

The Third Sunday in Lent
Worship Aid for March 8th, 2026 at 10:15 am



Love God, Love People, Make Disciples

Nativity: an inclusive faith community, following the way of Jesus to nourish the body, mind, and spirit of the people of our south metro communities and beyond.

Nativity Episcopal Church is committed to practice the way of love. We follow Jesus' example of radical hospitality as we celebrate God's presence in all people. We welcome all persons, regardless of gender, race, ethnicity, age, physical or mental capacity, education, sexual orientation, gender identity, socioeconomic or marital status. All are invited as full participants in the life and ministries of our community.

Lent at Nativity

“Jesus Meets Us Where We Are — and Leads Us Into Life”

Lent is a season of returning.

Returning to God.

Returning to ourselves.

Returning to the deep truth that love is already at work within us.

For forty days, the Church invites us into a quieter, more spacious way of being.

We slow our pace.

We tell the truth more gently.

We listen more deeply for the voice of God in our lives.

This year at Nativity, our Lenten journey traces the stories of people who encounter Jesus and are changed — not through force or certainty, but through presence.

In wilderness and nighttime questions,
at wells and roadsides,
in places of suffering and places of sorrow,
we will notice how Christ meets people exactly where they are.

Again and again, the invitation is the same:
to turn toward the One who is already turning toward us.

Lent is not about becoming someone new.
It is about becoming more truly who we already are —
beloved children of God,
called to live with courage, compassion, and hope.

As we walk these weeks together,
may this season open in us a deeper trust:
that God is always drawing near,
that love is always at work,
and that even in the tender places of our lives,
healing is unfolding.

Wherever you find yourself this season —
certain or searching, weary or wondering —
you are welcome here.

Let us walk this road together.

Nativity Episcopal Church Leadership
The Rev. Dana Fath Strande, Rector
The Rev. Kathleen K. Brusco, Assisting Priest
The Rev. Diane Luther, Deacon
Chloe Hrbacek, Parish Office Coordinator
Clayton Heidbreder, Music Minister
Charlotte McLendon, Organist
Jean Hines, Children and Youth Minister

Nate Gooden, Senior Warden
Theresa May, Junior Warden
Steve Grier, Treasurer

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Liturgical Ministers

Lector:

Prayer Leader:

Eucharistic Ministers:

Ushers: Francesca Carr & Jennifer Strub

Tech: Paul Brusco

Next Week: March 15th

Lector	
Prayer Leader	
Eucharistic Minister	Phyllis Rowley
Usher (x2)	Carolyn Selser
Tech	Elliott Grier

BELL TOLL

OPENING ACCLAMATION AND PRAYER

Presider: Bless the Lord who forgives all our sins.

All: **God's mercy endures forever.**

CONFESSION OF SIN AND ABSOLUTION

Deacon: Let us confess our sins against God and our neighbor.

Observe an extended period of silence during Lent as we prepare ourselves for confession.

All: **Most merciful God,
we confess that we have sinned against you,
in thought, word and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son, Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.**

Presider: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

All: **Amen.**

KYRIE

Kyrie Eleison

Musical score for Kyrie Eleison, featuring three staves of music in 3/4 time with a key signature of two flats. The lyrics are: Ky - ri - e, ky - ri - e. Ky - ri - e e - lei - son. Ky - ri - e, ky - ri - e, Ky - - - ri - e e - lei - - - son.

COLLECT OF THE DAY

Presider: The Lord be with you.

All: **And also with you.**

Presider: Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

All: **Amen.**

Please be seated.

THE HEBREW SCRIPTURES

Exodus 17:1-7

Lector: The Word of the Lord.

All: **Thanks be to God.**

PSALM 95

The psalm will be read responsively. The pulpit side will begin and the choir side will respond.

1 Come, let us sing to the Lord; *

let us shout for joy to the Rock of our salvation.

2 Let us come before his presence with thanksgiving *

and raise a loud shout to him with psalms.

3 For the Lord is a great God, *

and a great King above all gods.

4 In his hand are the caverns of the earth, *

and the heights of the hills are his also.

5 The sea is his, for he made it, *

and his hands have molded the dry land.

6 Come, let us bow down, and bend the knee, *

and kneel before the Lord our Maker.

7 For he is our God,

and we are the people of his pasture and the sheep of his hand. *

Oh, that today you would hearken to his voice!

8 Harden not your hearts,

as your forebears did in the wilderness, *

at Meribah, and on that day at Massah,

when they tempted me.

9 They put me to the test, *

though they had seen my works.

10 Forty years long I detested that generation and said, *

"This people are wayward in their hearts;

they do not know my ways."

11 So I swore in my wrath, *

"They shall not enter into my rest."

THE EPISTLE

Romans 5:1-11

Lector: The Word of the Lord.

All: **Thanks be to God.**

BELL TOLL

THE GOSPEL

John 4:5-42

Deacon: The Holy Gospel of our Lord Jesus Christ according to John.

