

Second Sunday in Lent

March 1, 2026

Welcome!

We delight in having guests and are glad that you have joined us today.

First Lutheran Church

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Waltham, MA 02453-7753
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firstlutheranwaltham.org

Follow us on Facebook at
First Lutheran Church - Waltham, MA

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Today's Worship Leaders

Pastor

Tom Maehl

Vicar

Trevor Boe

Musician

Cynthia Niiler

Assistant Minister

Rachel Nederhoff-Rivera

Acolyte

Lector

Catherine Sukow

Ushers

Valarie Waters

Pat Clem

A/V

Steve Hoff

Altar Care

Marquette & Penny Alexander

Counter

Isabella van der Weide, Steve Latter

Prelude: "Wondrous Love"

Kristina Langlois

Welcome and Announcements

GATHERING IN GOD'S PRESENCE

The congregation is invited to stand

Confession and Forgiveness

Blessed be the holy Trinity, ✝ one God,
who forgives all our sin,
whose mercy endures forever.

Amen.

Let us return to God, confessing our sin in the assurance of
God's abiding love.

Silence is kept for reflection.

Compassionate One,
**you are slow to anger and abounding in steadfast love,
but our lives do not always reflect you
and your love for the world.**

**We do not show others the tender compassion
you have shown to us.**

**We do not welcome others with the radical hospitality
you grant to all people.**

**We oppress others,
even though you have set us free again and again.**

We squander the abundant gifts of the earth.

**Transform our lives
and guide us again in the way of the cross.**

Amen.

Beloved in Christ,
God's arms are always stretched open wide
to welcome the wandering ones home.

In ✝ Christ your sins are forgiven.

You have a place in God's house forever.

Amen.

Gathering Hymn: "Christ Is the Life"



1 Christ is the life of all that is, God's pure cre - a - tive
2 Christ is the death of all that is; a broad and beck - 'ning
3 Christ is the death of all that is, a bright, con - sum - ing
4 Christ is the life of all that is, Be - gin - ning and the



Word, whose pow'r be - yond and through all space the
tomb, who wel - comes us from well - worn ways to
fire, whose flames re - quire our pri - or self as
End; cre - a - tive force, most peace - ful death, trans -



worlds to Be - ing stirred. Christ is the life be - yond all
dark - ness of the womb. Christ is the death, the sink - ing
kin - dling for the pyre. Christ is the death of dust - y
form - ing burn - ing brand. Christ is the life, in whose wise



time, cre - a - tion's birth and breath, whose la - bor
down past all de - sire and fear, whose prom - ise
days of un - cre - a - tive strife, for out from
love cre - a - tion lives and dies and thus for -



brings all things to be and brings all things to death.
in the gen - tle dark bids new - ness to ap - pear.
fire we tread up - on the thresh - old of new life.
ev - er - more shall bless the Source, the liv - ing Christ.

Greeting

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

And also with you.

Psalm: Psalm 121

- ¹ I lift up my eyes to the hills;
from where is my help to come?
- ² **My help comes from the LORD,
the maker of heaven and earth.**
- ³ The LORD will not let your foot be moved
nor will the one who watches over you fall asleep.
- ⁴ **Behold, the keeper of Israel
will neither slumber nor sleep;**
- ⁵ the LORD watches over you;
the LORD is your shade at your right hand;
- ⁶ **the sun will not strike you by day,
nor the moon by night.**
- ⁷ The LORD will preserve you from all evil
and will keep your life.
- ⁸ **The LORD will watch over your going out and your coming in,
from this time forth forevermore.**

Second Reading: Romans 4:1-5, 13-17

¹ What then are we to say was gained by Abraham, our ancestor according to the flesh? ² For if Abraham was justified by works, he has something to boast about, but not before God. ³ For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." ⁴ Now to one who works, wages are not reckoned as a gift but as something due. ⁵ But to one who does not work but trusts him who justifies the ungodly, such faith is reckoned as righteousness.

¹³ For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. ¹⁴ For if it is the adherents of the law who are to be the heirs, faith is null and the promise is void. ¹⁵ For the law brings wrath, but where there is no law, neither is there transgression.

