



First Evangelical  
Lutheran Church  
455 West Sunnyside Road  
Idaho Falls, ID 83402  
(208)522-9301  
www.firstle.com

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MARCH 8, 2026

THIRD SUNDAY IN LENT

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**WELCOME:** With pleasure we greet and welcome all who have gathered for this time of worship. May God's presence be real, meeting us at our point of need. Please make yourself known to worshippers around you and to the leaders of worship. If you have a moment please sign the friendship pad in the pew and pass it to others in your pew. Following the service everyone is invited for refreshments in our fellowship hall.

**WORSHIP NOTES:**

- ◆ **Bold printed words** indicate the congregation's responses.
- ◆ For families with young children, you're invited to take advantage of our worship activity bags for children located in the lobby.
- ◆ A nursery for children 4 and younger is located in Room #7 in our education wing.
- ◆ For those with hearing loss, we have hearing devices available at the welcome window; ask an usher for assistance.
- ◆ For those with eyesight issues, we have large print bulletins; ask an usher for one.

**WE PREPARE OURSELVES FOR WORSHIP**

PRELUDE

Michelle Hanson

*Please observe silence in preparation for worship.*

ANNOUNCEMENTS

INVOCATION

In the name of the Father, and of the Son, and of the Holy Spirit.  
**Amen.**

BRIEF ORDER OF CONFESSION AND FORGIVENESS

Almighty God, to whom all hearts are open, all desires known,  
and from whom no secrets are hid: cleanse the thoughts of our

hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

**Amen.**

If we say we have no sin, we deceive ourselves and the truth is not in us. But if we confess our sins, God who is faithful and just will forgive our sins and cleanse us from all unrighteousness.

*Silence for reflection and self-examination...*

Most merciful God...

**We confess that we are in bondage to sin and cannot free ourselves. 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. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen.**

In the mercy of almighty God, Jesus Christ was given to die for us, and for his sake God forgives us all our sins. As a called and ordained minister of the Church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins in the name of the Father, and of the Son, and of the Holy Spirit.

**Amen.**

## **WE LIFT OUR PRAISE AND PRAYERS TO GOD**

GATHERING SONG

#533

*“Open Now Thy Gates of Beauty”*

KYRIE

*(OPENING PRAYER)*

♩ Ky - ri - e e - le - i - son:    ♪ Lord, have mer - cy.  
Lord, . . . . have mer - cy:

♩ Chri - ste e - le - i - son:    ♪ Christ, have mer - cy.  
Christ, . . . . have mer - cy:

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## RESPONSIVE READING

Drawn toward a holy center.

**Beckoned to explore the depths.**

Searching for the heart's true song.

**Looking for a word that's true.**

Here and now, we are found by God's grace and embraced with God's love.

**Now we can stand on solid ground in the midst of shifting sands.**

We can sing in the dark,

**Dance on thin ice,**

Laugh in the rain,

**Believe through the pain,**

Now we can walk toward Easter.

**Sail toward the dawn of God's kingdom.**

## 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.**

## SPECIAL MUSIC

## THE KING'S MEN

*"Come, My Soul, with Every Care"*

Fred Coleman, John Newton, Ruth Coleman CCLI Song #7021724 © Words: Public Domain; Music: 2013 The Lorenz Corporation For use solely with the SongSelect® Terms of Use. All rights reserved. www.ccli.com CCLI License #699128

## **WE LISTEN TO GOD'S WORD**

FIRST LESSON (*Pew Bible p. 56*)

Exodus 17:1-7

Our first scripture reading is from the Old Testament, the book of Exodus, the seventeenth chapter beginning with verse one.

<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 for 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?”

This is God’s word.

**Thanks be to God.**

SECOND LESSON (*Pew Bible p. 917*)

Romans 5:1-11

Our second lesson comes from the New Testament, the Apostle Paul’s letter to the church in Rome, chapter five, beginning with verse one.

<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 afflictions, knowing that affliction produces endurance,<sup>4</sup> and endurance produces character, and character produces hope,<sup>5</sup> and hope does not put us to shame, 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, therefore, since we have now 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.

This is God’s Word.

**Thanks be to God.**

*Please stand, as you are able, for the reading of the Gospel.*

## GOSPEL ACCLAMATION

Re - turn to the Lord, your God, for he is gra - cious and mer - ci - ful,  
slow to an - ger, and a - bound - ing in stead - fast love.

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THE HOLY GOSPEL (*Pew Bible p. 864*)

John 4:5-42

The Holy Gospel according to Saint John, chapter four, beginning with verse five.

