

**LENT 2026**

**UNBOUND**

*Longing for Wholeness*

**MARCH 8, 2026**

**Lent 3**  
**International Women's Day**  
**"Longing for Relationship"**  
**Sunday, March 8, 2026**  
*(\* indicates the assembly stands)*

**Gathering**

Prelude	<i>"The Cuckoo and the Nightingale"</i>	J. Correll
Words of Welcome & Service Announcements		
*Confession and Forgiveness (see page 4)		
*Hymn 419 vs. 1, 8, 2	<i>"For All the Faithful Women"</i>	
*Greeting		
*Kyrie		p. 184
*Prayer of the Day		
Anthem	<i>"Hear My Prayer"</i>	F. Mendelssohn

**Word**

First Reading		Exodus 17:1-7
Lenten Theme Song (see page 5)	<i>"We Belong to Each Other"</i>	
Second Reading		Romans 5:1-5
*Gospel Acclamation	<i>"Let your steadfast love"</i>	p. 189
*Gospel Reading		John 4:5-42
Sermon		
*Hymn of the Day (see page 6)	<i>"Come to the Water of Life"</i>	
Prayers of Intercession		<b>A: hear us, O God.</b>

**Meal**

*Offering Hymn 188	<i>"Create in me a Clean Heart"</i>	
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*Offering Prayer	
*Great Thanksgiving	p. 190
*Holy, Holy, Holy	p. 190
*Lord’s Prayer ( <i>Our Father, who art in heaven...</i> )	p. 191
Lamb of God	p. 191
Communion Hymn 474	<i>“Bread of Life from Heaven”</i>
*Table Blessing	
*Prayer after Communion	
<b>Sending</b>	
General Announcements	
*Blessing	
*Hymn 611	<i>“I Heard the Voice of Jesus Say”</i>
*Dismissal	<b>A: Thanks be to God.</b>
Postlude	<i>“Organo Pleno”</i> J. Correll

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**What if the opposite of being bound is being whole?** Our world is filled with things that hold us captive. These things that bind us prevent us from living the whole, abundant life that God has promised us. Through the stories of regular people encountering Jesus, and being drawn to the wholeness that Jesus provides, we can learn about our own longings and be drawn into wholeness.

The Samaritan woman comes to the well at noon because she has learned to protect herself. She knows what it feels like to be discarded—by relationships, by community, by the quiet and not-so-quiet judgments that have followed her for years. She is longing for something deeper than water.

Confession and Forgiveness:

P: Let us confess our sins to God and one another.

**A: We confess to you, most loving God,  
the sins that both bind and scatter us.**

**We have knowingly believed dishonest words.**

**We have questioned your gracious power again and again.**

**We have given into temptation.**

**We have acted out of fear, placing blame on others yet holding ourselves apart.**

**In our disbelief and confusion we have hurt our neighbours and ourselves.**

**Gather us back to you.**

**Forgive us, free us, and make us whole**

**for the sake of your son Jesus Christ. Amen.**

P: Friends, beloved of God,

Jesus came not to condemn the world but that all might be saved through him.

In the name of + Christ your sins are forgiven.

May God unbind your guilt and shame,

lead you by the Spirit,

and bring you to wholeness in abundant life.

**A: Amen.**

### **Upcoming Events at St. Matthews**

**Tuesday, March 10:** Board Meeting

**Wednesday, March 11:** St. Matthews Presents: Organ Recital (noon),  
and Soup (12:30)

**Wednesday, March 11:** Lenten Midweek service at 7 pm

**Saturday, March 14:** Retreat at Crieff Hills

**Wednesday, March 25:** St. Matthews Presents: Organ Recital (noon),  
and Soup (12:30)

**Wednesday, March 25:** Lenten Midweek service at St. Peter's at 7 pm

# We Belong to Each Other

## Refrain



We be - long, we be - long, we be - long to each - oth - er.



I am strong, you are strong; we are strong - er to - geth - er.

## Verses



Each of us has gifts to share, there is plen - ty to  
If we hold our gifts too tight, some - one else will be  
Near or far, I'm on your side; we are part of God's



go a - round. When we're lone - ly, lost, and scared,  
left be - hind. Give, for - give, and shine your light;  
fam - il - y. I am yours and you are mine,



God makes sure we are found. *to Refrain*  
take the time to be kind.  
tied to - geth - er yet free.

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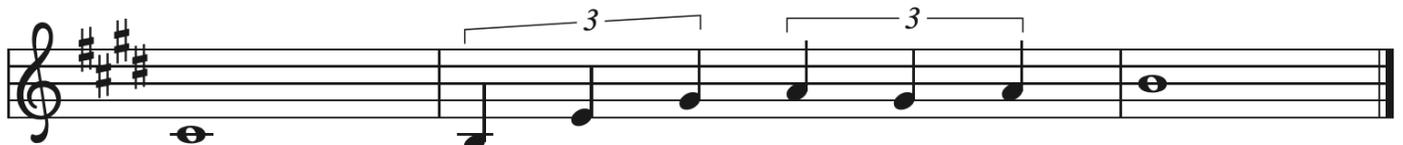
# Come to the Water of Life



1 All who are thirst - y for mer - cy, all who are thirst - y for  
 2 All who are thirst - y for heal - ing, all who are thirst - y for  
 3 All who are thirst - y for beau - ty, all who are thirst - y for  
 4 All who are thirst - y for jus - tice, all who are thirst - y for



love; all who are thirst - y for love, for mer - cy,  
 touch; all who are thirst - y for touch, for heal - ing,  
 truth; all who are thirst - y for truth, for beau - ty,  
 peace; all who are thirst - y for peace, for jus - tice,



come: come to the Wa - ter of life.  
 come: come to the Wa - ter of life.  
 come: come to the Wa - ter of life.  
 come: come to the Wa - ter of life.

