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HELPFUL TO KNOW

If you'd like to join us for Sunday worship service live, please go to our Facebook page or YouTube and connect with the following link:

<http://upc-superior.com/youtube>

Please feel free to place any questions you may have by replying in the comments section (YouTube), or contact the church office by phone or email and request to be added to our email list.

PRAYER REQUEST

The Pastor is always glad to share prayer requests during the Prayer Time during each worship service. You can share a prayer request online in the comments section (YouTube) or by contacting the church by email or phone with your request.

The Prayer Chain may be activated by calling
Jan Heckman at 715-392-1072 (jan_KB9LTA@yahoo.com) or
Dean Hecht at 715-398-6532.

Choirmaster & Handbell Director

Church Secretary

Custodian

Director of Children,

Youth & Family Ministries

Financial Secretary

Nursery Coordinator

Organist & Pianist

Pastor

Treasurer

Jane Wester

Tiffany Willie

Beth Lisak

Laura Foote

Jan Letsos

Iris Miller

Alexander Sandor

Rev. Brett M. Foote

Christy Willmore

Cover Art: "Living Water" by Lauren Wright Pittman
Inspired by John 4:5-42
Digital Painting



A CONGREGATION OF THE
PRESBYTERIAN CHURCH (U.S.A.)



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Online Worship

Third Sunday in Lent

March 12th, 2023

10:00 AM

If you are joining us online, please light a candle to remind yourself of the presence of God.

* Please rise in body or spirit.

If the text is bolded, everyone is invited to say the words in unison.

PRELUDE Alex Sandor
WELCOME AND ANNOUNCEMENTS

***CALL TO WORSHIP & THEME FOR LENT: I Refuse To Be Comforted Easily**
(Verse 2 only)

PRAYER OF ADORATION & CONFESSION

One: ... Let us pray.

All: Holy God, we have been on every side of this story. We have been the one who is thirsty and in need of compassion, and we have been the one with a bucket and a deep well. So today we wonder: how often have we missed the opportunity to share water with our neighbors? How often have we forgotten that we have a bucket and the power to bring change? How often have we simply decided that justice and compassion were not worth the work? Forgive our fragile hearts and remind us that it was you who sat at that well in Samaria in the heat of the day. It was you. It is still you. With hope we pray, Amen.

ASSURANCE OF PARDON

One: Family of faith, as hard as it is to imagine: we could lose the bucket, we could hoard the water for ourselves, we could pretend we do not see all who are thirsty, we could ignore God's face in our neighbor, and we would still belong to God. This is the good news of the gospel:

All: God's grace is deeper than any well and greater than any mistake. We are seen, loved, and forgiven. May this realization change and inspire us. Amen.

***PASSING THE PEACE**

You are invited to bless those around you with the words, **"The peace of Christ be with you."** In response you may say **"And also with you!"** (You may pass the peace in the comments section.)

RESPONSE Great God of Every Blessing #694

SCRIPTURE READINGS Sue Olson
Old Testament Reading Exodus 17:1-7

CHANCEL CHOIR ANTHEM Lenten Meditation
Children are invited to gather in the narthex for Children's Church.

SERMON "Vulnerability: A Gateway to God" Rev. Brett M Foote
New Testament Reading John 4:5a-11,13-18, 25-26

***AFFIRMATION OF FAITH**

One: Let us affirm our faith together...

We believe that a glass of water given to us by a stranger can taste like justice.

All: We believe that honest conversation has the power to change us.

One: We believe that all God's children have a voice and something to say.

All: We believe that Jesus loves the outcast, the ignored, the shamed, and the abandoned.

One: We believe in asking questions.

All: We believe in curiosity.

One: We believe in giving people a drink.

All: May we be brave enough to give people a drink. Amen.

***HYMN** God of Grace and God of Glory #307

MOMENT FOR STEWARDSHIP & MISSION (Recognition of Resting Elders)

OFFERING

OFFERTORY Alex Sandor

***RESPONSE** #607

Praise God from whom all blessings flow;

Praise Christ all people, here below.

Praise Holy Spirit evermore;

Praise Triune God whom we adore. Amen.

