

Third Sunday in Lent

March 8, 2026 – 10:30 a.m.

With One Voice: Holy Communion, Setting 6



ST. JOHN'S
LUTHERAN CHURCH

Prayer of preparation:

Lord Jesus, walk with us during these 40 days of Lent. Be near to us in our struggles against temptation, and let us find our strength in you. Bless this time of worship for your Name's sake. Amen.



Welcome

Pre-Service Music

"Prayer for Peace" (Paul Fey)

Ringling of the Bells

CONFESSION AND ABSOLUTION

The sign of the cross may be made by all in remembrance of their Baptism.

P In the name of the Father and of the ✝ Son and of the Holy Spirit.

C Amen.

P God of all mercy and consolation, come to the aid of your people, turning us from our sin to live for you alone. Give us the power of your Holy Spirit that, attentive to your Word, we may confess our sins, receive your forgiveness, and grow into the fullness of your Son, Jesus Christ our Lord.

C Amen.

P Let us confess our sin in the presence of God and of one another.

Silence for reflection and self-examination.

P Gracious God,

C we have sinned against you in thought, word, and deed.

We are not worthy to be called your children.

Have mercy on us and turn us from our sinful ways.

Forgive us and bring us back to you,

**For we once were dead but now have life, through our Savior Jesus Christ.
Amen.**

P The Lord is gracious and full of compassion, slow to anger and abounding in steadfast love. Through the Holy Spirit, God gives life, freedom from the power of sin, and resurrection from the dead. In the name of ✠ Jesus, your sins are forgiven. Live in newness of life.

C Amen.

SERVICE OF THE WORD

Processional Hymn

"Jesus, Refuge of the Weary" (LSB 423)



1 Je - sus, ref - uge of the wea - ry, Blest Re - deem - er,
2 Do we pass that cross un - heed - ing, Breath - ing no re -
3 Je - sus, may our hearts be burn - ing With more fer - vent



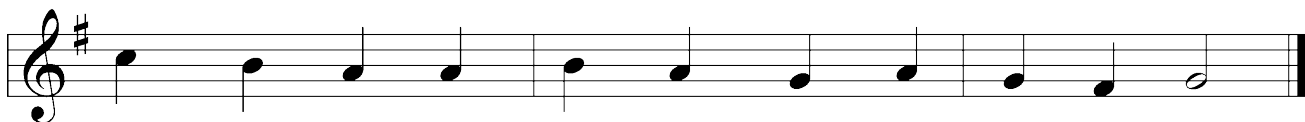
whom we love, Foun - tain in life's des - ert drea - ry, Sav - ior
pen - tant vow, Though we see You wound - ed, bleed - ing, See Your
love for You; May our eyes be ev - er turn - ing To be -



from the world a - bove: Of - ten have Your eyes, of - fend - ed,
thorn - en - cir - cled brow? Yet Your sin - less death has brought us
hold Your cross a - new Till in glo - ry, part - ed nev - er



Gazed up - on the sin - ner's fall; Yet up - on the
Life e - ter - nal, peace, and rest; On - ly what Your
From the bless - ed Sav - ior's side, Grav - en in our



cross ex - tend - ed, You have borne the pain of all.
grace has taught us Calms the sin - ner's deep dis - tress.
hearts for - ev - er, Dwell the cross, the Cru - ci - fied.

Text: Girolamo Savonarola, 1452-98; tr. Jane F. Wilde, 1826-96, alt.
Tune: Erbaulicher Musicalischer Christen-Schatz, 1745, Basel
Text and tune: Public domain

Greeting

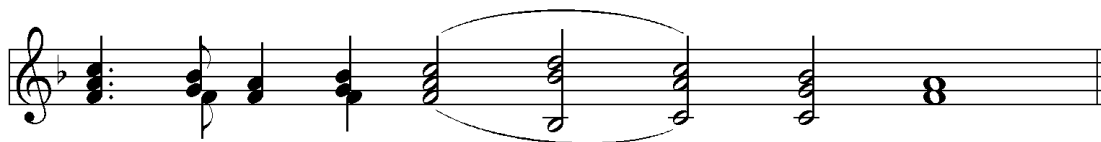
P The grace of our Lord, Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

C And also with you.

