



## TRINITY LUTHERAN CHURCH

1323 Central Ave, Alameda CA (510) 522-5220  
*Anchored in Faith. Serving Our Neighbor. Singing God's Praise.*

*Mission: To be a caring and diverse community of people who know and share the love of God through Jesus Christ.*

### Third Sunday of Lent March 12, 2023

[www.trinityalameda.org](http://www.trinityalameda.org)  
Rev. Stephanie Johnson, Pastor (510) 846-0883  
Rev. Ned O'Donnell, Pastor: Lutheran Ministry to Nursing Homes

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*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.*

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**WELCOME TO TRINITY LUTHERAN CHURCH.** *You are invited to join with us as we seek to be God's loving community for all who enter here. You are received as a friend . . .*

- *just as you are, created by God.*
- *whatever your color, culture and customs, your age, abilities, sexual orientation or gender identity.*
- *wherever circumstances find you... in the midst of change or challenge or pain, in need of strength and hope, or in search of spiritual fullness and friendship.*
- *whether you are a new visitor or an old friend, have no church home, have doubts or do not believe, or want to follow Christ and pursue peace and justice in Christ's name.*

*You are embraced as an expression of the diversity and beauty of the creation God has given us.*

**You are welcome here!**

*The presence of children is a gift to the church and a reminder that our congregation is growing. Please welcome our youngest brothers and sisters and give a smile of encouragement to their parents.*

# ✠ THE SERVICE ✠

**PRELUDE** *Prelude for Lent for Flute and Organ*  
Arr. Charles Callahan, b. 1951  
©1990 Morning Star Music Publishers  
Geoffrey Burnaford, flute and Starr Brown, organ

## ✠ GATHERING ✠

(Arrows indicate when the congregation may sit ↓ or stand ↑ as able. **Bold print** are responses spoken by the congregation.)

### ↑ 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.**

### ↑ HYMN *Keep Me Near the Cross* #335 vs. 1 & 2

**1** *Jesus, keep me near the cross,  
there's a precious fountain;  
free to all, a healing stream  
flows from Calv'ry's mountain.*

#### **Refrain**

*In the cross, in the cross  
be my glory ever;  
till my ransomed soul shall find  
rest beyond the river.*

**2** *Near the cross, a trembling soul,  
love and mercy found me;  
there the bright and morning star  
sheds its beams around me. Refrain*

Text: Fanny J. Crosby, 1820-1915

### ↑ GREETING

The love of God poured into our hearts, the saving grace of Jesus Christ, and the abundant life of the Holy Spirit be with you all. **And also with you.**

### ↑ KYRIE

p. 98-99

*In peace, let us pray to the Lord.*

**Lord, have mercy.**

*For the peace from above, and for our salvation, let us pray to the Lord.*

**Lord, have mercy.**

*For the peace of the whole world, for the well-being of the church of God, and for the unity of all, let us pray to the Lord.*

**Lord, have mercy.**

*For this holy house, and for all who offer here their worship and praise, let us pray to the Lord.*

**Lord, have mercy.**

*Help, save, comfort, and defend us, gracious Lord.*

**Amen, amen.**

### ↑ 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 ✠

### ↓ FIRST READING

Exodus 17:1-7

<sup>1</sup>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." <sup>5</sup>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. <sup>6</sup>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. <sup>7</sup>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** (read responsively)

<sup>1</sup>Come, let us sing to the LORD;  
let us shout for joy to the rock of our salvation.

<sup>2</sup>**Let us come before God's presence with  
Thanksgiving and raise a loud shout to the  
LORD with psalms.**

<sup>3</sup>For you, LORD, are a great God,  
and a great ruler above all gods.

<sup>4</sup>**In your hand are the caverns of the earth;  
the heights of the hills are also yours.**

<sup>5</sup>The sea is yours, for you made it,  
and your hands have molded the dry land.

<sup>6</sup>**Come, let us worship and bow down,  
let us kneel before the LORD our maker.**

<sup>7</sup>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!

<sup>8</sup>**"Harden not your hearts, as at Meribah, as on that  
day at Massah in the desert.**

<sup>9</sup>There your ancestors tested me,  
they put me to the test, though they had seen my  
works.

<sup>10</sup>**Forty years I loathed that generation, saying,  
'The heart of this people goes astray; they do not  
know my ways.'**

<sup>11</sup>Indeed I swore in my anger,  
'They shall never come to my rest.'"

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

<sup>1</sup>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.

Word of God, Word of Life.      **Thanks be to God.**

↓ **GOSPEL**      **John 4:5-42**

The Holy Gospel according to St. John, the 4<sup>th</sup> chapter.      **Glory to you, O Lord.**

<sup>5</sup>[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.”

This is the Gospel of the Lord.