### **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.”

The Gospel of our Lord.  
**Praise to you, O Christ.**

*“Oh, Love, How Deep*

THE SERMON

PASTOR MIKE KNAUFF

*“HE’S THE REAL THING!”*

## **WE RESPOND TO GOD’S WORD**

AFFIRMATION OF FAITH

NICENE CREED

Called out from the world into the family of God through Christ’s grace and the Spirit’s leading let us together confess the true faith.

**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

*(Each petition will conclude with “God of grace;”  
the congregation responds with “Have mercy and hear us.”)*

OFFERING

## OFFERTORY



Cre-ate in me a clean heart, O God, and re-new a right  
spir-it with-in me. Cast me not a-way from your pres-ence, and take  
not your Ho-ly Spir-it from me. Re-store to me the joy of  
your sal-va-tion, and up-hold me with your free Spir-it.

*Richard Hillert; OneLicense Song #93324; © 1978, Lutheran Book of Worship, admin. Augsburg Fortress; For use solely with the OneLicense® Terms of Use. All rights reserved. www.onelicense.net OneLicense #A-736147*

## **WE CELEBRATE OUR LORD'S SUPPER**

### WORDS OF INSTITUTION

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 and 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.

### THE LORD'S PRAYER

Let us pray...

**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

*We invite all who are baptized in Christ, and believe that in receiving the bread and wine they receive Christ's body and blood and the forgiveness of sins, to join us. Children not receiving communion may come forward for a blessing. Holy Communion will be served at the altar rail this morning. Please come forward at the direction of the ushers. You may choose white grape juice or red wine. The serving station at the center of the altar rail is our hypoallergenic station with gluten-free wafers. Please return to your seats by a side aisle.*

## LAMB OF GOD



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.

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## SONGS DURING DISTRIBUTION OF COMMUNION

- #480 "O Bread of Life from Heaven"
- #611 "I Heard the Voice of Jesus Say"
- #335 "Jesus, Keep Me Near the Cross"

## POST-COMMUNION BLESSING

Now may this body and blood of our Lord Jesus Christ strengthen and keep you in his grace.

**Amen.**

## THE BENEDICTION

And now may the Lord bless you and keep you. The Lord make his face shine on you and be gracious to you. The Lord look upon

you with favor and giver you peace.

**Amen.**

SENDING SONG

#618

*“Guide Me Ever, Great Redeemer”*

DISMISSAL

Our worship of Christ has ended.

**Let our service to Christ begin!**

## ***ANNOUNCEMENTS***

**PENNY POWER:** The Penny Power focus for March is Camp Magical Moments. They offer a place of retreat for children with cancer and their families, in an environment of fun, friendship, and love. Find out more at [www.campmagicalmoments.org](http://www.campmagicalmoments.org)

**MID-WEEK LENTEN SOUP SUPPER & WORSHIP:** We continue during Lent with a mid-week potluck soup supper at 6:30 pm and a Holden Evening Prayer Service at 7:15 pm. Thank you to Finance for hosting last week’s soup supper! Missions will be hosting this week. At the February 16th meeting, Church Council voted for our Lenten offerings to be donated to F.I.S.H.

**SERMON ON THE MOUNT - MARCH 11<sup>th</sup>: DO NOT WORRY:** Our series on Jesus’ Sermon on the Mount continues in this week of Lent with recognizing that so much of our lives, even in Lent, is spent worrying about what might happen or what has happened. Christ teaches us to stop being anxious, but simply to trust that he knows what is best and will take care of us to the very end.

**RCCM LENTEN SERVICES - CHRIST’S BEATITUDES:** The Regional Council for Christian Ministry is offering a mid-week Lenten service for the community during the noon hour. Lenten services are Wednesdays from 12:00 -12:30 pm, until Holy Week. Rev. Elizabeth McVicker, who serves both Trinity and St. Paul’s United Methodist Churches, will be preaching this week. FELC will be hosting the soup and bread lunch that takes place before (11:30 am) and after (12:30 pm) the worship service. Please contact the office if you can help with the set up, serving and/or clean up of the luncheon.

**ENDOWMENT GRANTS:** The Endowment Fund was established to support activities, programs, campaigns, and missions of FELC. Thanks to everyone who submitted their applications. The review process has begun and we hope to announce grants by Friday, March 13th.

