

A Fast that Feeds

SECOND SUNDAY IN LENT

March 1, 2026

9:00 a.m. Livestream

GATHERING

PRELUDE

Absolution Op. 49, No. 1

A. GUILMANT

RINGING OF THE BELLS

Order of St. John

WELCOME

Pastor Paul Baglyos

CALL TO WORSHIP

BUNESSAN

As music begins, the congregation turns and faces the Processional Cross.

INVITATION TO WORSHIP

O God, we want to know clear answers.

Tell us what is true and tell us what to do.

We live in a culture where more is better.

Why would we ever fast from anything?

Yet, as full as we might become,

We feel a deep emptiness that we try to fill.

We fill it with food, with entertainment, with our cell phones and our TV's.

Help us, O God, to learn a fast that feeds.

Help us, O God, to live what we believe...

**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.

GATHERING HYMN

Baptized in Water

BUNESSAN
ELW HYMN 456



1 Bap-tized in wa - ter, sealed by the Spir - it, cleansed by the
2 Bap-tized in wa - ter, sealed by the Spir - it, dead in the
3 Bap-tized in wa - ter, sealed by the Spir - it, marked with the



blood of Christ our king: heirs of sal - va - tion, trust-ing his
tomb with Christ our king: one with his ris - ing, freed and for -
sign of Christ our king: born of the Spir - it, we are God's



prom - ise, faith - ful - ly now God's praise we sing.
giv - en, thank - ful - ly now God's praise we sing.
chil - dren; joy - ful - ly now God's praise we sing.

GREETING

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

And also with you.

Ky - ri - e E - le - i - son, Ky - ri - e E - le - i - son.

Ky - ri - e E - le - i - son.

Ky - ri - e E - le - i - son.

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

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. **Refrain**

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

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

PRAYER OF THE DAY

Let us pray. O God, our leader and guide,
in the waters of baptism you bring us to new birth to live as your children.
Strengthen our faith in your promises, that by your Spirit we may lift up your
life to all the world through your Son, Jesus Christ, our Savior and Lord, who
lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

WORD

PSALM 90

In Every Age

T. R. SMITH

Refrain sung twice at beginning of song. 1st time by cantor, thereafter all. Verses sung by cantor.



Verses You return to dust, saying, "Return, O children, to earth." For to you a thousand years are like yesterday passed, or as a watch of the night. **Refrain**

You sweep us away in a dream. At dawn we are like morning grass that rises to the morning sun, then withers and fades. **Refrain**

Teach us to treasure our days. Give wisdom to our hearts.
Return, O Lord, how long must we wait? Pity your servants. **Refrain**

Fill our day-break with your love that we may rejoice in song.
May your gracious eye watch over us and the work of our hands. **Refrain**

LESSON

Genesis 12:1-4a

God's call of Abram and Sarai has a clear purpose—that through them all the families of the earth would gain a blessing. As they set out on their journey, they are accompanied by promises of land, nation, and a great reputation.

Holy wisdom, holy word.
Thanks be to God.

God Loved the World*Verse 1 only*

1 God loved the world so that he gave his on - ly
 2 All glo - ry to the Fa - ther, Son, and Ho - ly



Son the lost to save, that all who would in
 Spir - it, Three in One! To you, O bless - ed



him be - lieve should ev - er - last - ing life re - ceive.
 Trin - i - ty, be praise now and e - ter - nal - ly!

Before the reading: The Holy Gospel according to John, the 3rd Chapter.

Glory to you, O Lord.

GOSPEL READING

John 3:1-17

A curious Pharisee visits Jesus by night to learn from the teacher his friends reject.

Jesus speaks to him about life in the Spirit and the kingdom of God.

After the reading: The Gospel of our Lord.

Praise to you, O Christ.

ACCLAMATION REPRISE

God Loved the World*See previous, verse 2*

FIRST GLANCE

Joel Barkel

SERMON

Pastor Jon Haug

SERMON RESPONSE

Let the words of my mouth

**and the meditation of our hearts be acceptable to you, O Lord,
 our rock and our redeemer. Amen.**

CONFESSION & FORGIVENESS

On each of the five Sundays in Lent we pause for self-examination and honest confession, using Martin Luther's explanation of the Ten Commandments as found in his Small Catechism (see Evangelical Lutheran Worship, pages 1160-1161).

