

Zion Lutheran Church
Thief River Falls, MN

New Traditions Worship
Third Sunday in Lent

9:00 AM Worship
March 12, 2023

Pre-service Music
Welcome & Announcements

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 "Borning Cry" ELW #732

Greeting

From the one who is and who was and who is to come,
and from Jesus Christ, the first fruits of the resurrection,
grace and peace be with you all.

And also with you.



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.**

Word

Psalm: Psalm 95

- ¹Come, let us sing ¹ to the LORD;
let us shout for joy to the rock of ¹ our salvation.
- ²**Let us come before God's presence ¹ with thanksgiving
and raise a loud shout to the ¹ LORD with psalms.**
- ³For you, LORD, ¹ are a great God,
and a great ruler above all gods.
- ⁴**In your hand are the caverns ¹ of the earth;
the heights of the hills are ¹ also yours.**
- ⁵The sea is yours, ¹ for you made it,
and your hands have molded ¹ the dry land.
- ⁶**Come, let us worship ¹ and bow down,
let us kneel before the ¹ LORD our maker.**
- ⁷For the LORD is our God, and we are the people of God's pasture
and the sheep ¹ of God's hand. Oh, that today you would ¹ hear God's voice!
- ⁸**"Harden ¹ not your hearts,
as at Meribah, as on that day at Massah ¹ in the desert.**
- ⁹There your ancestors ¹ tested me,
they put me to the test, though they had ¹ seen my works.
- ¹⁰**Forty years I loathed that generation, saying,
'The heart of this people goes astray; they do not ¹ know my ways.'**
- ¹¹Indeed I swore ¹ in my anger,
'They shall never come ¹ to my rest.'"

Song "Jesus Loves Me" ELW #595

KIDS TALK Pastor Kristin

Noisy Offering—March offering will go to Prowler Pantry

Song "Halle, Halle, Hallelujah" ELW #172

Gospel: John 4:5-42

Jesus defies convention to engage a Samaritan woman in conversation. Her testimony, in turn, leads many others to faith. You are invited to hear this scripture in a new way through sharing in the reading of the Gospel. You are invited to be the voice of those encountering Jesus. How often do we consider how we might talk with Jesus about our own thoughts and feelings?

Narrator: ⁵[Jesus] came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph.⁶Jacob'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.)⁹The Samaritan woman said to him,

People: "How is it that you, a Jew, ask a drink of me, a woman of Samaria?"

Narrator: (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."¹¹The woman said to him,

People: "Sir, you have no bucket, and the well is deep. Where do you get that living water?"¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?"

Narrator: ¹³Jesus 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."¹⁵The woman said to him,

People: "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Narrator: ¹⁶Jesus said to her, "Go, call your husband, and come back."¹⁷The woman answered him,

People: "I have no husband."

Narrator: 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!"¹⁹The woman said to him,

People: "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."

Narrator: ²¹Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. 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 seeks such as these to worship him. ²⁴God is spirit, and those who worship him must worship in spirit and truth.” ²⁵The woman said to him,

People: “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.”

Narrator: ²⁶Jesus 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?” ²⁸Then the woman left her water jar and went back to the city. She said to the people,

People: ²⁹“Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?”

Narrator: ³⁰They left the city and were on their way to him. ³¹Meanwhile the disciples were urging him,

Women: “Rabbi, eat something.”

Narrator: ³²But he said to them, “I have food to eat that you do not know about.” ³³So the disciples said to one another,

Men: “Surely no one has brought him something to eat?”

Narrator: ³⁴Jesus said to them, “My food is to do the will of him who sent me and to complete his work. ³⁵Do 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. ³⁶The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷For here the saying holds true, ‘One sows and another reaps.’ ³⁸I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.” ³⁹Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” 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,

People: “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.”

Hymn of the Day “Just a Closer Walk With Thee” ELW # 697

Apostle’s 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.