¹⁶ For this reason the promise depends on faith, in order that it may rest on grace, so that it may be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (who is the father of all of us, ¹⁷ as it is written, "I have made you the father of many nations"), in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The word of the Lord.

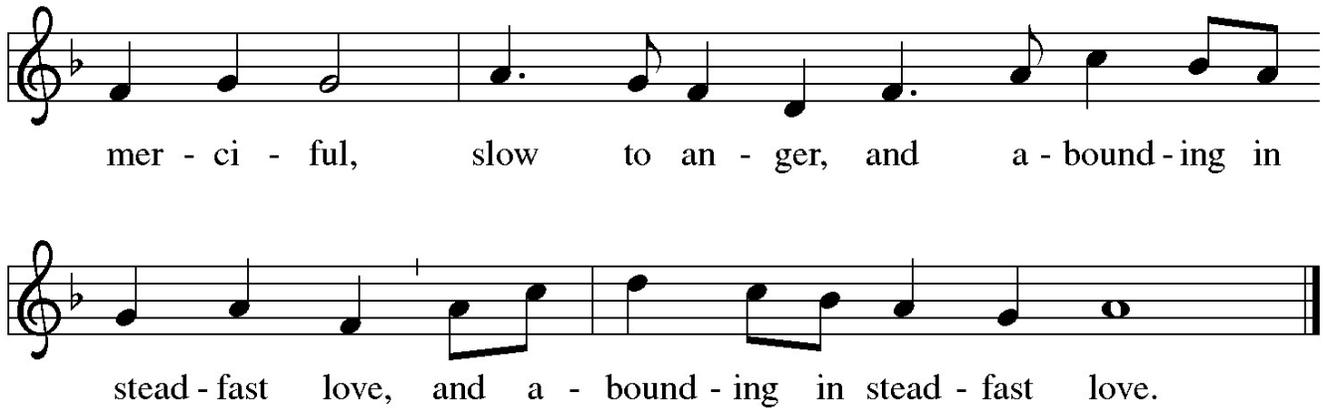
Thanks be to God

The congregation is invited to stand

Gospel Acclamation



Re - turn to the Lord, your God, for he is gra - cious and



Gospel: John 3:1-17

The holy gospel according to John.

Glory to you, O Lord

¹ Now there was a Pharisee named Nicodemus, a leader of the Jews. ² He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God, for no one can do these signs that you do unless God is with that person.” ³ Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” ⁴ Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” ⁵ Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶ What is born of the flesh is flesh, and what is born of the Spirit is spirit. ⁷ Do not be astonished that I said to you, ‘You must be born from above.’ ⁸ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” ⁹ Nicodemus said to him, “How can these things be?” ¹⁰ Jesus answered him, “Are you the teacher of Israel, and yet you do not understand these things?

¹¹ “Very truly, I tell you, we speak of what we know and testify to what we have seen, yet you do not receive our testimony. ¹² If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? ¹³ No one has ascended into heaven except the one who descended from heaven, the Son of Man. ¹⁴ And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵ that whoever believes in him may have eternal life.

¹⁶ “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

¹⁷ “Indeed, God did not send the Son into the world to condemn the world but in order that the world might be saved through him.”

The gospel of the Lord.

Praise to you, O Christ.

The congregation is seated

Children’s Sermon

Sermon

RESPONDING TO GOD'S WORD

The congregation is invited to stand

Hymn of the Day: "Wash, O God, Our Sons and Daughters"

F Gm F Dm F B♭ F

1 Wash, O God, our sons and daughters, where your cleans-ing wa - ters flow.
2 We who bring them long for nur - ture; by your milk may we be fed.
3 Oh, how deep your ho - ly wis - dom! Un - im - ag - ined, all your ways!

F Gm F Dm F B♭ F

Num-ber them a - mong your peo - ple; bless as Christ blessed long a - go.
Let us join your feast, par - tak - ing cup of bless - ing, liv - ing bread.
To your name be glo - ry, hon - or! With our lives we wor-ship, praise!

F C Dm Am F B♭

Weave them gar-ments bright and spark-ling; com- pass them with love and light.
God, re - new us, guide our foot - steps; free from sin and all its snares,
We your peo - ple stand be - fore you, wa - ter - washed and Spir - it - born.