**Praise to you, O Christ.**

### ↓SERMON

### ↓CHOIR *I Heard the Voice of Jesus Say*

Text: Horatius Bonar, 1808-1889

Music: Third Mode Melody, Thomas Tallis, 1505-1585

### ↑ APOSTLES’ CREED page 105

Let us profess our faith in the words of the 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

*(The congregation is encouraged to take the position which is most prayerful to you.)*

You may choose to sit or stand as you are comfortable.

Sustained by God’s abundant mercy, let us pray for the church, the world, and all of creation.

### *A brief silence.*

We pray for your church. Bless partnerships with other Christians and inter-religious dialogue. Guide the daily work of denominational and congregational leaders. Strengthen our combined witness for the sake of the gospel, that all experience your life-giving love. Merciful God, **receive our prayer.**

We pray for the universe. All creation teems with life, from the depths of the earth and seas to the skies above. Fill us with awe and reverence for the diversity and preservation of life. Merciful God, **receive our prayer.**

We pray for the nations of the world. Topple the dividing walls that separate us from our neighbors. Form us into your beloved community where diversity of gender, race, language, ability, and ethnic origin is celebrated and affirmed. Merciful God, **receive our prayer.**

We pray for those who suffer in mind, body, or spirit. Be present with all who are lonely, and give courage to all who are afraid. Comfort those who live with chronic illness or other sickness. Today we pray especially for *the family of Stephen Mann, the family of Alan Ferris, the family of Paul Cianciolo, Joan Lang, Jane McDermott, Mary Goglio, Paul Koski, Joanne Robinson, Wes & Marla Anderson, Mike Bonifield, Anne Winberg, Elena Sweet, Tim Bangert, Constance Farber, Barry Toomajian, Alan Petersen, Vincent Maloney, George Lyon, Annalise Simmons, Helen Pedersen, Ann Kenyon, Tricia, Pam Clisham, Deanna Madarasz, Craig Anderson, Pastor Craig, Marilyn, Michael Rasmussen, Hilke de Arce, Jackson Bohm, Buddy and Sherri Scott, Nancy Stich, Patricia Runo, Gail Cromack, Kate Ganschow, Geoff Kline, Michael Lamb, Maddy Pearce, Willie Prewitt, Christine Winberg and Dorothy Wingire.* Give them your living water always. Merciful God, **receive our prayer.**

We pray for the ministries of your Word, for Trinity Church Council, the priesthood of all believers; Alameda All Faiths Coalition, the Lutheran Church of Kagitumba in Rwanda, the Lutheran Ministry to Nursing Homes, our Sunday School, and the East Bay Lutheran Youth Program. We give thanks for the fullness of the lives of Stevie O'Connell and Matthew Pearce as they celebrate their birthdays this week. Merciful God, **receive our prayer.**

At this time, you are invited to pray the prayers of your heart, either silently or aloud.

*A moment is offered for prayers from the congregation*

We give thanks for the lives of all your saints. Their hope in you sustained lives of faith and service. Encourage us with the hope they shared in you. Merciful God, **receive our prayer.**

We lift our prayers to you, O God, trusting in your steadfast love and your promise to renew your whole creation; through Jesus Christ our Savior. **Amen.**

## ✠ MEAL ✠

### ↑ SHARING THE PEACE

The peace of the Lord be with you always.

**And also with you.**

### OFFERING

*The offering baskets will not be passed through the congregation at this time. Please place your offering in the basket placed on the stand in the middle aisle of the sanctuary.*

### ↑ GREAT THANKSGIVING

Page 206

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 FOR THE DAY

*It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Savior Jesus Christ. You call your people to cleanse their hearts and prepare with joy for the paschal feast, that, renewed in the gift of baptism, we may come to the fullness of your grace. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:*

### ↑ HOLY, HOLY, HOLY

Page 108

**Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory.**

**Ho-san-na, in the high-est.**

**Blessed is he who comes in the name of the Lord.**

**Ho-san-na in the high-est.**

### ↑ JESUS' WORDS OF INSTITUTION OF THE LORD'S SUPPER

### ↑ LORD'S PRAYER

*You are invited to pray in the version or language of your choice.*

**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.**

## ↓ INVITATION TO COMMUNION

Come and receive Jesus, our strength in the wilderness. **Thanks be to God!**

## ↓ DISTRIBUTION

### ↓ LAMB OF GOD Page 112-113

*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, grant us peace.*

### ↑ POST COMMUNION BLESSING

May the body and blood of our Lord, Jesus Christ, strengthen you and give you peace.