Text: Ray Makeever, b. 1943  
 Music: WATER OF LIFE, Ray Makeever  
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**Church Fire Plan** - For everyone's awareness, a copy of the Church Fire Plan for safe exit from the Sanctuary appears in the back of the worship books. Please take a moment to review for your own safety. The AED and a first aid kit are in the hallway by the office.

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## **Leading Worship Today**

**Minister:** Rev. Carey Meadows-Helmer

**Assisting Minister:** Scott Kuschnerreit

**Diaconal Minister of Music:** Deacon Scott Knarr

**Reader:** Bob Loebasck

**Communion Server:** Sue Laking

**Choral Scholars:** Nicole Hamilton, Lindsay Scott, Caroline Schmidt, Dylan Siebert, Emmanuel Dye, Drew Aarssen

**Soprano Solo:** Nicole Hamilton

**Choir Director:** Corey Linforth

**Broadcast:** Andrew Weber

## **Worship Notes**

**In our prayers,** Marjorie, Kevin, Betty, Anneke, Judy, Yvonne, Jeanette, Meaghan, Henry, Maureen, and John.

**All are welcome at the meal** where Jesus is present loving and forgiving us. For the wine, there is a common cup station and a pouring chalice station (please take an empty small glass). There is also a small tray of pre-poured grape juice glasses. Gluten-free wafers are also available; please indicate this request to the Pastor. If you would (also) like to receive a blessing, please approach the Pastor with your arms crossed over your chest. If you'd like to receive Communion in your pew, the pastor will come to you. Please let an usher or the pastor know before worship if possible.

**We honour International Women's Day** today with organ voluntaries by American organist and composer Janet Correll. Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge gender equality.

## Information for today's worship

- **Offering:** Please place your offering in one of the offering plates in the Narthex (entranceway) upon entering. The offering plates will be presented at the High Altar during the service.
- **Please join us for Fellowship Time** after worship in the Community Hall. Use any of the staircases (Narthex, west stair tower, parking lot tower) to go down.
- **Downstairs Washrooms** can be accessed via any of the staircases. There is one wheelchair accessible washroom, and the rest are all-gender washrooms. A further all-gender washroom is also available via the west stair tower door (front left of the Sanctuary) on the same level. Turn right at the hallway.

## General Announcements

**The pastors are taking a holiday week during March Break** with their children. They will be away from March 16-22. Rev'd Monika Wiesner will lead worship. Rev'd Heike Toeller is the emergency on-call during this time. (Office: 519.893.3826 / Cell: 519.212.9952)

**Church Breakfast Group** - We meet next on Tuesday, March 17 at 9:00 a.m. at Kypreos Restaurant, 305 Lancaster St. W. Kitchener. Attendees order from the menu and pay for their own meals. Everyone is welcome. Jennifer Leat will speak to us about the Pollinator Roadsides Project and native plants. The goal of Waterloo Region Nature is to promote the planting of roadsides with pollinator-friendly plants to beautify them and recreate habitat for native pollinators and other wildlife in our region. Come and learn more about why this is so important for the environment.

## Contact Information

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# 2026 MID-WEEK LENTEN WORSHIP

## WEDNESDAY NIGHTS



### St. Matthews Lutheran

Worship 7:00 pm  
*Holden Prayers Around the Cross:  
For the Healing of the Nations*  
Presider: Rev. C. Meadows-Helmer  
Preacher: Rev. Mario Hryniewicz

MAR

11

ST. MATTHEWS CHURCH, 54 BENTON ST. KITCHENER



### St. Peter's Lutheran

Worship 7:00 pm  
*Compline*  
Presider: Rev. M. Ehlebracht

MAR

25

ST. PETER'S CHURCH, 49 QUEEN ST N. KITCHENER



ST. PAUL'S LUTHERAN  
CHURCH, BRIDGEPORT



**The St. Matthews Centre**, our community hub, has a website which links all upcoming events, especially concerts of the KW Symphony and the Grand Philharmonic Choir.

Scroll down to "Upcoming Events" at [www.stmatthewscentre.ca](http://www.stmatthewscentre.ca).

The St. Matthews Centre also has a Facebook page, which you can "follow" to get updates.





**ST. MATTHEWS**

*presents*



# Organ Recitals and Soup

begins on

Wednesday, February 25, 2026 at 12 noon

Music at 12; Soup at 12:30pm

*recitals every other Wednesday*

Freewill Offering

## **February 25**

Sebastian Meadows-Helmer, baroque violin  
Pauline Finch, baroque flute  
Scott Knarr, harpsichord & organ

## **March 11**

Corey Linforth, vocalist  
Peter Nikiforuk, organ & piano

## **March 25**

Bruce Gremo, flute  
Corinne Dutton, organ

## **April 8**

Sherry Coman, spoken word  
Scott Knarr, organ

## **April 22**

Sebastian Meadows-Helmer, Lana Moses, violins  
Scott Knarr, organ

# Holy Week 2026

## **PALM SUNDAY**

March 29 at 9:30 am

## **MAUNDY THURSDAY**

April 2 at 7:00 pm

## **GOOD FRIDAY**

April 3 at 9:30 am

## **EASTER SUNDAY**

April 5 at 9:30 am

## **UNBOUND**

*Longing for Wholeness*



# St. Matthews Lutheran Church

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