Kyrie



1, 3 Ky - ri - e e - lei - son. Ky - ri - e e - lei - son.
2 Chris - te e - lei - son. Chris - te e - lei - son.
1, 3 Lord, have mer - cy. Lord, have mer - cy.
2 Christ, have mer - cy. Christ, have mer - cy.



Ky - ri - e e - le - i - son.
Chris - te e - le - i - son.
Lord, have mer - cy.
Christ, have mer - cy.

Prayer of the Day

P O God, whose glory it is always to have mercy, be gracious to all who have gone astray from Your ways and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of Your Word; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C Amen.

Children's Message

Old Testament Reading

Exodus 17:1-7

¹All the congregation of the people of Israel moved on from the wilderness of Sin by stages, according to the commandment of the LORD, and camped at Rephidim, but there was no water for the people to drink.

²Therefore the people quarreled with Moses and said, "Give us water to drink." And Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" ³But the people thirsted there for water, and the people grumbled against Moses and said, "Why did you bring us up out

of Egypt, to kill us and our children and our livestock with thirst?" ⁴So Moses cried to the LORD, "What shall I do with this people? They are almost ready to stone me." ⁵And the LORD said to Moses, "Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. ⁶Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink." And Moses did so, in the sight of the elders of Israel. ⁷And he called the name of the place Massah and Meribah, because of the quarreling of the people of Israel, and because they tested the LORD by saying, "Is the LORD among us or not?"

L This is the Word of the Lord.

C **Thanks be to God.**

Psalm (*read responsively*)

Psalm 95:1-9

L Oh come, let us sing to the LORD;
let us make a joyful noise to the rock of our salvation!

C **Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!**

L For the LORD is a great God,
and a great King above all gods.

C **In his hand are the depths of the earth;
the heights of the mountains are his also.**

L The sea is his, for he made it,
and his hands formed the dry land.

C **Oh come, let us worship and bow down;
let us kneel before the LORD, our Maker!**

L For he is our God,
and we are the people of his pasture,
and the sheep of his hand.
Today, if you hear his voice,

C do not harden your hearts, as at Meribah,
as on the day at Massah in the wilderness,

L when your fathers put me to the test
and put me to the proof, though they had seen my work.

Epistle Reading

Romans 5:1-8

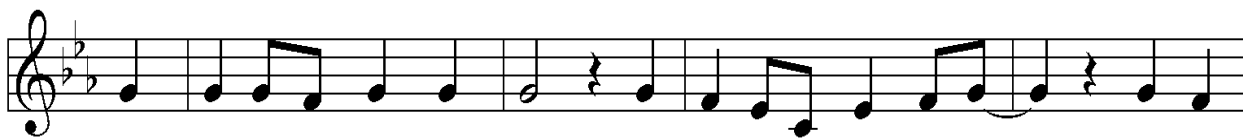
¹Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. ²Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. ³More than that, we rejoice in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— ⁸but God shows his love for us in that while we were still sinners, Christ died for us.

L This is the Word of the Lord.

C Thanks be to God.

Lenten Verse



Re - turn to the Lord, your God, re - turn to the Lord, your God, who is



gra-cious and mer-ci-ful, slow to an-ger, and a-bound-ing in stead-fast love.

P The Holy Gospel according to St. John, the fourth chapter.

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

*Please join in reading aloud the **highlighted portion** of Scripture
And consider committing this passage to memory in the week ahead.*

⁵[Jesus] came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. ⁶Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour. ⁷There came a woman of Samaria to draw water. Jesus said to her, "Give me a drink." ⁸(For his disciples had gone away into the city to buy food.) ⁹The Samaritan woman said to him, "How is it that you, a Jew, ask for a drink from me, a woman of Samaria?" (For Jews have no dealings with Samaritans.) ¹⁰Jesus 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." ¹¹The woman said to him, "Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water? ¹²Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock." ¹³Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴**but whoever drinks of the water that I will give him will never be thirsty forever. The water that I will give him will become in him a spring of water welling up to eternal life.**" ¹⁵The woman said to him, "Sir, give me this water, so that I will not be thirsty or have to come here to draw water." ¹⁶Jesus said to her, "Go, call your husband, and come here." ¹⁷The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; ¹⁸for you have had five husbands, and the one you now have is not your husband. What you have said is true." ¹⁹The woman said to him, "Sir, I perceive that you are a prophet. ²⁰Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship." ²¹Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. ²²You worship

