

# A Fast that Feeds

SECOND SUNDAY IN LENT  
March 1, 2026 | 11:30 a.m.

## GATHERING

PRELUDE

### *Show Me Thy Ways*

FROM PSALM 25  
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.*

RINGING OF THE BELLS

Order of St. John

WELCOME

Pastor Paul Baglyos

\*GATHERING SONG

### *Beyond the Days*

R. MAANALO, CSP

Refrain

Be - yond the days of hope and mys - t'ry we  
see a light of faith re - newed, and in our long - ing  
we thirst for guid - ance to walk with you day by day.

1-4 to Verses

Final

day, to walk with you day by day.

1. For - ty days and
2. Not on bread a -
3. In your hands, O
4. On our Lent - en

*Music continues on next page...*

\* You are invited to stand.

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1. nights, you guide the steps of our jour - ney.      May your  
 2. lone are we to walk on this jour - ney.      Speak the  
 3. God, we feel the touch of your guid - ance.      Keep us  
 4. path we see the dawn of a new day.      Be our



1. pres-ence be felt      in the whis - per of your voice.  
 2. words that give life      to the yearn - ings of our hearts.  
 3. safe in your care:      may your gen - tle - ness be there.  
 4. vi - sion of hope;      be the prom - ise of our lives.

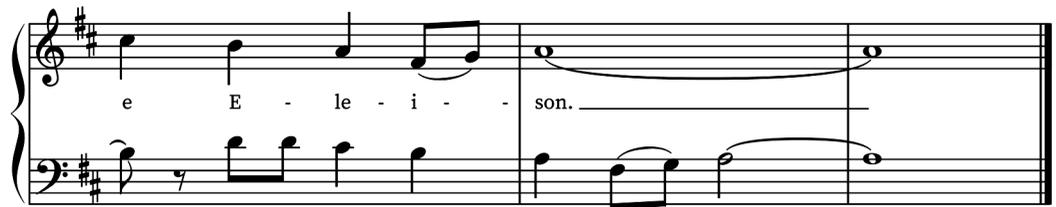
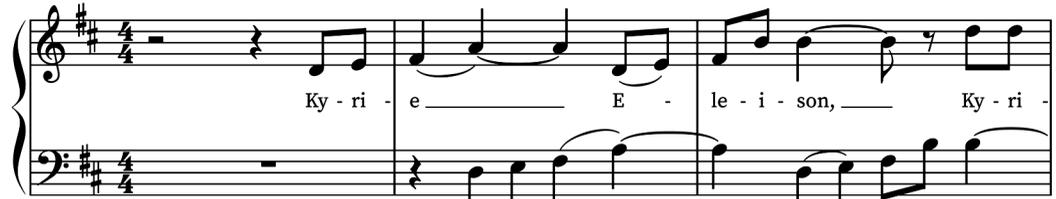
**\*GREETING**

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.**

**\*KYRIE**

PULKINGHAM/S. JOHNSON



— 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**

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\*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.*

The image shows two staves of musical notation in G major and 4/4 time. The first staff contains the melody for the first line of the refrain: "In ev - 'ry age, O Lord, you have been our". The second staff continues the melody for the second line: "ref - uge, you have been our ref - uge." The second staff ends with a double bar line and a repeat sign, with a 4/4 time signature in parentheses above the final measure.

*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**

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\*GOSPEL PROLOGUE

Holy one, soften our hearts and slow our racing minds to truly hear your living Word.

*Before the reading:* The Holy Gospel according to John, the 3<sup>rd</sup> 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.**

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.**

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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.**

## SACRAMENT OF HOLY BAPTISM REAGAN BLAKE CONFER

### PRESENTATION

God, who is rich in mercy and love, gives us a new birth into a living hope through the sacrament of baptism. By water and the Word, God delivers us from sin and death and raises us to new life in Jesus Christ. We are united with all the baptized in the one body of Christ, anointed with the gift of the Holy Spirit, and joined in God's mission for the life of the world.