C Dm B♭ F Gm⁷ Am Gm⁷ F

Fill, a - noint them; send your Spir - it, ho - ly dove and heart's de - light.
one with Christ in liv - ing, dy - ing, by your Spir - it, chil - dren, heirs.
By your grace, our lives we of - fer. Re - cre - ate us; God, trans - form!

Apostles' Creed

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.

Prayers of Intercession:

Response: Hear us, O God.
Your mercy is great.

The Peace

The peace of Christ be with you always.
And also with you.

The congregation is seated

Offering is Gathered

Musical Offering: "Rockingham Old - God Loved the World"

Robert Buckley Farlee

Prayer Concerns

Members of our First Lutheran Community: Norm Adams; Glow, Bethany, and Roland Adams; Joyce Anderson; Jen Biter; Ardeith Froeberg; June Jahrling; Erika Jerram; Lovequist/Shread family; Kathryn McCowan; Don & Britta McNemar; Kerry Meaney; Cynthia Niiler; Joan Niiler, Stacey Reed; Karson Sprague; Valarie Waters.

Friends and Family: Clinton Braganza; Rhona Chen; Emily Dallman; Evan DaRos; Sheila Dumbrowik; Lisa Fugger; Jay Higham; Josh Kalisa; Sylvia & Chris Lee-Thompson; Nathan Maehl; Pappas family; Roland Pesch; Rachel and sons; Frank Raymond; Lynn Reihart; Brian Schmitz; Roger & Margie Schroeder; Fay Sieving; Wilson Viertel; Chip Weinkauf; Jim Wroe; Marlys Yu.

For those who grieve: the family and friends of Mary Ellen Adams.

For our partners: Santuario Luterano, the Spanish speaking Lutheran congregation in Waltham. For other organizations we actively support: the Waltham Family School, the Waltham Community Day Center, Chaplains on the Way, WATCH, Camp Calumet, and ELCA World Hunger.



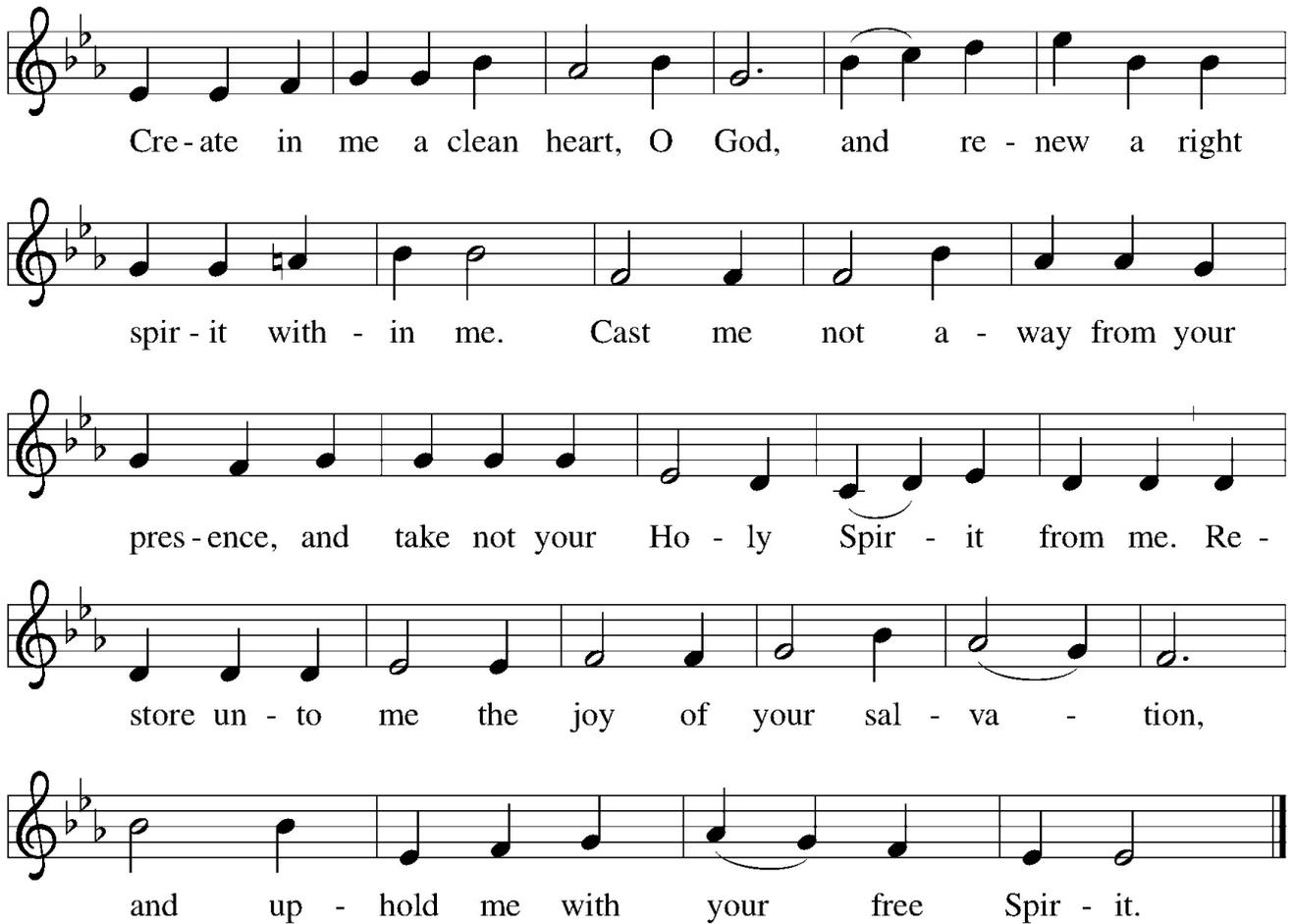
Another way to collect the morning offering.