what you do not know; we worship what we know, for salvation is from the Jews. ²³But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. ²⁴God is spirit, and those who worship him must worship in spirit and truth." ²⁵The woman said to him, "I know that Messiah is coming (he who is called Christ). When he comes, he will tell us all things." ²⁶Jesus said to her, "I who speak to you am he."²⁷Just then his disciples came back. They marveled that he was talking with a woman, but no one said, "What do you seek?" or, "Why are you talking with her?" ²⁸So the woman left her water jar and went away into town and said to the people, ²⁹"Come, see a man who told me all that I ever did. Can this be the Christ?" ³⁰They went out of the town and were coming to him [...]

³⁹Many Samaritans from that town believed in him because of the woman's testimony, "He told me all that I ever did." ⁴⁰So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days. ⁴¹And many more believed because of his word. ⁴²They 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 indeed the Savior of the world."

P The Gospel of the Lord.

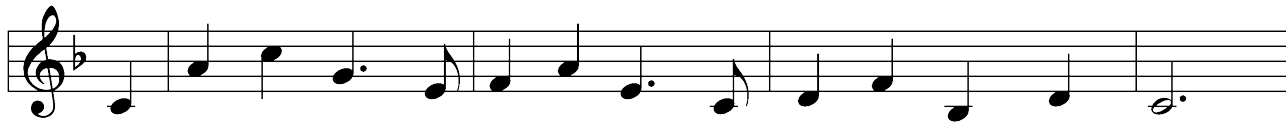
C **Praise to you, O Christ.**

Sermon

"From Ashes to Alleluia: With Jesus at the Well"

Hymn of the Day

"I Heard the Voice of Jesus Say" (LSB 699)



1 I heard the voice of Je - sus say, "Come un - to Me and rest;
2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
3 I heard the voice of Je - sus say, "I am this dark world's light.



Lay down, thou wea - ry one, lay down Thy head up - on My breast."
The liv - ing wa - ter; thirst - y one, Stoop down and drink and live."
Look un - to Me; thy morn shall rise And all thy day be bright."



I came to Je - sus as I was, So wea - ry, worn, and sad;
I came to Je - sus, and I drank Of that life - giv - ing stream;
I looked to Je - sus, and I found In Him my star, my sun;



I found in Him a rest - ing place, And He has made me glad.
My thirst was quenched, my soul re - vived, And now I live in Him.
And in that light of life I'll walk Till trav - 'ling days are done.

Text: Horatius Bonar, 1808-89, alt.
Tune: Amanda Husberg, 1940-2021
Text: Public domain
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Profession of Faith

The Nicene Creed

☑ We believe in one God, the Father almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven; by the power of the Holy Spirit he became incarnate from the virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will

come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one Baptism for the forgiveness of sins. We look for the resurrection of the dead, † and the life of the world to come. Amen.

Prayer of the Church

P Gathered by the Spirit, let us return to the Lord our God and pray for the church, the world, and all who yearn for new life.

Special prayer requests are announced followed by a brief silence for private prayer.

During the season of Lent each petition ends with the phrase: "Lord, in your mercy."

Please respond by saying: "Hear our prayer."

The prayers end with the words:

P Almighty God, you have commanded us to pray, and you promise to hear us. Hear the prayers of your people and grant us all that we need, for the sake of the One in whose name we pray, Jesus Christ, our Savior and Lord.

C Amen.

Announcements/Girls Scouts Faith Sunday

Offertory Prayer

L Let us pray. God our provider,

C you have not fed us with bread alone, but with words of grace and life. Bless us and these your gifts, which we receive from your bounty, through Jesus Christ our Lord. Amen.

SERVICE OF THE SACRAMENT

Great Thanksgiving

P The Lord be with you.

C And also with you.

P Lift up your hearts.

C We lift them up to the Lord.

P Let us give thanks to the Lord our God.

C It is right to give Him thanks and praise.