PRAYER OVER OFFERING

One: Let us bless these gifts.

All: God who asks for a drink, help us to be vulnerable and ask for help from our neighbors. Help us to answer the calls for help that we receive. May we be good stewards of your gifts and may we be loving neighbors. May all those who have been pushed aside find in us good friends and companions on the journey. As we give of our time, talents, or treasures, may we reflect Christ to others. Help us to be leaders in our community. Help us to connect with, serve, and care for our community so that Superior, Duluth and the rest of the Northland may know you from generation to generation. Amen.

Prayers to be Shared Please email or call the church with your prayer requests or share them in the comments section. (YouTube)

Silent Prayer

Pastoral Prayer

LORD'S PRAYER

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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

***CLOSING HYMN** I Love to Tell the Story #462

***BENEDICTION**

***POSTLUDE** Alex Sandor

Some of the prayers are adapted by Pastor Brett from prayers by Rev. Sarah A. Speed | A Sanctified Art

OLD TESTAMENT READING***Exodus 17:1-7***

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. The people quarrelled 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?' 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?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' 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. 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. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

NEW TESTAMENT READING***John 4:5a-11,13-18,25-26***

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) 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.) 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.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Jesus said to her, 'Everyone who drinks of this water will be thirsty again, 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.' 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.'

Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' 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.' Jesus said to her, 'I am he, the one who is speaking to you.'

United Presbyterian Church Weekly Calendar**SUNDAY 3/12**

8:45 AM Chancel Choir Rehearsal
 10:00 AM Morning Worship
 10:15 AM Children's Church
 11 AM Baby Shower
 6 PM Volleyball

MONDAY 3/13

4-8:30 PM Piano Lessons
 5 PM Finance Committee

TUESDAY 3/14

3:45-7:30 PM Piano Lessons
 4 PM Pickleball

WEDNESDAY 3/15

12 PM Staff Meeting
 1 PM Caregiver Conversations
 4-4:45 PM Piano Lessons
 5:15 PM Personnel Committee
 6:15 PM Soup Supper
 6:30 PM Lenten Worship

THURSDAY 3/16

5 PM Bell Choir Rehearsal
 6 PM Buildings and Grounds
 7 PM AA Meeting

FRIDAY 3/17

5-7 PM Boy Scout Fish Fry

SATURDAY 3/18**Birthdays This Week**

3/12 Grace Johnson
 3/12 Jim Willmore
 3/14 Alex Ely
 3/14 Sherri Rude
 3/15 Becky Kirk
 3/15 Dolores Larson
 3/17 Melanie Johnson
 3/17 Joel Huenemann
 3/18 Dianne Waite

LOOKING AHEAD

March 19
 March 26

Community Dinner
 Spud Day

DID YOU KNOW YOU CAN DONATE ONLINE?

At United Presbyterian Church, we offer many opportunities to give of yourself to glorify God. From signing up to volunteer to donating financially, if you'd like to support the mission and vision of the church you can do so at the following link:

<https://www.upc-superior.com/donate>

ANNOUNCEMENTS

CURRENT COVID PROCEDURES

As of Friday, March 10th, Douglas County is at a Low COVID-19 Community Level. At this level, the Session-approved guidelines recommend that our community members stay up to date on vaccinations, mask in spaces with older folks and other potentially immunocompromised individuals, and stay home when sick.

However, due to the amount of congregants who have tested positive for COVID-19 within the past two weeks, we are strongly encouraging masking at this time. Masks are available on the bookshelf outside the office.

LITURGIST & COFFEE HOUR SIGN UP

There are two sign up sheets at the back of the Narthex, one to sign up to host our coffee hours following the service, and one where you can sign up to be a liturgist during our Sunday worship services. These are both great opportunities to get involved with the church!

LENTEN WORSHIP

Each Wednesday during Lent we will be gathering around tables in the fellowship hall at 6:15 to enjoy dinner and worship...at the same time! Join us for this creative, informal, discussion based, and delicious time of worship and fellowship. It is potluck style and the Wednesday Night Soup sign ups are in the narthex. On March 8 we will be hosting a "Grill out!" Don't miss it. Thank you to the many committees who are serving on the different nights.