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

Silence is kept for reflection.

What does God command us?

Remember the sabbath day, and keep it holy.

What does this mean?

We are to fear and love God, so that we do not despise preaching or God's word but instead keep that word holy and gladly hear and learn it.

What does God command us?

Honor your father and your mother.

What does this mean?

We are to fear and love God, so that we neither despise nor anger our parents and others in authority, but instead, honor, serve, obey, love, and respect them.

God who is rich in mercy loved us even when we were dead in sin, and made us alive together with Christ. By grace you have been saved. In the name ✠ of Jesus Christ, your sins are forgiven. Almighty God strengthen you with power through the Holy Spirit, that Christ may live in you through faith.

Amen.

PRAYERS OF THE PEOPLE

Assisting Minister Gary Cadwising

After each petition: Hear us, O God.

Your mercy is great.

PEACE

Jesus told his disciples, "Peace I leave with you; my peace I give you" (John 14:27).

We proclaim that good news to those around us as we greet them with these or similar words: The peace of Christ be with you always.

And also with you.

MEAL

OFFERTORY

As we come together living out our faith in unity we trust in our God's loving care to provide for all we need. Let us respond generously to God's abiding love with our tithes and offerings. You are invited to visit our giving page link at <https://www.stjohnslc.org/giving> and leave an online offering.

OFFERTORY MUSIC

FROM PSALM 25

Show Me Thy Ways

W. L. PELZ

*Show me thy ways O Lord, teach me thy paths; Lead me in thy truth and teach me:
For thou art the God of my salvation. And on thee do I wait all the day.
Show me thy ways O Lord, teach me thy paths, Lead me in thy truth.*

OFFERTORY PRAYER

Let us pray. O God, maker of heaven and earth,
**your steadfast love embraces all creation. You send rain and sunshine to nourish
the earth and bring forth its bounty. Through these gifts of bread and wine,
draw us into the death and life of your Son, who calls us to bear witness to his
saving work. We ask this in Jesus' name. Amen.**

GREAT THANKSGIVING

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 God thanks and praise.

PREFACE

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:

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

THANKSGIVING AT THE TABLE

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

Amen.

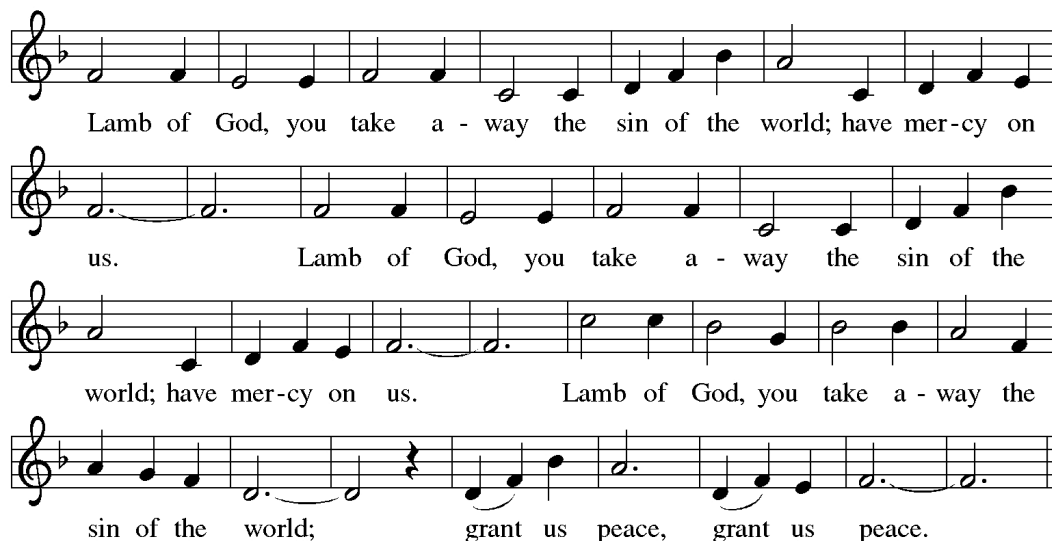
LORD'S PRAYER

Gathered into one by the Holy Spirit, let us pray as Jesus taught us:

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.