**WOMEN’S BIBLE STUDY:** Bible study makes for a terrific Lenten discipline. The Ladies’ Book Club is tackling the book of Acts. Join us as we study how the Holy Spirit worked through the Apostles to spread the

Gospel through the known world. There are lots of great stories to enjoy as we follow Peter and then Paul in their leadership roles. We will meet Rhoda and Lydia, and be shipwrecked with Paul. You won't want to miss it! We meet Wednesdays from 2 to 3pm. As always, there is no outside reading or study, and no extra book to buy. Just bring your Bible – and maybe a friend. If you forget your Bible or don't have one, the church owns many for your use. (So – no excuses!)

**MEN'S BREAKFAST AND SPRING CLEANUP:** Saturday, March 28<sup>th</sup>, the Congregation is invited to help spruce up the church grounds for Holy Week and Easter by being part of a "Spring Cleanup" that starts at 9 am Saturday, March 28th. Indoor chores include washing windows while outdoors includes raking and trimming. A short "donuts and devotions" will be held at 8:30 am for our Men's group prior to the cleanup.

**HAPPY STITCHERS - PATRIOTIC QUILTS FOR VETS:** Happy Stitchers will be making patriotic quilts for a tiny home project for veterans in crisis on Tuesday, March 31st from 9:00 am - 3:00 pm. Many hands make light work and help is requested to help design and tie quilts.

**SUNDAY SCHOOL AND FAMILY MINISTRY NEED YOUR HELP:** It takes a team of volunteers to facilitate our Children's Ministry. We are trying to staff both the Sunday School and the Nursery in a manner that doesn't burn out our wonderful volunteers. The more people we have, the more we share the load. Please consider if God is calling you to serve our youth. We also have opportunities to serve with youth events and activities. Please contact our Youth Minister, Heather Catanese, at [youth@firstlc.com](mailto:youth@firstlc.com) for more information.

### **HOLY WEEK SERVICES:**

- ◆ SUNDAY, MARCH 29<sup>TH</sup> – PALM SUNDAY WORSHIP @ 10:15AM
  - ◇ Includes the traditional Processional with Palm Branches
- ◆ THURSDAY, APRIL 2<sup>ND</sup> – MAUNDY THURSDAY WORSHIP @ 7:15PM
  - ◇ Will include communion in keeping with Christ's command (mandate – *where the word "Maundy" comes from*) to "Do This In Remembrance of Me."
- ◆ FRIDAY, APRIL 3<sup>RD</sup> – GOOD FRIDAY WORSHIP @ 7:15PM
  - ◇ This "Tenebrae" Service will include the tradition of darkening the sanctuary candle by candle as meditations are given on each of Jesus' last words from the cross. It will also include special music by our Grace Note Choir and Pastor's "Were You There?" solo.
- ◆ SUNDAY, APRIL 5<sup>TH</sup> – EASTER WORSHIP @ 10:15AM
  - ◇ This joyous service will include music from our King's Men and Round About Brass.
  - ◇ Following the morning worship services families are invited to gather at the back of the fellowship hall as the meeting place for our annual Easter Egg Hunt.



## **HOW CAN WE PRAY FOR YOU?**

If you have a prayer request, please fill out a purple prayer request card and drop it in the offering plate or you can email [office@firstlc.com](mailto:office@firstlc.com). All requests remain confidential - only with permission are individual names placed on the written prayer list below.

### **PRAYERS FOR THOSE WHO ARE ILL, RECOVERING, OR GOING THROUGH A DIFFICULT TIME:**

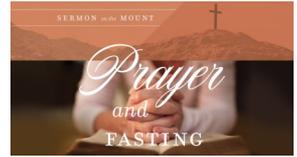
Donna Amundson; Betty Benjamin (*Lisa Mullinix's mother*); Charlotte Benson; Dean Benson; Peggy Buhr; Kevin Call; Tracy Coburn; Devyn, Corden & Elias Cox (*Cal Miller's family*); Wendy Cudmore; Dayna Dabauras; Barrett [*Dahlberg*] (*Cara Dahlberg's nephew*); Laura Dean; Bobbie Eddie (*Barbara Carlson's father*); Josephine Fife (*Julie Reinwald's mother*); Sharon Gilbert; Jo & Al Glissendorf; Diane Hackman; Steve Hammond; Bill Hayes; Jack Heier; Tami Henvit; Sue Hindman; Jose Holtz; Ann Hurley; Vickie John; Lynn Parshall Kinghorn (*Alecia Coburn's former mother-in-law*); Mary Krippner; Daniel Lance (*Cal Miller's brother-in-law*); Allan Magnuson; Mike Martin; Pat Matthews; Adara McClure (*Jeannie Campbell's daughter*); Bob McGee (*Richard Magnuson's friend*); Tim Metcalf; Cal Miller; Dick Mitchell; Wendy Morgan (*Larry Hudman's sister*); Bob Neff; Josh Neis; Don Newman (*Richard Magnuson's cousin*); Mark Pischer (*Cal Miller's son-in-law*); Priscilla Rainey; Cindy Robello; Laura Schoonmaker; Julie Sundberg; Scot Swenson (*Vernal & Jackie Swenson's son*); Kathy Tauscher; Deborah Vavra; Chris Weaver; Daniel & Sarah Young

