



# FIRST LUTHERAN CHURCH

VANCOUVER, BC | EVANGELICAL LUTHERAN CHURCH IN CANADA



THIRD SUNDAY OF LENT

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MARCH 12, 2023

**WELCOME TO FIRST LUTHERAN CHURCH  
FOUNDED IN 1890**

**5745 Wales Street  
Vancouver BC V5R 3N3**

**PH: 604.435.6020**

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**www.firstlutheranvancouver.com**

**YouTube: youtube.com/firstlutheranvancouver**

First Lutheran is a community, a gathering of people of diverse ages, cultures and traditions. Just as Jesus opened himself to all and, by implication, opened the reign of God to all, so we, the members of First Lutheran seek to do the same.

All are welcome here regardless of their race, gender or sexual orientation; regardless of their social, economic, educational, linguistic or relationship status; regardless of their citizenship, religious or cultural background or makeup of their family; and regardless of their physical, mental, emotional, or spiritual condition. There is a place for you in our community worship, service and life. We have proudly served as a Reconciled in Christ Congregation since 2000.

We acknowledge that we gather, worship, work, and play on the unceded and ancestral lands of the Coast Salish peoples, the Musqueam, Squamish and Tsleil-Watuth nations. We are committed to learning and raising awareness of our country's historical relationship with First Peoples and continue to work toward true Reconciliation.

**IN-PERSON WORSHIP AT FIRST LUTHERAN**

Masks are no longer required while attending worship. As a sign of our care and love for one another, all those wishing to wear masks for their own and others' safety are welcome to do so. We strongly encourage all worshipers age 5 and up to be fully vaccinated.

Worship attendees will be greeted at the 42nd Avenue entrance off of the narthex when doors open at 10am. All are welcome to join us for conversation and refreshments in the Fellowship Hall downstairs after the service.

If you feel unwell for any reason or cannot follow our COVID restrictions, please remain at home and participate online. We will continue to stream our services via YouTube.

([www.youtube.com/firstlutheranchurchvancouver](http://www.youtube.com/firstlutheranchurchvancouver))

For your convenience, there is an elevator in the southwest corner of the building. Accessible, gender neutral washrooms are on the main floor in the northwest corner. There are additionally two washrooms down the stairs at the east end of the lower level. A wheelchair accessible entrance (also our office entrance) is located near the parking lot on the 42nd street side.





**THOSE SERVING THE SERVANTS TODAY**

Presiding Minister	David Lefsrud	Usher	Michael Ray
Assisting Minister	Sylvia Harris	Coffee Hour Hosts	Sandi Strate
Minister of Music	Rachel Alflatt		Ange Ndamuke
Cantor	Heidi Ackermann	Livestream Tech	Kevin Li
Lector	Carol Laslett	Communion Set-Up	Gloria Tymm

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**FIRST SUNDAY OF LENT**  
**MARCH 12, 2023**  
**SETTING ONE – HOLY COMMUNION**

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**PRELUDE**

Andante	Alexandre Boëly
Allegretto and Andantino	Léon Boëllmann

**WORDS OF WELCOME & ANNOUNCEMENTS**

**LAND ACKNOWLEDGEMENT**

It is with a heart for reconciliation that First Lutheran Church acknowledges that we meet and work and worship on the traditional, ancestral, and unceded lands of the Coast Salish peoples — the Musqueam, the Squamish, and the Tseil-Waututh nations.

**GATHERING**

**CONFESSION AND FORGIVENESS**





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 need for repentance and God's mercy.

*Silence is kept for reflection.*

Holy God,

**we confess to you our faults and failings.**

**Too often we neglect and do not trust your holy 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 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 Spirit's power.

**Amen.**

**GATHERING SONG — O Jesus joy of loving hearts (ELW 658)**

**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.**



**PRAYER OF THE DAY**

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.**

**WORD****FIRST READING: Exodus 17:1-7**

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. 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?" 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?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." The 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. I 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. He 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 95

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

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

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

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

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

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

For 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!

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

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

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

Indeed I swore in my anger,  
'They shall never come to my rest.'

## **SECOND READING: Romans 5:1-11**

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, 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. And not only that, but we also boast in our sufferings, knowing





that suffering produces endurance, and endurance produces character, and character produces hope, 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.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. 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. But 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.**

## **CHILDREN’S MESSAGE**

### **GOSPEL ACCLAMATION**

P. 103

#### **GOSPEL: John 4:5-42**

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

A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” (His disciples had gone to the city to buy food.) 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.) 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.” The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” 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.”