FELLOWSHIP AND OUTREACH NEWS

Spud Day is back! Join us on **March 26th** after church for a yummy lunch of baked potatoes with all the fixings.

ADULT EDUCATION OPPORTUNITY:

Join us in April and May as we learn to plan AHEAD. The 7-session workshop, taught by Chelsea Thompson, covers the topics of end-of-life planning, including legal directives, estate planning, handling financial changes, and final wishes—more details to follow.

Join us for pickleball every **Tuesday from 4-6 PM** and volleyball every **Sunday from 6-7:30 PM**.

A big THANK YOU to Jane Wester for taking our church directory photos. If you marked down that you wanted your pictures sent to you, look for an email in the next couple of months.

YOUTH MENTAL HEALTH FIRST AID TRAINING

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support. This training will take place on April 19 from 8a-4p here at UPC. Lunch and refreshments will be provided and spots are limited. To register go to: <https://go.wisc.edu/yk82kk>. If you need assistance with registering please connect with Laura after the service or call Tiff during open office hours.

ANNOUNCEMENTS

BABY SHOWER FOR KATE AND NICK LONG

We will be having a United Baby Shower for Kate and Nick this Sunday, March 12, immediately following the service. Come celebrate and bless these soon-to-be parents! They are registered with Target and Amazon. Reach out to Laura if you have any questions.

INCLUSIVE CARE UNIT

We are currently accepting: **mittens, hats, scarves, hand warmers, coats, toiletry items (toothbrushes, toilet paper, bars of soap, etc.), and non-liquid, sealed food items**. Please bring donations in during office hours or on Sunday morning. *Thank you for your donations!*

NURSERY AVAILABILITY

Our nursery is staffed 15 minutes before the service begins for children who are newborn through 4 years old. Stop by the Nursery and meet Iris, our Nursery Coordinator and her volunteer assistants. Once checked in, your young ones can play in a safe environment during worship.

CHILDREN'S CHURCH

After the Passing the Peace portion of our service, children ages 5 through 5th grade are invited to Children's Church! This is a time designed specifically for our young ones to learn and grow in their faith. Children's Church takes place in the Youth room, which is next to the Nursery.

SECOND SUNDAY BIBLE STUDY

There will be no Second Sunday Bible Study gathering in March. Please come celebrate with the whole church at Kate and Nick's Baby Shower!

CONGREGATION MEMBERS AND FRIENDS OF UPC

Every once in a while when there are enough changes to our prayer chain member rosters, I revise and reprint new ones. This is a perfect time to add any new folks who are willing to pray for the intentions that come our way.

The email chain is particularly easy to be on. You simply pray for any intentions you see in emails from Jan Heckman, our e-chain coordinator. The prayers don't need to be long or formal, just sincere and from the heart. Please consider joining. You just need to call or text me, at 715-919-1325, or email me at deanwhecht@gmail.com

2023 UPC COMMUNITY GARDEN SIGN-UP COMING SOON

Get ready for this year's UPC Community Garden! On Sunday, March 26, we'll start signing up folks to grow veggies for our Community Dinners. Like last year, the large pots and the raised bed on the church grounds will be used for the garden. Please consider getting involved in this mission to address food insecurity in the Twin Ports community. Questions? Contact Deborah Schlacks at desertswan@aol.com or at 218-348-6032.

NOTE FROM SUSAN

Dear ones, I am starting to run short on card for all occasions. Would you be able to find some greeting cards for my use? Thank you.
Agape, Susan Litehiser

77B I Refused to Be Comforted Easily

Unison Cm Fm Cm

1 In com-plete des-per-a-tion and in ut-ter frus-
 2 With my eyes shut in fright and with no hope in
 3 Will God al-ways re-ject me? Will he nev-er re-
 4 Then, at last, I re-mem-bered all the things I'd for-

Fm Cm A^bma7 G7sus G7

tra-tion, I called out and God lis-tened to me.
 sight, I was much too dis-tract-ed to speak;
 spect me? Has God's love for me failed ut-ter-ly?
 got-ten, all the won-ders you, Lord, had be-gun.