Peace

The peace of the Lord be with you all. **And also with you.**

Offering - *ushers bring offering forward*

Offertory “Sanctuary”

Lord prepare me to be a sanctuary, pure and holy, tried and true.

With thanksgiving, I’ll be a living sanctuary for you. (CCLI Lic. # 11095451)

Prayers of Intercession *response: receive our prayer.*

Lord’s Prayer

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.

Sending

Blessing

The God who faithfully brings forth justice and breaks the oppressor’s rod
bless, strengthen, and uphold you, today and always. **Amen.**

Sending Song “My Life Flows on in Endless Song” ELW # 763

Dismissal Go in peace. Serve in love. **Thanks be to God.**

Post-service Music

WELCOME! ZION'S LAY MINISTRY/EVANGELISM BOARD SAYS A SPECIAL WELCOME TO YOU THIS MORNING AND MAY YOU BE FED SPIRITUALLY DURING THIS TIME OF WORSHIP.

OUR THANKS TO TODAY'S WORSHIP LEADERS/ASSISTANTS

Pastor: Kristin Ostercamp

Pianist: Laura Rude

Organist: Marie Longo

Greeters: Jessica Hegland

Reader: Shawna Spears

Ushers: Al Aaseby, Sandy Lubitz

Usher/Greeters: Dawson Colden, Ava Niebuhr

Acolytes: Dawson Colden, Ella Gust

OUR SYMPATHY to the families of Mavis Besserud and Matthew Nic Carlson. Mavis' funeral was held last week in Roseau. Matthew's funeral was held last Sunday at Johnson Funeral Service.

OUR PRAYERS TO Andy Hart recovering in Rochester.

PRAYERS TO keep all who are preparing for their First Communion in prayer. They begin instruction March 15th.

ZION WORSHIP SERVICE ONLINE Sunday mornings you can listen to the 9:00AM service online. Go to: www.ziontrf.org in the black banner click Listen Online, Click on the RED link to KTRF.

BROADCASTS today are sponsored by Ray & Kathy Wagner in memory of Lorae Johnson.

ZION'S WEBSITE for March is sponsored by Dick & Jan Haugen in memory of family & friends.

LISTENING DEVICES & LARGE PRINT bulletins are available from an usher.

LAY READERS: If you are interested in reading lessons for Sunday services, please call the church office at 681-3296 or Carol Narverud at 681-4805. We'd love to have you.

APRIL SHARING SERVANT MEETING has been postponed to next Sunday, March 19th.

LWR QUILTING the 1st, 3rd, and 5th Thursdays of the month 1- 4pm. All are welcome!

LWR PERSONAL CARE KITS — During Lent, WELCA is collecting items for the Personal Care Kits. Items needed for the kits are: *bath towels (may be used, but clean and in good condition), nail clippers, adult-size toothbrushes, sturdy combs, and two 4 oz. bath-size bars of soap.* Also, we use flannel sheets to make diapers for the Baby Care Kits. We also make diapers from large size cotton t-shirts either white or colored. Hand towels & soap are also needed for this kit. A container will be available for you to deposit your items. The confirmands assist with assembling these kits and then the kits are sent to Lutheran World Relief in early May along with the quilts the ladies are making. For more info, call Sharon Wagner at 681-2473 or Sharon Jorde at 681-4739. Thank you for your donations! A box for donations is beside the narthex steps.

LENTEN SUPPERS will be served at 5:30 PM Wednesdays. March 15: Pizza served by Men's Breakfast Group.

LENTEN WORSHIP begins at 6:30 Wednesdays. The theme for this year is Amazing Grace.

THE CROSS AND CHAINS near the lectern is a reminder of the weight of our sin. We are spending some time pondering the gift of God that we are saved by grace through faith. During our Wednesday worship services through the season of Lent you are invited to place your burdens on Jesus, to lay down the weight of sin and regret you carry. You are also welcome to spend some quiet time in the sanctuary during weekly business hours in meditation and prayer. Take a slip of paper, pray and we will add it to our chain. We lay our confessions on this cross as a reminder of some of the burden Jesus shouldered as he was crucified for our iniquities

STEWARDSHIP (Envelopes/Vanco Electronic Giving/Silver Creek included in all totals)

March 1-5 income: \$7,144.