Our church provides both spiritual, physical and emotional nourishment for all who attend in person and online. **We invite you to consider donating** to support the mission of our church, as we work to support programs in the church, in the community, and for the online community.

You can make your morning offering through credit card by scanning the code to the right.

The congregation is invited to stand

Congregational 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 un - to me the joy of your sal - va - tion,
and up - hold me with your free Spir - it.

Music: J. A. Freylinghausen, 1670–1739

Offering Prayer

Gracious Provider,
you set your immense treasures among us,
opening your heart to the world.
As we prepare to feast on your bountiful love,
deepen our commitment to sharing those treasures with others,
through our Savior, Jesus Christ.
Amen.

About Communion

We believe that Jesus Christ is present in the bread and wine we share and therefore he is the host of the meal. *In his name, we welcome all who desire to commune.*

- An usher will direct you to come forward, and you may either kneel or stand at the altar rail.
- *Bread:* The pastor will place bread in your hands, which you may then consume. We have *gluten free bread available*; indicate to the pastor/vicar if that is your preference.
- *Wine/Juice:* the assistant will then offer a tray of individual glasses (juice in the center ring). The acolyte will follow with a tray for empty glasses. Also, you may skip the wine altogether trusting that Christ is fully present in the bread.
- Children and adults who do not yet commune are welcome to come to the altar for a blessing.
- If walking is difficult for you, please inform an usher, then stay in your pew and the pastor will come to you.

SHARING THE LORD'S SUPPER

The Great Thanksgiving

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

Lift up your hearts. We lift them to the Lord.