Preface

P It is indeed right and salutary that we should at all times and in all places offer thanks and praise to you, O Lord, holy Father, through Christ our Lord. You bid your people cleanse their hearts and prepare with joy for the paschal feast. Renew our zeal in faith and life, and bring us to the fullness of the grace that belongs to the children of God. And so, with the Church on earth and the hosts of heaven, we praise your name and join their unending hymn:

Sanctus

Ho-ly, ho - ly, ho - ly Lord, God of pow-er, God of might:
heav-en and earth are full of your glo-ry. 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. Ho - san - na in the high - est.

Music: *Mass of Creation*, Marty Haugen, b. 1950
Music © 1984 GIA Publications, Inc.

Eucharistic Prayer

Lord's Prayer

P Lord, remember us in your kingdom and teach us to pray:

C **Our Father who art in heaven,**

hallowed be Thy name,

Thy kingdom come,

Thy will be done on earth as it is in heaven;

give us this day our daily bread;

and forgive us our trespasses

as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from evil.

For Thine is the kingdom and the power

and the glory forever and ever. Amen.

Agnus Dei



Lamb of God, you take a - way the sin of the world;



have mer - cy on us, have mer - cy on us.



Lamb of God, you take a - way the sin of the world;



have mer - cy on us, have mer - cy on us.



Lamb of God, you take a - way the sin of the world;



grant us peace, grant us peace.

Please be seated

Distribution

Lutheran Christians believe and teach that in the Sacrament of the Altar, Christ's body and blood are given to those who receive the bread and wine. With the bread and wine, the gifts of His body and blood are given to Christ's people for forgiveness of sins, strength for our journey of faith, and a foretaste of the heavenly banquet. All who have been baptized into Christ's death and resurrection, and who trust His words that these gifts are given and shed for you for the forgiveness of sins, are invited to receive the Eucharist.

Please follow the direction of the ushers to come to the Lord's Table. The bread will be distributed first. **Gluten-free wafers** are available for those who may need these. Please indicate this to the pastor at the distribution. The wine is then received by individual glasses only. Non-alcoholic grape juice is available for those who for medical or recovery purposes must abstain from alcohol.

Children who do not receive the Sacrament are invited to come forward and receive a blessing. Please cross arms over chest so the pastor and lay assistant are able to distinguish children who do commune from those who do not yet receive the Sacrament.

For additional self-preparation to receive the Sacrament, please see "Christian Questions with Their Answers" beginning on page 1351 in the pew Bible.

Music at the Distribution

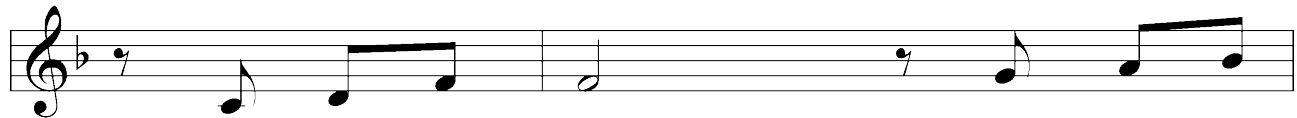
Choir Anthem "Come, ye sinners, poor and needy" (Ronald Turner)
Choir of St. John's

*Come, ye sinners, poor and needy,
Weak and wounded, sick and sore;
Jesus ready stands to save you,
Full of pity, love and power.
Come, ye thirsty, come, and welcome,
God's free bounty glorify;
True belief and true repentance,*

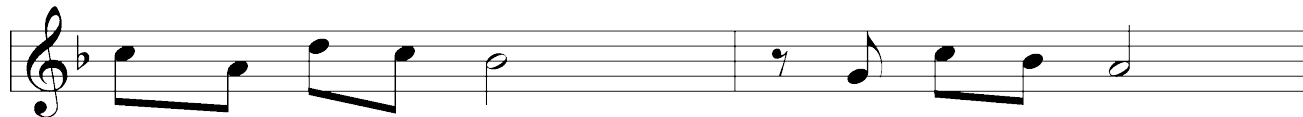
Every grace that brings you nigh.
 I will arise and go to Jesus,
 He will embrace me in His arms;
 In the arms of my dear Savior,
 O there are ten thousand charms

"What Is This Bread"