Patrick & Haily, called by the Holy Spirit, trusting in the grace and love of God, do you desire to have Reagan baptized into Christ? If so, please answer, "we do."

*We do.*

As you bring Reagan to receive the gift of baptism, you are entrusted with responsibilities: to live with him among God's faithful people, bring him to the word of God and the holy supper, teach him the Lord's Prayer, the Creed, and the Ten Commandments, place in his hands the holy scriptures, and nurture him in faith and prayer, so that he may learn to trust God, proclaim Christ through word and deed, care for others and the world God made, and work for justice and peace.

Do you promise to help Reagan grow in the Christian faith and life? If so, please answer, "we do."

*We do.*

Sponsors (Dusten & Taylor), do you promise to nurture Reagan in the Christian faith as you are empowered by God's Spirit, and to help him live in the covenant of baptism and in communion with the church? If so, please answer, "we do."

*We do.*

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People of God, do you promise to support Reagan and pray for him in his new life in Christ?

**We do.**

PROFESSION OF FAITH

I ask you to profess your faith in Christ Jesus, reject sin, and confess the faith of the church.

Do you renounce the devil and all the forces that defy God?

**I renounce them.**

Do you renounce the powers of this world that rebel against God?

**I renounce them.**

Do you renounce the ways of sin that draw you from God?

**I renounce them.**

Do you believe in God the Father?

**I believe in God, the Father almighty,  
creator of heaven and earth.**

Do you believe in Jesus Christ, the Son of God?

**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.**

Do you believe in God the Holy Spirit?

**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.**

THANKSGIVING AT THE FONT

S. JOHNSON

Presider All

The Lord be with you. — And al - so with you. —

Presider All

Let us give thanks — to — the Lord our God. — It is right to give our thanks and praise.

We give you thanks, O God, for in the beginning your Spirit moved over the waters and by your Word you created the world, calling forth life in which you took delight. Through the waters of the flood you delivered Noah and his family, and through the sea you led your people Israel from slavery into freedom. At the river your Son was baptized by John and anointed with the Holy Spirit. By the baptism of Jesus' death and resurrection you set us free from the power of sin and death and raise us up to live in you.

Pour out your Holy Spirit, the power of your living Word, that those who are washed in the waters of baptism may be given new life. To you be given honor and praise through Jesus Christ our Lord, in the unity of the Holy Spirit, now and forever.

**Amen.**

BAPTISM

S. JOHNSON

Presider

Reagan, I bap - tise — you — in — the name of the Fa - \_ ther

and of the Son, and the Ho - ly - Spi - rit. —

All

You be - long to Christ, on the wings of mer - cy. Our

God of Love and Prince of E - ter - \_ nal Life.

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Let us pray. We give you thanks, O God, that through water and the Holy Spirit you give your children new birth, cleanse them from sin, and raise them to eternal life. Sustain Reagan with the gift of your Holy Spirit: the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord, the spirit of joy in your presence, both now and forever.

**Amen.**

*Reagan, child of God, you have been sealed by the Holy Spirit, and marked with the cross of Christ forever.*

## WELCOME

Let your light so shine before others that they may see your good works and glorify your Father in heaven.



Let us welcome the newly baptized.

**We welcome you into the body of Christ and into the mission we share:  
join us in giving thanks and praise to God and bearing God's creative and  
redeeming word to all the world!**

## \*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

### \*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.**

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\*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.

\*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.**

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.*

*We share the meal by intinction; as you approach the center you will be handed a wafer that you may dip into the wine or juice. Grape juice is in the smaller compartment, and gluten free wafers are available upon request.*

*If you do not wish to commune, you may come forward for a blessing.  
Indicate this by crossing your arms over your chest.*

AGNUS DEI

MASS OF A JOYFUL HEART  
S. ANGRISANO

*Lamb of God*

Lamb of God, you take a-way the  
sins of the world: have mer-cy on us.  
sins of the world: grant us peace.