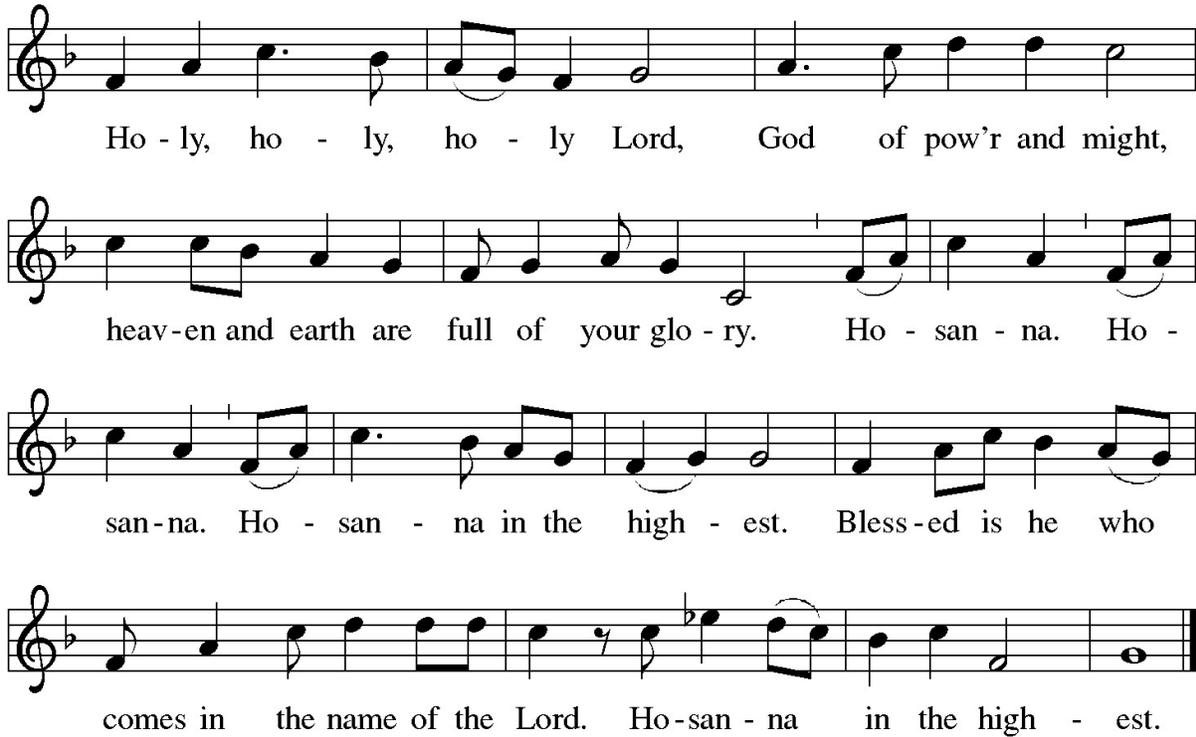
Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

The image shows four staves of musical notation in G major (one flat) and 4/4 time. Each staff contains a melody line with lyrics underneath. The lyrics are: 'The Lord be with you. And al - so with you.', 'Lift up your hearts. We lift them to the Lord.', 'Let us give thanks to the Lord our God.', and 'It is right to give our thanks and praise.' The music consists of quarter and eighth notes with various rests and phrasing slurs.

It is indeed right, our duty and our joy ...
we praise your name and join their unending hymn:

Holy, Holy, Holy



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,
heav-en and earth are full of your glo - ry. Ho - san - na. Ho -
san-na. Ho - san - na in the high - est. Bless-ed is he who
comes in the name of the Lord. Ho-san - na in the high - est.