Lamb of God

ELW HYMN 195



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.

SELF-DISTRIBUTION OF COMMUNION

All are welcome here at God's table. We believe Christ is truly present in the bread and wine through the faith of those who gather. Jesus invites you to this meal that imparts God's free gift of grace.

You are invited to partake of the meal with the bread and juice/wine you prepared saying:

"The body of Christ given for me/us." And "The blood of Christ shed for me/us."

MUSIC FOR COMMUNION

On My Heart Imprint Your Image

DERAM KREUZ

ELW HYMN 811



On my heart im - print your im - age, bless-ed Je - sus, king of grace,
that life's trou-bles nor its plea-sures ev - er may your work e - rase.
Let the clear in - scrip - tion be: Je - sus, cru - ci - fied for me,

Music continues on next page...



is my life, my hope's foun-da-tion, all my glo-ry and sal-va - tion!

MUSIC FOR COMMUNION

We Are Baptized in Christ Jesus

OUIMETTE
ELW HYMN 451



1 We are bap-tized in Christ Je - sus, we are bap - tized in his death;
2 In the wa - ter and the wit-ness, in the break-ing of the bread,
3 Glo-ry be to God the Fa - ther, glo-ry be to Christ the Son,



that as Christ is raised vic - to - rious, we might live a brand new life.
in the wait - ing arms of Je - sus who is ris - en from the dead,
glo-ry to the Ho - ly Spir - it, ev - er three and ev - er one;



And if we have been u - nit - ed in a dread-ful death like his,
God has made a new be - gin-ning from the ash - es of our past;
as it was in the be - gin-ning, glo-ry now re-sounds a - gain



we will all be re - u - nit - ed, for he lives.
in the los - ing and the win - ning we hold fast.
in a song that has no end - ing. . . . A - men.

POST-COMMUNION PRAYER

Let us pray. God of our salvation,
we give you thanks for this meal that restores our souls, reconciles us to you,
and strengthens us for the journey. Through the body and blood of your Son,
may we become Christ's body in the world, bearing witness to your love for all
creation, through Jesus Christ, our Savior and Lord. Amen.

SENDING

BENEDICTION

Eternal Lord of Love, Behold Your Church

ELW HYMN 321



1 E - ter - nal Lord of love, be - hold your church
 2 So dai - ly dy - ing to the way of self,
 3 If dead in you, so in you we a - rise,



walk - ing once more the pil - grim way of Lent,
 so dai - ly liv - ing in your way of love,
 you the first - born of all the faith - ful dead;



led by your cloud by day, by night your fire,
 we walk the road, Lord Je - sus, that you trod,
 and as through ston - y ground the green shoots break,



moved by your love and toward your pres - ence bent:
 know - ing our - selves bap - tized in - to your death:
 glo - rious in spring - time dress of leaf and flow'r,



far off yet here— the goal of all de - sire.
 so we are dead and live with you in God.
 so in - to life and glo - ry shall we wake.

DISMISSAL

Go in peace, serve the Lord,
and live God's love in the world

POSTLUDE

Fuga in c

J. L. KREBS

Please help us secure the parking in a timely manner and avoid any "lock-ups" by having your vehicles out of either the parking garage or church parking lot by 2:00 p.m. (Special events will have parking times listed)

LENTEN BENEVOLENCE PARTNERS



Lutheran Office of Public Policy (LOPP) - California

LOPP-CA represents the coordinated witness of the Evangelical Lutheran Church in America (ELCA) on issues of public policy in the state of California. In addition to their presence on legislative matters, they provide education and networking for 400+ ELCA congregations across the state. They work hand in hand with other faith-based and secular groups seeking peace and justice.



Sacramento Area Congregations Together (ACT)

Sacramento ACT is a powerful multi-racial, multi-faith organization advocating a transformation of our community rooted in our shared faith values. They equip ordinary people to effectively identify and change conditions to create justice and equity. Sacramento ACT's members include over 56 congregations (including St. John's!), schools and neighborhood groups, representing 60,000 families in Sacramento County.