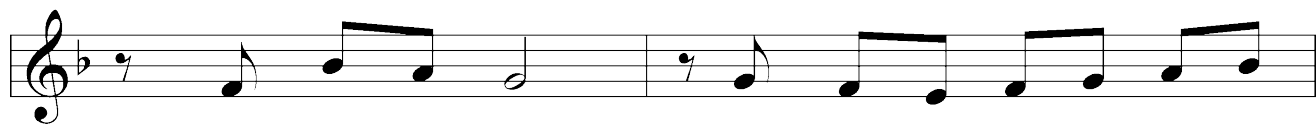
(LSB 629)



1	What	is	this	bread?	Christ's	bod - y
2	What	is	this	wine?	The	blood of
3	So	who	am	I,	That	I should
4	Yet	is	God	here?	Oh,	yes! By
5	Is	this	for	me?	I	am for -



ris - en	from the	dead:	This	bread	we	break,
Je - sus	shed	for	mine;	The	cup	of
live	and	He	should	die	Un - der	the
Word	and	prom - ise	clear,	In	mouth	and
giv - en	and	set	free!	I	do	be - lieve



This	life	we	take,	Was	crushed	to	pay	for	our	re -
Brings	His	em - brace	Of	life	and	love	un - til	I		
My	God,	my	God,	Why	have	You	not	for - sak - en		
He	makes	us	whole—	Christ,	tru - ly	pres - ent	in	this		
That	I	re - ceive		His	ver - y	bod - y	and	His		



lease.	O	taste	and	see—	the	Lord	is	peace.
sing!	O	taste	and	see—	the	Lord	is	King.
me?	O	taste	and	see—	the	Lord	is	free.
meal.	O	taste	and	see—	the	Lord	is	real.
blood.	O	taste	and	see—	the	Lord	is	good.

Text: Frederic W. Baue, 1946
 Tune: Jean Neuhauser Baue, 1951
 Text and tune: © 1991 Fred and Jean Baue. Used by permission: LSB Hymn License no. 110005318

"Eat This Bread"

(LSB 638)

Refrain



Eat this bread, drink this cup, Come to Him and nev - er be hun - gry.



Eat this bread, drink this cup, Trust in Him and you will not thirst.

Cantor or Choir



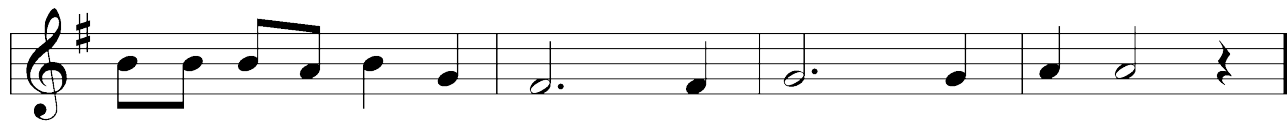
1 This is His bod - y giv - en for you; this is His blood that was shed for you.



2 As of - ten as you eat this bread and drink this cup, you show His death un - til He comes a - gain.



3 Eat His flesh and drink His blood, and Christ will raise you up on the Last Day.



4 An - y - one who eats this bread will live for - ev - er.

Refrain



5 If we be - lieve and eat this bread, we will have e - ter - nal life.

Text (sts. 1-2): Stephen P. Starke, 1955; (sts. ref, 3-5): Robert J. Batastini, 1942; (sts. ref, 3-5): Taizé Community

Tune: Jacques Berthier, 1923-94

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Dismissal

Prayer of Thanksgiving

L Let us pray: Merciful God,

C 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. Amen.

Blessing

P The Lord bless you and keep you.

The Lord make His face shine on you and be gracious to you.

The Lord look upon you with favor and ✠ give you peace.

C Amen.

Sending

L Go in Peace. Serve the Lord.

C Thanks be to God.