### **PRAYERS FOR FRIENDS AND FAMILY SERVING IN THE MILITARY:**

TJ Litteer; Andrew Mitchell; Mike Monroe; Mike Stultz; Brianna Townsend; Jody Townsend

### **PRAYERS OF THANKSGIVING FOR RESTORED HEALTH:**

Cathy Abreu; Sharon Bauman; Scottie Grace; Mark Holland (*Cara Dahlberg's father*); Beverly Hudman (*Larry Hudman's mother*); Larry Hudman; Heidi Ibach; Randy Kay; Bud Langerak; Rochelle Mason; Amelia McDaniel; Carol Miller Pischer (*Cal Miller's daughter*)



The third week of Lent is upon us, and we recognize that so much of our lives, even in Lent, is spent worrying about what might happen or what has happened. Christ teaches us to stop being anxious, but simply to simply to trust that he knows what is best and will take care of us to the very end.

**March 11**



**March 18**



As we contemplate this fourth week of Lent, we recognize that we live in a very judgmental world, so Jesus' advice not to judge sounds radical to our modern ears. When we leave all judgment up to God, we free ourselves to look at one another through fresh and forgiving eyes.

In this fifth week of Lent, we recognize that we build our lives on very shaky foundation, and then we are surprised when things start collapsing. Jesus reminds us in his teachings that the only solid foundation is himself, the Rock of our salvation. On him alone we build.

**March 25**



# Interfaith Lenten Soup Luncheon & Worship Services

**Wednesdays February 25 – March 25**

Join us for a midweek Lenten journey of worship, fellowship, and reflection on the Beatitudes. Free soup and bread luncheon will be served. Freewill offering benefits FISH, providing backpacks for school-children and emergency financial help.

**Weekly Schedule**

- 11:30am—12:00pm Soup Luncheon (Seating 1)
- 12:00pm—12:30pm Worship
- 12:30pm—1:00pm Soup Luncheon (Seating 2)

**Schedule**

**March 11, 2026**

First Lutheran  
Matthew 5:1-2, 7-8, 12  
Preacher: Elizabeth McVicker

**March 18, 2026**

First Presbyterian  
Matthew 5:1-2, 9-10, 12  
Preacher: Mike Knauff

**March 25, 2026**

Seventh-Day Adventist  
Matthew 5:1-2, 11-12  
Preacher: Ann Bjorklund

## Special screening package for \$129 for our members includes:

- Carotid Artery Disease Screening
- Atrial Fibrillation Screening
- Peripheral Artery Disease Screening
- Abdominal Aortic Aneurysm Screening

Call to schedule an appointment near you! **800-324-9458** and use code: **HABC001**



### **LIFE LINE SCREENING EVENT!**

FELC will be hosting a Life Line Screening Event on Saturday, March 14th. Life Line Screening is the premier provider of stroke and cardiovascular disease risk screenings since 1993. As the host of the event, Life Line Screening is extending a special offer of \$129 to FELC members for a screening package that enables you to get peace of mind or early detection.

#### **Bad News**

- ◆ Every 33 seconds, someone dies from Cardiovascular Disease in the U.S.
- ◆ For 4 out of 5 people who have a stroke, the first symptom is the stroke.

#### **Good News**

- ◆ The good news is that 80% of strokes and heart disease can be prevented, according to the American Heart Association.
- ◆ Screenings are easy, painless and provide peace of mind or early detection so you can take action with your physician.

**Stroke and cardiovascular disease risk screenings are recommended for anyone age 40 or older.**

Visit [www.lsa.social/hsca](http://www.lsa.social/hsca) or call 800-324-9458 to schedule an appointment. A simple screening can be worth a lifetime!