**To make a one-time donation or to start a recurring donation,
or for updates and events in and around St. John's,
scan the QR Code or visit www.stjohnslc.org
to subscribe to our weekly e-newsletter.**



SERVING IN WORSHIP

Presider	Pastor Paul Baglyos
Preacher	Pastor Jon Haug
Assisting Minister	Gary Cadwising
Lector	Susan Boom
First Glance	Joel Barkel
Organ	Dan Nguyen
Piano	Steven Johnson
Guitar	Jim Keddy
Clarinet	Chris Cook
Celebration Singers	
Cantors in Rotation	Alice Anderson, Joel Barkel, Linda Bush, Heather Mercer, Kathryn Mercer, Kitty Oppliger, Eliseo Paniagua Jennifer Ehrhardt, Anne Smith Gregory Favre, Pam Roberts Sally Day, Cory Hollingsworth Terry & Barbara Battenberg, Gwynnae Byrd, Steve Schoff John Bologni Tim Reese, Esperanza Foft Amy Afoa, Helen Disho
Altar Guild	
Eucharistic Servers	
Greeters	
Ushers	
Audio Technician	
Video Technicians	
Nursery Attendants	

ST. JOHN'S STAFF

Director of Missional Strategy	Rev. Paul Baglyos, Bridge Pastor
Director of Youth and Family	Rev. Jon Haug, Associate Pastor
Director of Worship & Music	Steven Johnson
Director of Communications and Community Engagement	Catherine Slabaugh
Director of Administration	Katherine Thorp
Associate Director of Volunteer Management	Joel Barkel
Associate Director of Worship & Music	Eliseo Paniagua
Property Staff	Matt Balara, Joe Allen, Nathan McQueen
Parish Nurse	Suzi Taylor, RN
Bridge Organist	Dan Nguyen
Audio Technician	John Bologni
Video Technicians	Tim Reese, Esperanza Foft
Nursery Attendants	Amy Afoa, Helen Disho

ST. JOHN'S MINISTRY ANNOUNCEMENTS

- March Young Adult Gathering
Thursday, March 12th | 6 p.m. | Garden at the Line
Young Adults in their 20s and 30s will gather at Garden at the Line for dinner and community! Children always welcome - see you there.
- St. Patrick's Karaoke Night
Saturday, March 14th | 5:30 p.m. | The Gathering Place
Join the LGBTQ+ Ministry for a St. Patrick's Day Karaoke Night! Come enjoy Corned Beef & Pastrami Sandwiches and sing your heart out Karaoke style. This is a BYO drink night - bring a bottle of your favorite beer or wine and share it with a friend. A suggested donation of \$5 per person is being asked as funds raised will help support St. John's presence at the annual Sacramento PRIDE Parade this June! All are welcome and no one will be turned away for a lack of funds.
- March LLL Book Club
Thursday, March 19th | 11 a.m. | St. John's Library
The LLL Book Club will gather to discuss *How to Stand Up to a Dictator* by Maria Ressa. "From the recipient of the 2021 Nobel Peace Prize comes an impassioned and inspiring memoir that chronicles her career fighting fascism, filled with insights and advice for standing against authoritarian bullies and confronting disinformation and lies."
- Holy Week Day Camp
Monday, March 30th - Wednesday, April 1st | 8:30-3 p.m. | St. John's Lutheran Church
Registration for Holy Week Day Camp is LIVE! Youth in kindergarten through seniors in high school are invited to join us all or part of the first three days of Holy Week from 8:30 am-3 pm. These three days will be full of fun, friendship building, faith building, and a look at the meaning of Holy Week together. This is free of cost, register online today!

TODAY AT ST. JOHN'S

- Spiritual Practices - A Lenten Series for Adult Faith Formation | 10:15 a.m. | Oehler Hall
Join us for a transformative series of sessions focusing on a number of spiritual practices designed to deepen your connection with God, your faith and yourself. Today, we will explore prayer and meditation through the use of a Labyrinth!
- Worship Leader Training | 12:30 p.m. | Oehler Hall
Today's training is for volunteers who currently serve, or are interested in getting involved, in Altar Guild, as a Eucharistic Server, or Lector. Eliseo Paniagua, Associate Director of Worship and Music, will walk through specific service areas in worship and longtime volunteers in each area will share personal insights and some of their best tips and tricks for serving! Lunch will be provided.