Fm/G Cm/G Fm/G

Both by day and by night, with hands raised and fists
 I i-ma-gined times past which I knew could-n't
 Has his grace been for-got-ten, has he grudged me com-
 And I saw how mis-for-tune had dis-tract-ed at-

Cm/G Fm/G C^{sus} Cm

tight, I ex-pressed and re-pea-ted my plea.
 last and my heart, will, and bo-dy grew weak.
 pas-sion, does his right hand not strength-en or free?
 ten-tion from your faith-ful-ness in all you've done.

Refrain Fm7 B^b7 E^bma7 A^bma7

1-3 I re-fused to be com-fort-ed eas-i-ly
 4 Now I'm sure that your way is a ho-ly way,

Fm G7 Cm

and the tears of dis-tress made me blind:
 for its pro-gress and path I can see;

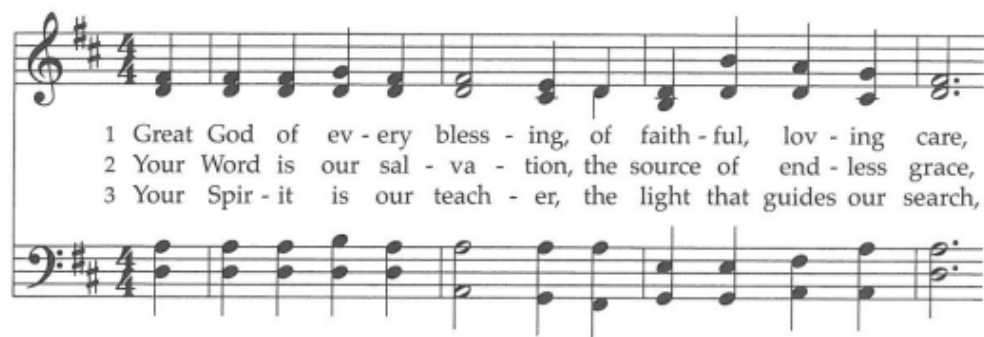
Fm7 B^b7 E^b7 A^bma7

I turned faint when my thoughts went too deep for me
 and I know that your faith-ful-ness in the past

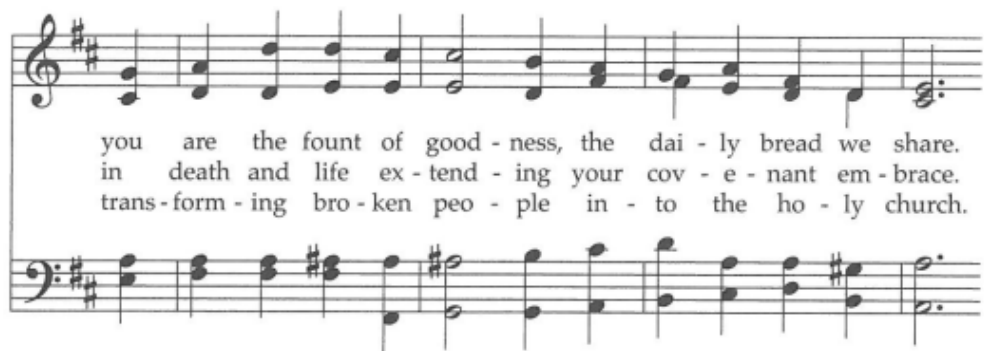
Fm Gm7 Cm

and I groaned when I called God to mind.
 will be real and I be pre-sent for me.