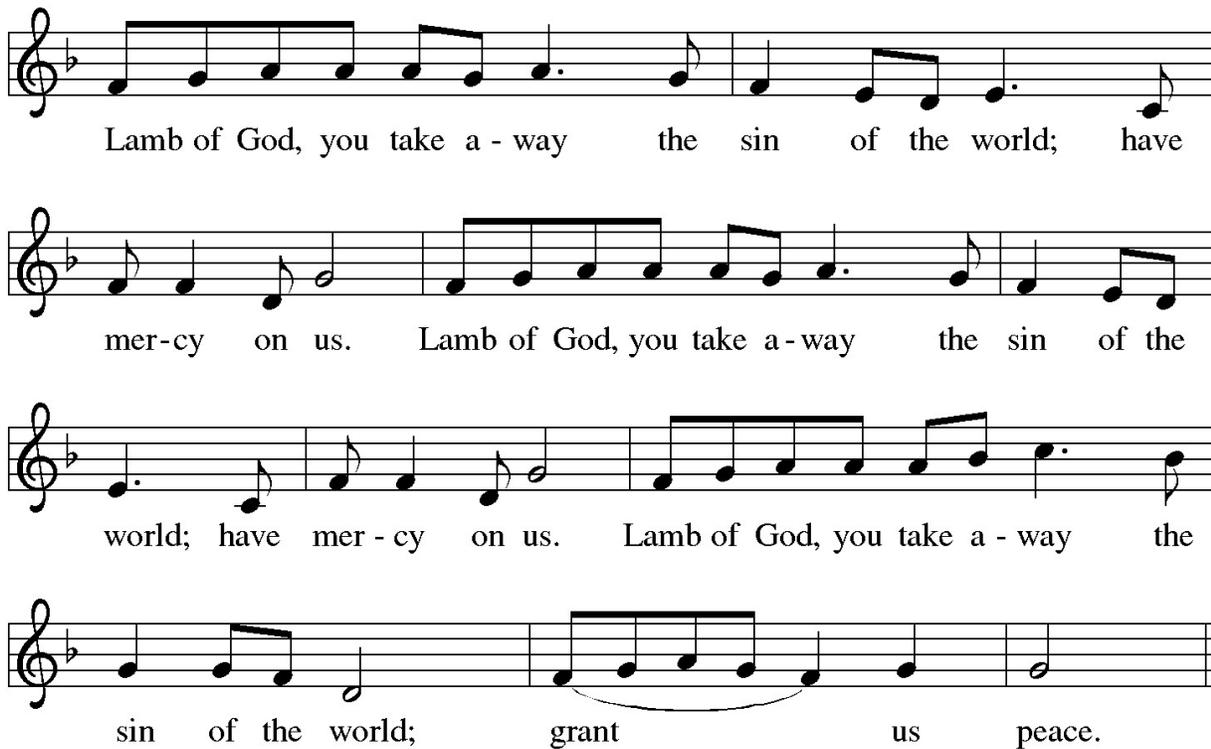
Eucharistic Prayer

Lord's Prayer

**Our Father in heaven,
hallowed be your name,
our kingdom come,
our will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and forever. Amen.**

The congregation is seated

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.



Distribution of Communion

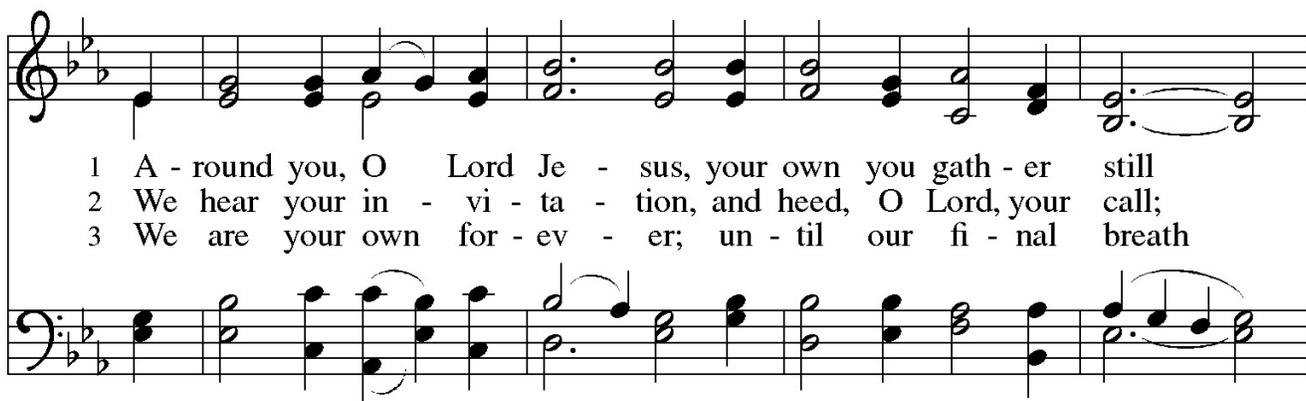
"God Loved the World"

1 God loved the world so that he gave his on - ly
2 Christ Je - sus is the ground of faith, who was made
3 If you are ill, if death draws near, this truth your
4 Be of good cheer, for God's own Son for - gives all
5 All glo - ry to the Fa - ther, Son, and Ho - ly

Son the lost to save, that all who would in
flesh and suf - fered death; all who con - fide in
trou - bled heart can cheer: Christ Je - sus res - cues
sins that you have done, and jus - ti - fied by
Spir - it, Three in One! To you, O bless - ed

him be - lieve should ev - er - last - ing life re - ceive.
Christ a - lone are built on this chief cor - ner - stone.
us from death; that is the firm - est ground of faith.
Je - sus' blood, your bap - tism grants the high - est good.
Trin - i - ty, be praise now and e - ter - nal - ly!