Feb 1-28 income: \$26,077.

2023 Budget \$340,444. \$6,547. needed per week to meet budgeted expenses.

VANCO ELECTRONIC GIVING forms are in the wall rack by the office door. You can also set up contributions thru the link on Zion's website, or contact the church office.

Direct Thrivent Choice Dollars® Eligible Thrivent Financial members: Show your appreciation for Zion Lutheran Church by directing Choice Dollars. The individual recommendations you make through Choice Dollars directions can make a profound impact. *Thank you to all who have directed dollars,*

OUTDOOR ELECTRONIC SIGN Donations & Pledges: \$17,008. If you wish to contribute to this project you can drop off or mail to the church office. ***Thank you for your continued donations!***
The physical sign was installed February 27th, it is waiting for electric installation.

LSS RESPITE CARE - Thursdays, 12 Noon to 4:30 PM in the Lounge. For more info or to sign up please contact Julie Praska Moser at 218-686-6229

THE GROCERIES TO GO PROGRAM is available through our church if you'd like to use that option. If you need this service or would like to be a volunteer for grocery delivery, call the church office at 218-681-3296 and we'll get back to you.

PARISH HEALTH NOTE - With so much technology in our world and it's easy accessibility, it can be difficult to minimize screen time with our children. Even with the best tips, it can be a struggle. According to the CDC, kids age 8-18 years spend an average of 7.5 hours in front of a screen every day. The American Academy of Pediatrics newest recommendation for children usage is....

Under 18 months- avoid screens

18-24 months- Limit time to only introducing them to occasional educational pieces. (Phone chats are fine!)

2-5 years- Limit screen time to 1 hour per day while co-viewing media

6+ years- No set limits on time but place consistent limits on time using media, types of media, and where media usage is taking place.

What can be done to start cutting back on screen time?

Take small steps to create long-term changes. Cut back by 1 hour each week for a start.

Make a screen free bedroom. Keep as many screens as you can out of the bedroom and place in a central location. It will provide better sleeping with less temptation to use them.

Create a screen time schedule. Once established, have your child help with figuring out how they plan to use it.

Out of sight, out of mind. Put devices in a place where you and your children cannot see them. It's easier to forget they exist.

Mind your own screen time. If you are spending a lot of time on your phone or in front of a screen with social media, your children will want to also.

Encourage other activities. Reading, doing puzzles, playing board games, playing outside or with friends could be encouraged.

Consistency is the key. Stay calm and remind your child why limits are important.

Motivate your kids to be active. Children enjoy doing activities, especially if you keep it as a habit from early age.

Encourage activities that involve socializing. Look for activities that engage you child socially, such as school and church groups, camps or volunteer work.

By instilling a healthy relationship with devices as early as possible you will provide a great foundation for your child to continue with in the future. *God's Patience and Presence be with you! Parish Health*

Pastor Kristin Ostercamp, pastorkristin@mncable.net

Office Phone: 681-3296 Fax: 681-3048

Linda Hamrick, Office Manager ziontrf@mncable.net

Darlene Wiseth, Faith Community Nurse zionph@mncable.net

David Lee / Tiffany Sterry, Custodial

Sunday School 10:00-11:00 AM



March Noisy Offering: Prowler Pantry

FIRST COMMUNION CLASSES will be held for 5th grade and 6th/7th grade students who have not taken the class. Classes will begin Wed. March 15th at 5PM.

Letters/ registration has been mailed out . If you did not receive a mailing and wish to attend the classes, please contact the church office or Pastor Kristin.

Parents are invited to stay for coffee fellowship in the basement following worship. All are welcome!

Muffin Makers: Thank you for providing treats for Coffee Fellowship! (proceeds go to youth funds)
(Please bring 2 dozen baked goods to the fellowship hall on or before Sunday morning.)