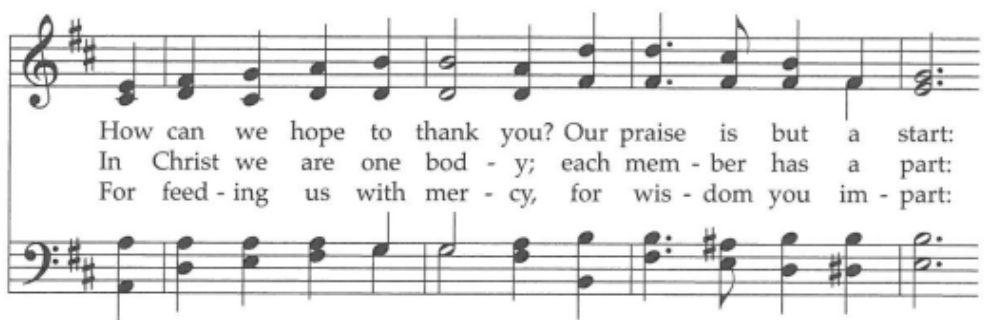
694 Great God of Every Blessing




1 Great God of ev - ery bless - ing, of faith - ful, lov - ing care,
 2 Your Word is our sal - va - tion, the source of end - less grace,
 3 Your Spir - it is our teach - er, the light that guides our search,



you are the fount of good - ness, the dai - ly bread we share.
 in death and life ex - tend - ing your cov - e - nant em - brace.
 trans - form - ing bro - ken peo - ple in - to the ho - ly church.

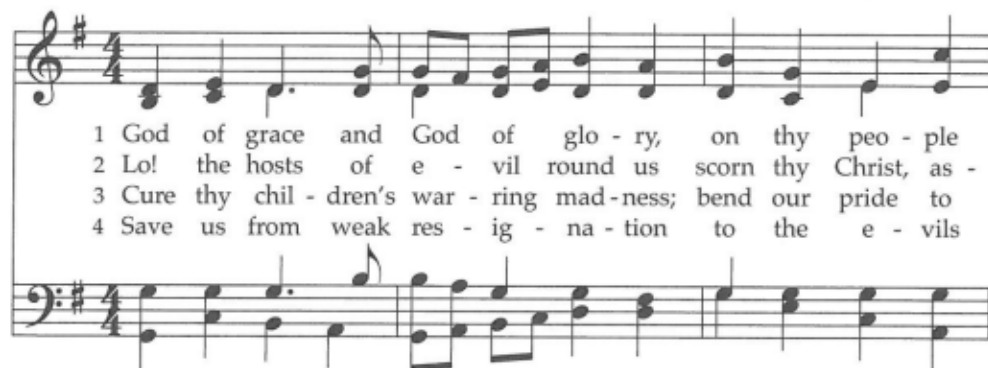


How can we hope to thank you? Our praise is but a start:
 In Christ we are one bod - y; each mem - ber has a part:
 For feed - ing us with mer - cy, for wis - dom you im - part:

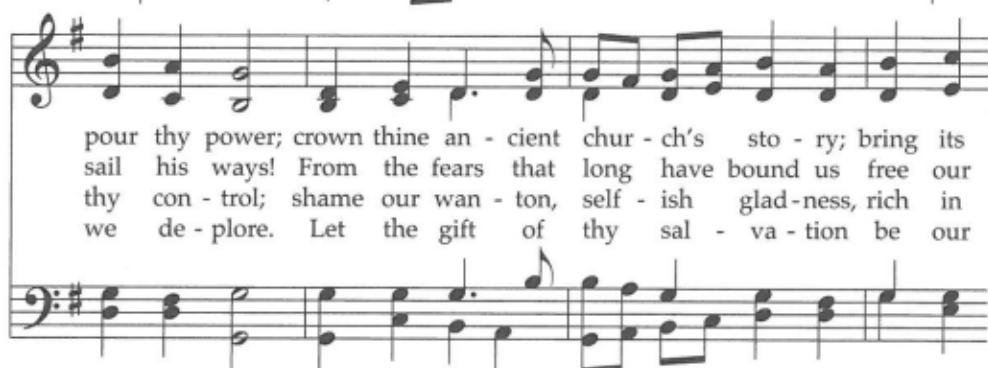


sin - cere - ly and com - plete - ly I of - fer you my heart.