## Ubi Caritas

L. ROSANIA

Refrain

U - bi ca - ri - tas et a - mor, De - us i - bi

1. *est.* 2. *est.* to Verses (Fine) Verses 1, 3

1. We gath - er to - geth - er  
Our God is a - live, the

3. Then, joined with the bless - ed,  
Our joy none can mea - sure,

1. in the love of Christ; let each one be  
God of love is near; so love one an -

3. filled with hope and grace, dear Lord, in great  
joy that knows no end, re - sound - ing from

1. glad in him and re - joice.  
oth - er with a heart sin - cere. (to Refrain)

3. glo - ry may we see your face.  
end - less age to age. A - men. (to Refrain)

Verse 2

2. We, the man - y, be - come one bod - y  
Let all quar - rels, all di - vi - sion,

2. as the Spir - it binds, and we seek to be  
all our con - flict cease; then will Christ tru - ly

*Music continues on next page...*



2. one in Christ and one in heart and mind.  
 dwell a - mong us as our Lord of Peace. (to Refrain)

\*POST-COMMUNION PRAYER

Let us pray. God of 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

\*SENDING FORTH SONG

*Bathed in the Waters of Life*

C. LANDRY



1. Bathed in the wa-ters of life, and filled with the Spir - it;  
 2. Bathed in the wa-ters of life, we are \_\_\_\_\_ God's chil - dren.  
 3. Bathed in the wa-ters of life, we work \_\_\_\_\_ for jus - tice.  
 4. Bathed in the wa-ters of life, we sing \_\_\_\_\_ with glad - ness.



1. bathed in the wa-ters of life, Je - sus went forth.  
 2. Bathed in the wa-ters of life, we are the Church.  
 3. Bathed in the wa-ters of life, we tell good news.  
 4. Bathed in the wa-ters of life, we pray as one.



1. Bathed in the wa-ters of life, we hear \_\_\_\_\_ Christ call - ing.  
 2. Bathed in the wa-ters of life, we walk \_\_\_\_\_ to - geth - er.  
 3. Bathed in the wa-ters of life, we serve with com - pas - sion.  
 4. Bathed in the wa-ters of life, we let \_\_\_\_\_ our light shine.



1-4. We are God's peo-ple, bathed in the wa-ters of life.

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\*DISMISSAL

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

*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)*

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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](http://www.stjohnslc.org)  
to subscribe to our weekly e-newsletter.



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## 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.

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## SERVING IN WORSHIP

<b>Presider</b>	Pastor Paul Baglyos
<b>Preacher</b>	Pastor Jon Haug
<b>Assisting Minister</b>	Gary Cadwising
<b>Lector</b>	Elizabeth Huber
<b>First Glance</b>	Joel Barkel
<b>Organ</b>	Dan Nguyen
<b>Piano</b>	Steven Johnson
<b>Guitar</b>	Jim Keddy
<b>Clarinet</b>	Chris Cook
<b>Celebration Singers</b>	
<b>Cantors in Rotation</b>	Alice Anderson, Joel Barkel, Linda Bush, Heather Mercer, Kathryn Mercer, Kitty Oppliger, Eliseo Paniagua
<b>Altar Guild</b>	Eliseo Paniagua, Melody Struckmann
<b>Eucharistic Servers</b>	Debra Cribbins, Linda Fawx
<b>Greeter</b>	Elizabeth Huber
<b>Ushers</b>	Terri Baumberger Lisa Gardiner
<b>Audio Technician</b>	John Bologni
<b>Video Technicians</b>	Tim Reese, Esperanza Foft
<b>Nursery Attendants</b>	Amy Afoa, Helen Disho

## ST. JOHN'S STAFF

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

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## ST. JOHN'S MINISTRY ANNOUNCEMENTS

- March Young Adult Gathering  
Thursday, March 12<sup>th</sup> | 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 14<sup>th</sup> | 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 19<sup>th</sup> | 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 30<sup>th</sup> - Wednesday, April 1<sup>st</sup> | 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

- 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.