**Amen.**

### ↑ PRAYER AFTER COMMUNION

Let us pray. 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.**

### ↓ ANNOUNCEMENTS

#### ↑ HYMN *Surely It is God Who Saves Me*

WOV #635

- 1. Surely it is God who saves me;  
I shall trust and have no fear.  
For the Lord defends and shields me  
and his saving help is near.  
So rejoice as you draw water  
from salvation's healing spring;  
in the day of your deliv'rance  
thank the Lord, his mercies sing.*
- 2. Make God's deeds known to the peoples;  
tell out his exalted name.  
Praise the Lord, who has done great things;  
all his works God's might proclaim.  
Zion, lift high your voice in singing;  
for with you has come to dwell,  
in your very midst, the great and  
Holy One of Israel.*

Text: Carl P. Daw, Jr., b. 1944  
©1982, 1990 Hope Publishing Company.

### ↑ DISMISSAL

Go in peace. Serve in love.

**Thanks be to God.**

### POSTLUDE *Through the Night of Doubt & Sorrow*

Tune: Ebenezer Thomas J. Williams 1869-1944

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# THIS WEEK'S ANNOUNCEMENTS AT TRINITY

ATTENDANCE LAST SUNDAY: 35

*Please join us after worship for a simple fellowship time of cookies and coffee in the fellowship hall.*

## IMPORTANT DATES THIS WEEK:

Mon 3/13 *Dine & Connect hosted at Trinity*  
6:30pm Christian Education Committee (meets on Zoom)  
Tues 3/14 7:30am Bible Study (meets on Zoom)  
Wed 3/15 10:00am Women's Bible Study (meets on Zoom)  
7:00pm Lenten MidWeek Worship  
Sat 3/18 9:00am First Communion Instruction

## STEEPED IN STORIES BOOK DISCUSSION

This month, we are reading *Emily of Deep Valley* by Maud Hart Lovelace for our discussion November 30th. We hope you will join us for this gathering online. We will meet on Thursday, March 30th at 7pm on Zoom. Please see the weekly email newsletter for more information as well as the link or reach out to Pastor or Jessica to be emailed the link.

**REPLACING OUR LIVESTREAMING IPAD** Our donated iPad that we need to use for livestreaming services took a spill and the screen is shattered, and repairing the screen costs nearly as much as a refurbished iPad. We are replacing the iPad and expect the cost to be somewhere around \$650 for an iPad and sturdy case. If you would like to contribute to help offset this cost, you may do so by submitting an offering marked "iPad". Thank you in advance!

## EAST BAY LUTHERAN PARISH UPDATE

Siblings in Christ,  
At its February meeting, the Sierra Pacific Synod Council officially moved Pastor Craig's ministry status onto the "On-Leave-from-Call Disability" Roster of the ELCA. For Pastor Craig this means he continues to be recognized as an ELCA Minister of Word and Sacrament who is officially disabled and unable to fulfill a call at this time.

As many of you know, back in December 2020, Pastor Craig was deeply affected by COVID. He has been in a long process of recovery since and still has far to go. As a result, Pastor Craig has not been able to lead the East Bay Lutheran Youth Program. And, now, with his change in ELCA status, it's time for him to say goodbye to the East Bay Lutheran Parish.

It's also time for us to say goodbye to Pastor Craig and his partner, Bruce. In the weeks ahead, we will be planning on how to do that "officially", so keep your eyes out for additional news on what that will look like.

As we walk together through the season of Lent and witness to Jesus as he journeys toward Jerusalem, let us continue to keep Pastor Craig and Bruce in our prayers as they adjust to the changes in their lives and journey into their future.

**EASTER EGG HUNT SUPPLIES NEEDED** On Easter morning after worship, the Christian Education Committee will host an Easter Egg Hunt. We are looking for donations of "stuffers" to put in the eggs, and some plastic eggs themselves. If you would like to donate candy, small toys (that can fit in plastic eggs), or plastic eggs, please bring them to Trinity and place them in the basket in the church entryway by Sunday, April 2<sup>nd</sup>. You are welcome to bring eggs already filled, or just the components. Thank you!

**MARCH MIDWAY SHELTER MEAL** The March 26<sup>th</sup> Midway Meal needs a few more volunteers to provide a portion of the meal that serves up to 27 women and children at the shelter (please see the insert for more information about Midway Shelter). There is a clipboard in the Fellowship Hall with the open spots for this meal. Anita is the drop-off coordinator of this month's meal, please see her if you would like to help for March. If you have questions about the Midway meal program, or if you would like to provide or coordinate one of the 4<sup>th</sup> Sunday meals that Trinity hosts, please connect with Jessica.

**HAPPY BIRTHDAY!**

### Birthdays this Week:

Stevie O'Connell (3/15)

Matthew Pearce (3/15)

**Visits from Pastor Stephanie**

If you would appreciate a visit from Pastor Stephanie, she is available by phone, text or email to make an appointment. She is happy to visit with you in your home, at her office, or a location of your convenience.

**Pastor's Office Hours**

*Mon-10:00-Noon; Tues. 9am-Noon; Thurs.-10:00-Noon*

You can reach Pastor Stephanie on her cell phone at (510) 846-0883