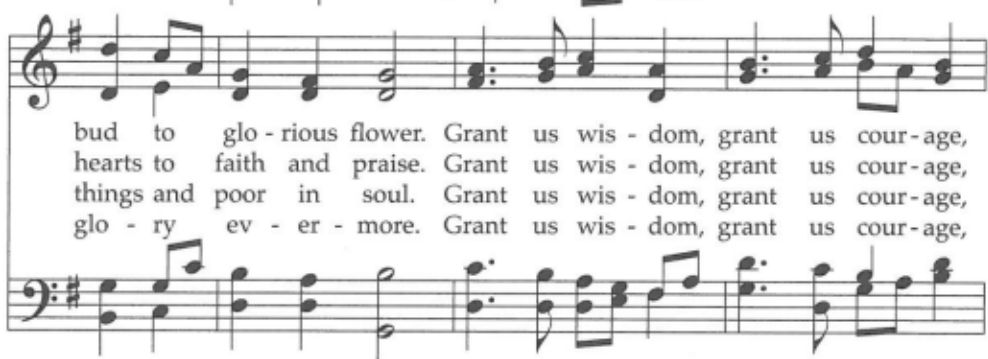
307 God of Grace and God of Glory



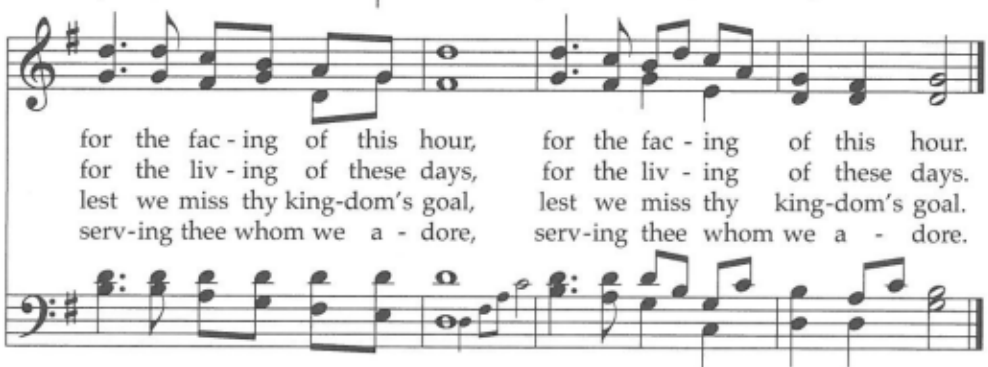
1 God of grace and God of glo - ry, on thy peo - ple
 2 Lo! the hosts of e - vil round us scorn thy Christ, as -
 3 Cure thy chil - dren's war - ring mad - ness; bend our pride to
 4 Save us from weak res - ig - na - tion to the e - vils



pour thy power; crown thine an - cient chur - ch's sto - ry; bring its
 sail his ways! From the fears that long have bound us free our
 thy con - trol; shame our wan - ton, self - ish glad - ness, rich in
 we de - plore. Let the gift of thy sal - va - tion be our



bud to glo - rious flower. Grant us wis - dom, grant us cour - age,
 hearts to faith and praise. Grant us wis - dom, grant us cour - age,
 things and poor in soul. Grant us wis - dom, grant us cour - age,
 glo - ry ev - er - more. Grant us wis - dom, grant us cour - age,



for the fac - ing of this hour, for the fac - ing of this hour.
 for the liv - ing of these days, for the liv - ing of these days.
 lest we miss thy king - dom's goal, lest we miss thy king - dom's goal.
 serv - ing thee whom we a - dore, serv - ing thee whom we a - dore.

I Love to Tell the Story

1 I love to tell the sto - ry of un - seen things a - bove,
 2 I love to tell the sto - ry; 'tis pleas - ant to re - peat
 3 I love to tell the sto - ry, for those who know it best

of Je - sus and his glo - ry, of Je - sus and his love.
 what seems, each time I tell it, more won - der - ful - ly sweet!
 seem hun - ger - ing and thirst - ing to hear it, like the rest.

I love to tell the sto - ry, be - cause I know 'tis true;
 I love to tell the sto - ry, for some have nev - er heard
 And when, in scenes of glo - ry, I sing the new, new song,

it sat - is - fies my long - ings as noth - ing else could do.
 the mes - sage of sal - va - tion from God's own ho - ly Word.
 'twill be the old, old sto - ry that I have loved so long.

Refrain

I love to tell the sto - ry; 'twill be my theme in glo - ry

to tell the old, old sto - ry of Je - sus and his love.