All: **Glory to you, Lord Christ.**

The Gospel is read.

Deacon: The Gospel of the Lord.

All: **Praise to you, Lord Christ.**

Please be seated.

BELL TOLL

CHILDREN'S RESPONSE TIME

All children and youth are invited to go with a Children & Youth ministry volunteer during the sermon and prayers.

SERMON

The Rev. Dana Fath Strande

During the season of Lent, we invite you into a reflective period of silence following the sermon.

NICENE CREED

Presider: Let us declare our faith in God.

Presider and All:

**We believe in one God,
the Father, the 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.**

PRAYERS OF THE PEOPLE

The musical score is written for voice and piano. It consists of five systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#) and the time signature is common time (C). The lyrics are: "O Lord, hear my prayer, O Lord, hear my prayer: when I call an - swer me. O Lord, hear my prayer, O Lord, hear my prayer. Come and lis - ten to me. O".

Text: Psalm 102; Taizé Community, 1982
Tune: Jacques Berthier, 1923-1994
© 1982, Les Presses de Taizé, GIA Publications, Inc., agent

Deacon: Lord of all, we your loving servants surrender ourselves to you in this holy season. Lead us through these forty days as we consider our thoughts, words, and deeds. Let us see ourselves and those around us as your beloved children. Bring us in faith to our knees and make us new.

Silence may be kept.

Leader: God of might, guide and protect your holy church. Pour your blessings on the Anglican Communion, especially The Nippon Sei Ko Kai. In the Episcopal Church, let the parish of St David in Minnetonka be full of your praise and glory. Strengthen and bless Sean Rowe, Presiding Bishop and Craig Loya our own bishop. For us at Nativity, let us know your truth and love. Increase our faith, bless our work, hold us in your loving presence. Shine on those whose work on Building Our Future continues. God of wisdom,

All: **O Lord, hear my prayer...**

Leader: God of righteousness, grant to those in authority the ability to see their work as subject to your judgement. Protect those in their care from abuse and harm. Awaken government officials to truth and accountability. And help us to see your creation as the bountiful gift that we must always nurture and protect. God of all justice,

All: **O Lord, hear my prayer...**

Leader: God of mercy, shield and defend all who live in fear, all in danger, all who are put aside in our world. Protect and bless the homeless, the immigrants, the poor and the oppressed, all prisoners, refugees, and captives. We ask your great healing for any who suffer from pain of body, mind, or spirit, especially... Are there others?

The people may bring their own petitions.

Leader: We offer our thanks for your many blessings, especially those given to all whom we now name, silently or aloud.

The people may bring their own thanksgivings.

Leader: We pray for those whose life is ending, especially...Are there others?

The people may bring their own petitions.

Leader: And we pray for those dear departed, especially...Are there others?

The people may bring their own petitions.

Leader: May they and all your holy ones rest in your eternal peace. God of eternal life,

All: **O Lord hear my prayer...**

Deacon: God of forgiveness, bring us and all for whom we pray into your loving arms. Give us a holy Lent. Let us see the truth of your kingdom that is so near to us. Let us show goodness and kindness to all we meet. We ask this in the Name of your beloved Son who with you and the Holy Spirit are one God now and forever.

All: **Amen.**

THE PEACE

Presider: The peace of the Lord be always with you.

All: **And also with you.**

BIRTHDAYS, ANNIVERSARIES, OR ANY OTHER OPPORTUNITY FOR A BLESSING ANNOUNCEMENTS

OFFERTORY

The Presider invites the gifts of the congregation, with these or other words

Presider: Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God.

OFFERTORY ANTHEM

“This Is My Father’s World,” arr. Lorie Line

THE GREAT THANKSGIVING

Presider: The Lord be with you.

All: **And also with you.**

Presider: Lift up your hearts.

All: **We lift them to the Lord.**

Presider: Let us give thanks to the Lord our God.

All: **It is right to give our thanks and praise.**

Presider: It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer for ourselves, but for him who died for us and rose again.

Presider: Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

Ho - ly, ho - ly, ho - ly Lord, God of power and
 might, Ho - ly, ho - ly, ho - ly Lord,
 God of power and might, hea - ven and earth are
 full, full of your glo - ry. Ho -
 san - na in the high - est. 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: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Copyright © 1985 GIA Publications, Inc.

Presider: Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love.

You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

Presider: But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine, and when he had given thanks, he gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Presider: Therefore we proclaim the mystery of faith

All: **Christ has died. Christ is risen. Christ will come again.**

Presider: Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your children, that with all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever.

All: **AMEN**

Presider: And now, as our Savior, Christ, has taught us, we are bold to say;

Presider and All:

**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.**

THE BREAKING OF THE BREAD

The Presider breaks the consecrated Bread. A period of silence is kept.

Presider: Christ our Passover is sacrificed for us.