March 12: Mark & Jenny Johnson, Matt & Jana Erickson, Matt & Kasey Olson, Matt Opdahl & Chantilly Streets, Max & Vanessa Thompson, Megan Klamar

March 26: Michelle Benitt, Mike & Jodi Flaagan, Nick & Ashley Beito

April 2: Nick & Ashley Beito, Nick & Cassie Wilson, Nick & Danielle Harris, Nick Opdahl

March 12 Coffee assistants: Gabe Nelson



FOOD AND FELLOWSHIP – March 19th following worship!

CONFIRMATION SCHEDULE - Lenten Worship at 6:30 PM Wednesdays

Lent Service Meal Clean-Up Help

Every year we ask students to help with the clean-up after the Lenten meals.

Here is the schedule with the corresponding grades for each night.

All students are asked to help.

Please be at church by 5:30 on your clean-up night.

*Parental help is needed for elementary nights



- March 15, 2023 **K-2nd** and **12th** Grade
- March 22, 2023 **3th-4th** Grade and **11th** Grade
- March 29, 2023 **9th** Grade

**Maundy Thursday- April 6, 2023- First Communion Dinner-
8th grade service project**

SCHEDULE FOR THE WEEK:

Today, Sunday, March 12:

9:00 Zion Worship
Broadcast ch. 3; KTRF
10 Sunday School
10 Coffee fellowship
11:00 Silver Creek worship
12:00 Zion broadcast on cable ch. 37

Monday, March 13:

9 SAIL Exercise
6:30 Den meeting

Tuesday, March 14:

9-1 Faith Community Nurse Office hours
9:30 Conference Pastors meet at Zion
Noon - Pastor's text study
11-1 RSVP in lounge

Wednesday, March 15:

5:30 Lent Supper/Men's Breakfast
Group serving
6:30 Lent Worship
7:15 Senior Choir

Thursday, March 16:

9 SAIL Exercise
12:30-4:30 Respite Care in Lounge
1:00 Quilting

Friday, March 17:

9:30 Coffee with Staff

Saturday, March 18:

Great Synod Get Together in Bemidji

Next Sunday, March 19:

9:00 Zion Holy Communion Worship
Broadcast ch. 3; KTRF
10 Sunday School
10 Food & Fellowship
10 April Sharing Servants in lounge
11:00 Silver Creek worship
12:00 Zion broadcast on cable ch. 37

GOSPEL MESSAGE

March 12, 2023

THIRD SUNDAY IN LENT

Gushing with Grace

The word *gush* has nuances of meaning. On the one hand, it can speak to large amounts of a liquid flowing forth. A geyser gushing water is quite different than a leaky faucet letting water through a drop at a time. On the other hand, *gush* can speak to our enthusiasm about a person, place, or experience. A person gushing about a new movie to a friend carries different energy than someone saying, “Eh, it was okay.”

In today’s gospel we get the first sense of this word as Jesus tells the Samaritan woman about the water he will give, which will become a spring that gushes up to eternal life. The word *gush* is not used again in the story, but the second part of the narrative gathers up the spirit of the other sense of *gush* as the woman goes back to the city and shares her experience of Jesus. Many in the city come to believe because of her witness; she must have been gushing forth energy and excitement about her encounter with Jesus.

As the church takes on the ministry of Jesus after the resurrection, we find other people springing forth in the same way Jesus talks about water gushing. Peter heals someone in Acts 3:8 who jumps up and leaps (gushes) in praise. Paul also heals someone in Acts 14:10 who springs up (gushes) and walks.

The water in your baptismal font may be still, or it may be moving; it may be more reminiscent of a trickle than a gush. Yet we know that it is God’s word that gives the plain water the power to shape us as God’s people. Baptism is never a trickle; it is always a gush of grace poured out for us with the endless love and mercy of God. May we be blessed to gush along with the Samaritan woman about our experiences of Jesus among us.

From sundaysandseasons.com.

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