"Around You, O Lord Jesus"



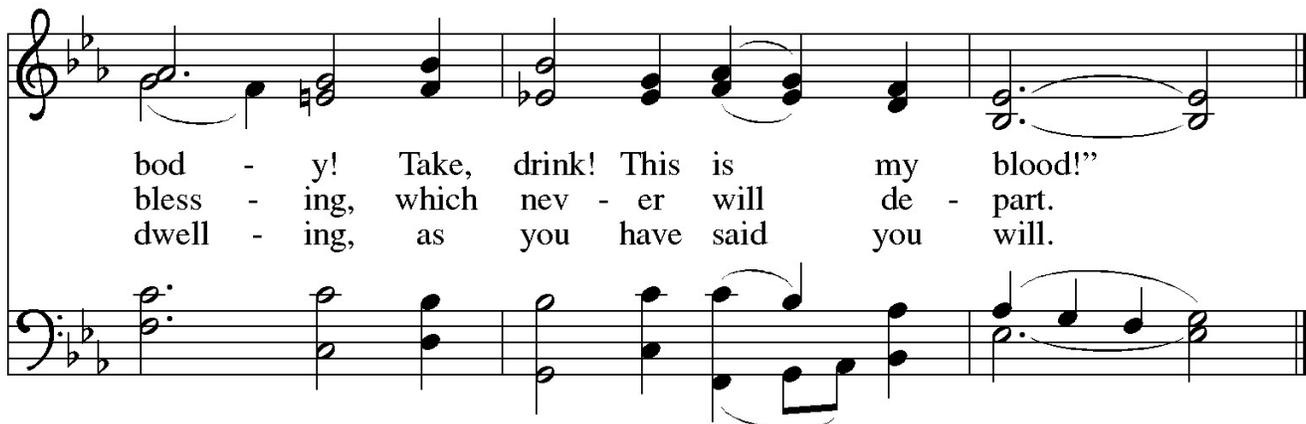
1 A - round you, O Lord Je - sus, your own you gath - er still
2 We hear your in - vi - ta - tion, and heed, O Lord, your call;
3 We are your own for - ev - er; un - til our fi - nal breath



to share the feast you give us with grace our lives to fill.
your word of con - so - la - tion is spo - ken here to all.
we will be true and nev - er— in joy, in grief, in death—



You say to us so lov - ing - ly, "Take, eat! This is my
It draws us to your lov - ing heart; it brings to us your
de - part from you, for you are still a - mong your peo - ple



bod - y! Take, drink! This is my blood!"
bless - ing, which nev - er will de - part.
dwell - ing, as you have said you will.

The congregation is invited to stand

Post-Communion Prayer

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

Sending Hymn: "What Wondrous Love Is This"

1 What won-drous love is this, O my soul, O my soul! What
2 When I was sink - ing down, sink - ing down, sink - ing down, when
3 To God and to the Lamb I will sing, I will sing; to
4 And when from death I'm free, I'll sing on, I'll sing on; and

won - drous love is this, O my soul! What won-drous love is this
I was sink - ing down, sink - ing down, when I was sink - ing down
God and to the Lamb I will sing; to God and to the Lamb,
when from death I'm free, I'll sing on; and when from death I'm free,

that caused the Lord of bliss to bear the dread-ful curse for my
be - neath God's righ-teous frown, Christ laid a - side his crown for my
who is the great I AM, while mil - lions join the theme, I will
I'll sing God's love for me, and through e - ter - ni - ty I'll sing

The image shows a musical score for the hymn "What Wondrous Love Is This". It consists of three systems of music. Each system has a vocal line on a treble clef staff and a piano accompaniment line on a bass clef staff. The lyrics are written below the vocal line. The first system contains the first four lines of the hymn. The second system contains the next four lines. The third system contains the final four lines. The music is in a simple, hymn-like style with a clear melody and accompaniment.

soul, for my soul, to bear the dread-ful curse for my soul?
soul, for my soul, Christ laid a - side his crown for my soul.
sing, I will sing, while mil - lions join the theme, I will sing.
on, I'll sing on; and through e - ter - ni - ty I'll sing on.