**THIS WEEK AT FIRST EVANGELICAL LUTHERAN CHURCH****TODAY 3/8/2026**

9:00 am	Adult Forum - Library
9:00 am	Choir Rehearsal - Sanctuary
9:00 am	Sunday School - Youth Room
10:15 am	Worship - Sanctuary
11:30 am	Fellowship Hour - Fellowship Hall
11:30 am	King's Men Rehearsal - Sanctuary
3:00 pm	Round About Brass Practice - Narthex

**MONDAY 3/9/2026**

10:00 am	Staff Meeting - Library
7:00 pm	Worship & Music Team Meeting - Library

**TUESDAY 3/10/2026**

9:00 am	Preschool
9:00 am	Happy Stitchers' - Fellowship Hall
12:00 pm	Care & Concern Meeting - Library
1:00 pm	Preschool
6:00 pm	Girl Scout Troop #930 - Fellowship Hall
6:30 pm	Handbell Rehearsal - Sanctuary

**WEDNESDAY 3/11/2026**

9:00 am	Preschool
11:30 am	RCCM Lenten Soup Luncheon (1st Seating) - Fellowship Hall
12:00 pm	RCCM Lenten Service - Sanctuary
12:30 pm	RCCM Lenten Soup Luncheon (2nd seating)- Fellowship Hall
1:00 pm	Preschool
2:00pm	Ladies' Book Club - Library
5:00 pm	Praise Band - Sanctuary
6:30 pm	Lenten Potluck Soup Supper - Fellowship Hall
7:15 pm	Lenten Mid-Week Service - Sanctuary

**THURSDAY 3/12/2026**

9:00 am	Men's Bible Study - Library
9:00 am	Preschool
10:00 am	Kaffeeklatsch - Library
1:00 pm	Preschool
5:00 pm	Finance Team Meeting
6:00 pm	Stephen Ministry Training - Youth Room

**FRIDAY 3/13/2026**

10:00 am	Friends in Stitches - Fellowship Hall
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**SATURDAY 3/14/2026**

8:00 am	Lifeline Screening - Fellowship Hall 8:30am—5pm
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**SUNDAY 3/15/2026**

9:00 am	Adult Forum - Library
9:00 am	Choir Rehearsal - Sanctuary
9:00 am	Sunday School - Youth Room
10:15 am	Worship - Sanctuary
11:30 am	Fellowship Hour - Fellowship Hall
11:30 am	King's Men Rehearsal - Sanctuary
12:00 pm	Emergency Response Team & Shofar Meeting - Library
3:00 pm	Round About Brass Practice - Narthex

**Report of First Evangelical Lutheran Church**

Year to date Income thru January \$34,450; Year to date Expenses thru January \$27,385

Year to date net Cash Flow thru January \$7,065

Last Week's in Worship Attendance: 135, Live Stream: 60

## WORSHIP VOLUNTEERS

**Greeters: Diana Murphy & Lewis Murphy**

**Liturgist: Steve Galbraith**

**Communion Assistants: Linda Lerum, Paul Bayless**

**Carole Mason, Cheryl Swenson, Cathi Bean**

**Usher Coordinator: Dave Sheldon**

**Ushers: Lisa Swenson, Paul Worth**

**Counters: Lisa Swenson & Janice McBride**

**Altar Guild: Deb Nowatzki, Ginny Conricode**

**Collection Specialist: Andrew Swenson**

**Streaming Technician: Paul Lerum**

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## FELC LEADERSHIP

**MINISTERS:** ..... **All the Members of FELC**

**Senior Pastor:** Pastor Mike Knauff ..... e-mail: [pastormike@firstlc.com](mailto:pastormike@firstlc.com)

**Church Administrator:** Julie Sagnimeni ..... e-mail: [office@firstlc.com](mailto:office@firstlc.com)

**Youth & Family Minister:** Heather Catanese..... e-mail: [youth@firstlc.com](mailto:youth@firstlc.com)

**Bookkeeper:** Greg Stultz ..... e-mail: [bookkeeper@firstlc.com](mailto:bookkeeper@firstlc.com)

**Music Director:** Michelle Hanson .....e-mail: [musicdirector@firstlc.com](mailto:musicdirector@firstlc.com)

**Choir Accompanist:** Heidi Bessette.....

**Praise Band Director:** Steve Galbraith.....

**Pastor Emeritus/Minister of Welcome:** Pastor Larry Cudmore.....

**Preschool Director:** Barbara Carlson.....[flpreschoolif@gmail.com](mailto:flpreschoolif@gmail.com)

Office hours: Monday - Thursday 9:00 am - 4:00 pm, Friday Closed

Web Page: [www.firstlc.com](http://www.firstlc.com) • Phone: 208-522-9301