Sending Hymn

"Guide Me, O Thou Great Redeemer" (LSB 918)



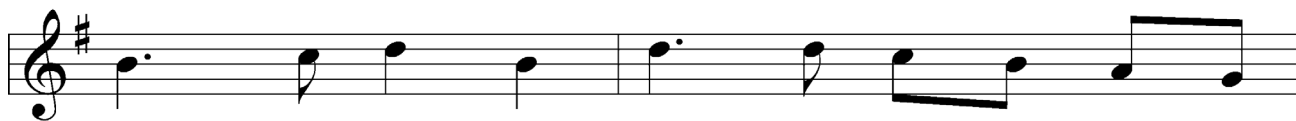
1 Guide me, O Thou great Re - deem - er, Pil - grim through this
2 O - pen now the crys - tal foun - tain Whence the heal - ing
3 When I tread the verge of Jor - dan, Bid my anx - ious



bar - ren land. I am weak, but Thou art might - y;
stream doth flow; Let the fi - ery, cloud - y pil - lar
fears sub - side; Death of death and hell's de - struc - tion,



Hold me with Thy pow'r - ful hand. Bread of heav - en,
Lead me all my jour - ney through. Strong de - liv - 'rer,
Land me safe on Ca - naan's side. Songs of prais - es,



bread of heav - en, Feed me till I want no
strong de - liv - 'rer, Be Thou still my strength and
songs of prais - es I will ev - er give to



more;
shield; Feed me till I want no more.
Thee; Be Thou still my strength and shield.
I will ev - er give to Thee.

Text: William Williams, 1717-91, abr.; (st. 1): tr. Peter Williams, 1722-96, alt.; (sts. 2-3): tr. William Williams, 1717-91
Tune: John Hughes, 1873-1932
Text and tune: Public domain

Postlude

"Prelude in D Minor" (Paul Fey)

Our Ministry Of Worship

Officiant/Preacher	Pastor Meehan
Welcome	Jennifer Hills, Director of Discipleship
Lay Assistant	Steve Tracy
Communion Lay Assistant	Thuy Nguyen
Organist/Pianist	David Leahey, Director of Music
Acolyte	Breanna Tillman
Crucifer	Gavin Stiens
Ushers	Angela del Pielago Arnaldo del Pielago
Altar Care	Barbara Pate
AV Operators	Mark Gilbertson Caroline Elhers
Welcome Host	Joseph Godwin
Nursery	Beth Rempe Lisa Goodell





This weekend's **altar flowers**
are given by donations
to the flower fund.

SCAN HERE TO



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Register or attend events/classes

Request for prayers

Connect on social media

...AND MORE!

Acknowledgments

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Prelude in D Minor - Paul Fey ((2023 Paul Fey) All rights reserved

2026 Lenten Worship Schedule

NOTE: livestreaming available for service times with an *

Sundays in Lent

March 15, and 22

10:30AM* - Worship Services with Holy Communion

Sunday, March 29 - Palm Sunday

10:30AM* - Worship Services with Holy Communion

Wednesdays in Lent

March 11, 18, 25, and April 1

12 Noon* - Midweek Lenten Worship with Holy Communion

Holy Week

Thursday, April 2 - Maundy Thursday

7:00PM* - Holy Communion and stripping of the altar

Friday, April 3 - Good Friday

12 Noon & 7:00PM* - No Communion

Saturday, April 4 - Holy Saturday/Great Vigil of Easter

7:00PM* - Holy Communion

Sunday, April 5 - Resurrection of Our Lord: Easter Sunday

8:00AM & 10:30AM* - Holy Communion

Easter Breakfast and Easter Egg Hunt between worship services



St. John's Lutheran Church
5952 Franconia Road
Alexandria, VA 22310



A member congregation of the Lutheran Church – Missouri Synod

St. John's Lutheran Church Staff

Pastor	Rev. John Meehan
Director of Discipleship	Jennifer Hills, DCE
Director of Music	David Leahey
Office Administrator	Michelle May
Finance Administrator	Jennifer Smith

Early Childhood Education Center (ECEC) Staff

Director of ECEC	Amanda Parks
ECEC Administrator	Kari Wells

Contact Us

Office: 703-971-2210

ECEC: 703-971-3581

Website: www.sjlc.com

Emails

Pastor: pastor.meehan@sjlc.com

Director of Discipleship: jennifer.hills@sjlc.com

Director of Music: david.leahey@sjlc.com

Office: office@sjlc.com

Finance: finance@sjlc.com

Communications Specialist: communications@sjlc.com

ECEC Director: ecec@sjlc.com

ECEC Administrator: ecec.admin@sjlc.com