Dismissal

Go in peace. Believe the good news.

Thanks be to God.

Postlude

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“Litany for Lent—Hold Us in Your Mercy”

Text: Rory Cooney

Music: Gary Daigle

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“Christ Is the Life”

Text: Susan Palo Cherwien, b. 1953 © 1989 Susan Palo Cherwien, admin. Augsburg Fortress

Music: Kenneth Naylor, 1931-1991 © Oxford University Press

“Wash, O God, Our Sons and Daughters”

Text: Ruth Duck, b. 1947 © 1989 The United Methodist Publishing House, admin. The Copyright Company

Music: *The Sacred Harp*, Philadelphia, 1844; arr. Selected Hymns, 1985 © 1985 Augsburg Fortress

“God Love the World”

Text: *Gesangbuch*, Bollhagen, 1791; tr. August Crull, 1846-1923, alt.

Music: Edward Miller, 1731-1807, adapt.

“Around You, O Lord Jesus”

Text: Frans Mikael Franzen, 1772-1847; tr. Composite © 1978 Lutheran Book of Worship, admin. Augsburg Fortress

Music: H. Thomisson, *Den danske Psalmebog*, 1569

“What Wondrous Love Is This”

Text: North American folk hymn 19th cent., alt.

Music: W. Walker, Southern Harmony, 1835; arr. Paul J. Christiansen, 1914-1997, alt.

Arr. © 1955 Augsburg Publishing House, admin. Augsburg Fortress.

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“Wondrous Love” setting by Kristina Langlois from *Miniatures and Interpretations for Organ* © 2006 Augsburg Fortress

“Rockingham Old” Robert Buckley Farlee from *Augsburg Organ Library: Lent* © 2000 Augsburg Fortress

Announcements

Join us after worship next Sunday for the third episode of "The Week," a three-part series the Justice and Service team is facilitating to discuss the climate crisis. This final episode helps us identify ways we might consider our part to play in a just transition towards sustainable living and feel empowered to play our part in community. ***Pizza will be provided.***

Lenten Wednesdays

Meals for others—5:15-6:30 pm: We begin each week by preparing food for others.

Each week we are looking for:

- a Meal Prep Coordinator
- several Meal Prep Volunteers
- Meal Drop-Off Volunteers.

We ask that people sign up for the whole shift (5:15 pm - 6:30 pm), but if you are only able to make it for part of the shift, just let us know. ***To sign-up you can follow the link in the "This Week" email and fill out the appropriate information.***

Meal, Study and Conversation—6:30 –7:30 –pm: We then will gather to eat (*a simple meal will be provided*), and at 6:45 we will engage in conversation focused on the core aspects of Christian discipleship including: worship, prayer, giving, serving, engaging community, inviting, and working for justice.

Prayer—7:30 pm: We conclude the evening in the sanctuary with members of Santuario Luterano for prayer.

You are invited to participate in all or any individual part of our Lenten Wednesdays.

Coffee Hosts Needed! Can you help foster community by hosting coffee? Sign up in the Pearson Room or by using the link in the This Week email. First time hosting? We're happy to provide instruction.

Can you help take care of our Blessing Box? We could use help checking the sidewalk box—refilling it with items from the Pearson Room and occasionally emptying out some items. You can find a sign up in our This Week email. Thank you!



First Lutheran's Welcome Statement:

Walking together in God's love, we rejoice in the diversity of God's wonderfully made children. We celebrate lesbian, gay, bisexual, transgender, queer, intersex, asexual, and non-binary people and all members of our human family regardless of sexual orientation, gender identity and expression, race, ethnicity, age, marital status, physical and mental ability, faith history, economic status, education, family configuration, or immigration status. We renounce the sin of racism and all forms of discrimination. We welcome all to join us in worship, leadership, participation in rites and sacraments of the church, and fellowship on our journey of nurturing faith, doing justice, and serving all.