history while joining together with younger generations to follow where God is leading. We build our community through faith practices like prayer, dwelling in the Word and hospitality.

**Guests are welcome.** We are pleased you are worshiping with us today. If you would like more information about Mt. Carmel, please contact us at 612-781-2796, or email [pastor@mountcarmelmpls.org](mailto:pastor@mountcarmelmpls.org)

**Children are welcome** at all services. Worship bulletins for children and activity bags are available outside the sanctuary.

**Welcome to the Lord's Table.** All who come seeking Jesus are welcome at the Lord's Table. Please follow the guidance of the ushers and instructions in the order of service. During communion, ministers will bring bread and wine to you where you are seated if you require accessibility accommodation. Please inform the ushers. Communion may be received in one kind (only bread or only wine) from any station if wheat bread or alcohol presents a health concern. White grape juice is available by request at most liturgies from most communion stations.

**Welcome to the Holy Baptism.** All who come seeking Jesus are welcome to receive Holy Baptism. Please visit with any worship leader, staff member, hospitality volunteer, contact the church office, or complete an information card, indicating that you wish to be baptized. Our pastor will contact you.

## Friends of Mt. Carmel...Stay connected

Across the country and beyond there are many people who have a soft spot in their heart for Mt. Carmel Lutheran Church – people who feel a connection both to the history and the ongoing mission of this congregation. If you're one of them, we invite you to join a new network of Friends of Mt. Carmel. Email [pastor@mountcarmelmpls.org](mailto:pastor@mountcarmelmpls.org) for more information or to join.



**Digital giving** is available at Mt. Carmel. You can easily donate online through our website at [mountcarmelmpls.org](http://mountcarmelmpls.org) and click on Give. Mt. Carmel Lutheran is supported by generous people like you. Questions? Contact the church office at 612-781-2796.



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