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

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







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

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

**Praise to you, O Christ.**

**SERMON—Rev. David Lefsrud**

**HYMN OF THE DAY — I Heard the Voice of Jesus Say (ELW 611)**

**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**

*Each petition ends with the words, "Merciful God". You are invited to respond "Receive our prayer".*

#### **PEACE**

The peace of Christ be with you always.

**And also with you.**

*(You may share a sign of peace to those around you.)*

#### **OFFERING PRAYER**

God of good gifts,  
receive these and all our offerings  
as we present them in faithful service  
for the sake of your gospel.

Prepare our hearts to receive you in this meal



as you pour out your very presence  
through Christ Jesus, the wellspring of eternal life.  
**Amen.**

## MEAL

### **DIALOG**

P. 107

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.**

### **PREFACE**

It is indeed right ... we praise your name and join their unending hymn:

### **HOLY, HOLY, HOLY**

P. 108

### **THANKSGIVING AT THE TABLE**

P.111

Blessed are you, O God of the universe.

Your mercy is everlasting

and your faithfulness endures from age to age.

Praise to you for creating the heavens and the earth.

Praise to you for saving the earth from the waters of the flood.

Praise to you for bringing the Israelites safely through the sea.

Praise to you for leading your people through the wilderness

to the land of milk and honey.

Praise to you for the words and deeds of Jesus, your anointed one.





Praise to you for the death and resurrection of Christ.  
Praise to you for your Spirit poured out on all nations.

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.

With this bread and cup  
we remember our Lord's passover from death to life  
as we proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

O God of resurrection and new life:  
Pour out your Holy Spirit on us  
and on these gifts of bread and wine.  
Bless this feast.

Grace our table with your presence.

**Come, Holy Spirit.**

Reveal yourself to us in the breaking of the bread.  
Raise us up as the body of Christ for the world.



Breathe new life into us.  
Send us forth,  
burning with justice, peace, and love.

**Come, Holy Spirit.**

With your holy ones of all times and places,  
with the earth and all its creatures,  
with sun and moon and stars,  
we praise you, O God,  
blessed and holy Trinity,  
now and forever.

**Amen.**

#### **LORD'S PRAYER**

**Our Mother, 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.**

**LAMB OF GOD**

P. 112

**INVITATION TO COMMUNION**





Come and receive Jesus, our strength in the wilderness.

**COMMUNION HYMN — Here Is Bread (ELW 483)**

**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 touch the world with your love.

**Amen.**

**SENDING**

**BLESSING**

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

**Amen.**

**SENDING HYMN — Guide me ever (ELW 618)**

**DISMISSAL**

Go in peace. Serve in love.

**Thanks be to God.**

**POSTLUDE**

Prelude in D minor

Johann Sebastian Bach



## ANNOUNCEMENTS

### HAPPY March BIRTHDAY TO:

Sylvia S.

Alex W.

Linda C.

Jessica S.

Ernie N.

Les S.

## UPCOMING AT FIRST LUTHERAN

### Sunday, March 19

Fourth Sunday of Lent, 10:30am (Sanctuary / YouTube)

Coffee and Conversation, 11:30am (Social Hall)

### Sunday, March 26

Fifth Sunday of Lent, 10:30am (Sanctuary / YouTube)

Coffee and Conversation, 11:30am (Social Hall)

### Saturday, April 1, 2023

9:30 am *Church Clean-up Day*

There will be an inside/outside church  
clean-up day. Just show up when you can!



# DIRECTORY

Ministers	God's People
Interim Pastor	Pr. David Lefsrud
Office Administrator	Farzan
Caretaker	Peter Dela Torre
Altar Guild Coordinator	Carol Laslett
Chancel Care	Linda Collins
Envelope Secretary	Gloria Tymm
Privacy Officer	Joel Westereng ( <a href="mailto:privacy@firstlutheranvancouver.com">privacy@firstlutheranvancouver.com</a> )

## CHURCH COUNCIL

Marly Zell	Council Chair
Joel Westereng	Vice Chair + Education Committee
Emmanuel Manu	Secretary + Property Committee
Carol Laslett	Music & Worship Committee
Harry Mickelson	Visioning Committee
Julie Bauming	Member at Large

## **FIRST LUTHERAN CHURCH**

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