All: **Therefore let us keep the feast.**

FRACTION ANTHEM

Je - sus, Lamb of God: have mer - cy on us.
Je - sus, bear - er of our sins: have mer - cy on us.
Je - sus, re - deem - er, re - deem - er of the world:
give us your peace, give us your peace.

Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Adaptation: Copyright © 1985 GIA Publications, Inc.

INVITATION

Presider: So come to this table,
you who have much faith
and you who would like to have more;
you who have been here often
and you who have not been for a long time;
you who have tried to follow Jesus,
and you who have failed;
Come. It is Christ who invites us to meet him here.

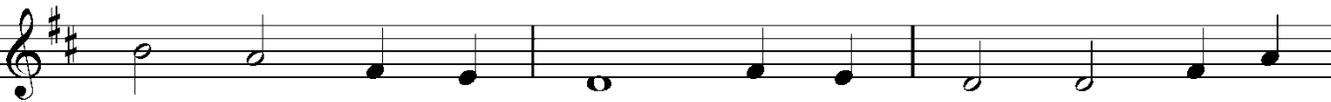
Presider: The Gifts of God for the people of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving."

COMMUNION HYMN

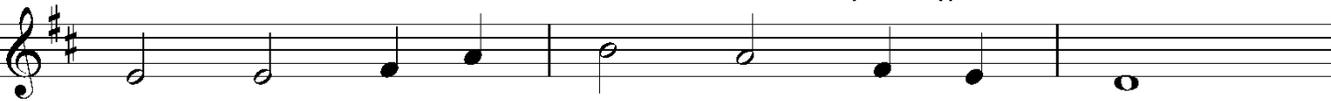
Come, Thou Fount of Every Blessing (Hymnal 686)



1 Come, thou fount of ev - ery bless - ing, tune my
 2 Here I find my great - est trea - sure; hith - er,
 3 Oh, to grace how great a debt - or dai - ly



heart to sing thy grace! Streams of mer - cy nev - er
 by thy help, I've come; and I hope, by thy good
 I'm con - strained to be! Let thy good - ness, like a



ceas - ing, call for songs of loud - est praise.
 plea - sure, safe - ly to ar - rive at home.
 fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by
 Je - sus sought me when a stran - ger wan - dering
 prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me
 from the fold of God; he, to res - cue me from
 leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.
 dan - ger, in - ter - posed his pre - cious blood.
 seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm.
 Gerre Hancock (b. 1934).

POST COMMUNION PRAYER

Presider: Let us pray.

Presider and All:

**O God, you made us
from the dust of the earth.
You have fed us with earthly
elements at your table.
Now raise us up, help us
turn toward you with open hearts,
that by your grace we may
receive life everlasting.
Amen.**

BLESSING

Presider: Go in safety, for you cannot go where God is not,
Go in love, for God's love alone endures.
Go in peace, for that is God's gift to those whose
hearts and minds are in God's Son Jesus.
Go in hope for it is the Spirit that enlivens us and spurs us onward.
The power of this One God, God the Father, and God the Son,
and God the Holy Spirit,
Bless you and remain with you for ever more

All: **Amen**

Refrain

I have fixed my eyes on your hills, Je - ru - sa - lem, my
 des - ti - ny! Though I can - not see the end for me, I
 can - not turn a - way. We have set our hearts for the
 way; this jour - ney is our des - ti - ny. Let
 no - one walk a - lone. The jour - ney makes us one.

1. Oth - er spir - its, less - er gods, have court - ed me with lies.
2. See, I leave the past be - hind; a new land calls to me.
3. In my thirst, you let me drink the wa - ters of your life.
4. All the worlds I have not seen you o - pen to my view.
5. To the tombs I went to mourn the hope I thought was gone.

Here a - mong you I have found a truth which bids me rise.
 Here a - mong you now I find a glimpse of what might be.
 Here a - mong you I have met the sav - ior, Je - sus Christ.
 Here a - mong you I have found a vi - sion, bright and new.
 Here a - mong you I a - woke to un - ex - pect - ed dawn.

Text: Rory Cooney, b.1952
 Tune: Rory Cooney, b.1952
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DISMISSAL

Deacon: Go in peace to love and serve the Lord.
All: **Thanks be to God.**

TODAY AT NATIVITY

Parish Potluck

After service – Sunday, March 8th

LENT

Stations of the Cross

6pm – Fridays

Sacrament of Healing

After Service – Sundays during Lent through March 22nd

Adult Forum Lent Series

9-9:50am – Sundays during Lent

WEEKLY AT NATIVITY

Youth Faith Formation

11:15am – Sundays

Children’s Worship & Response

During Service – Sundays

Community Café

5-6pm – Wednesdays

Handbell & Choir Rehearsal

5 & 6:15pm – Tuesdays

UPCOMING

HOLY WEEK



SERVICE SCHEDULE

MAUNDY THURSDAY

7PM
APR 2ND

EASTER VIGIL

7PM
APR 4TH

GOOD FRIDAY

12 & 7PM
APR 3RD

EASTER MORNING

10:15AM
APR 5TH

