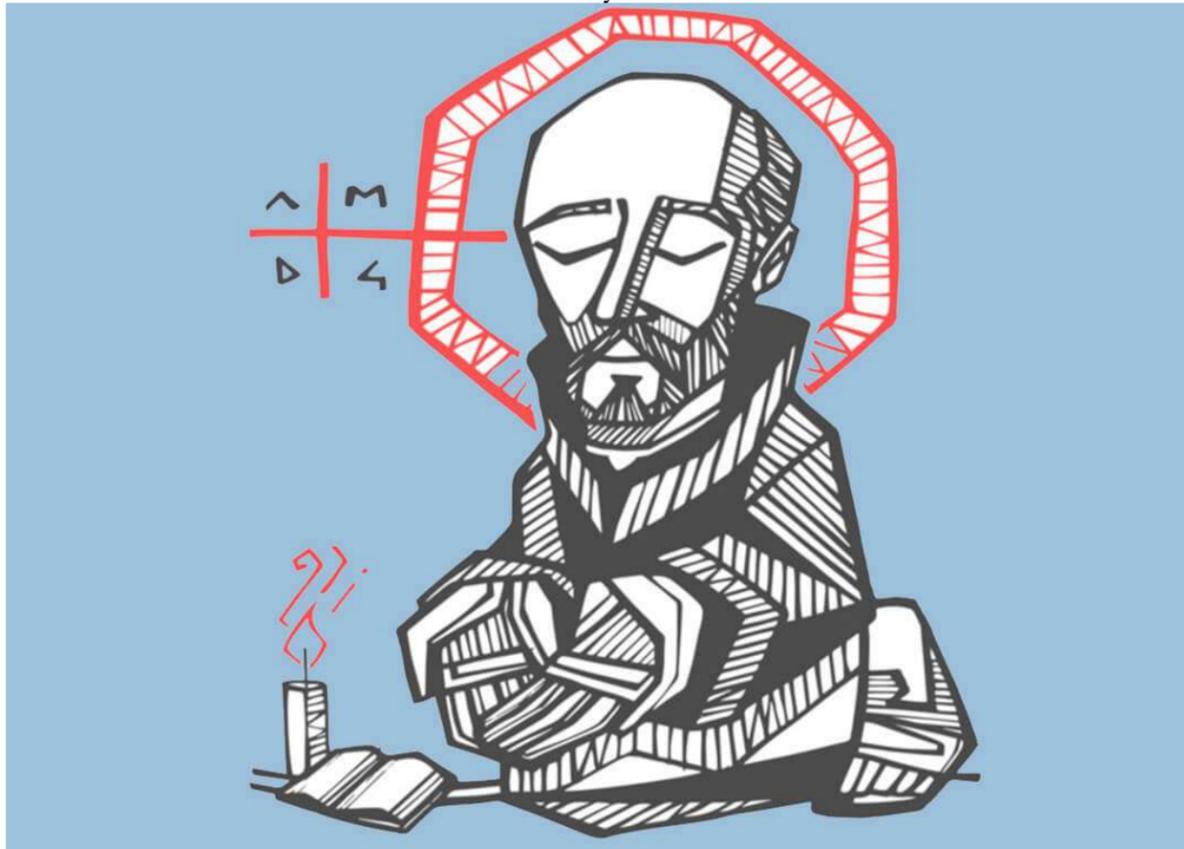




Fredonia Presbyterian Church  
 March 8, 2026  
 Grit & Gratitude  
 3<sup>rd</sup> Sunday in Lent



*St. Ignatius of Loyola by [Bernardo Ramonfaur](#)*

*The letters around the cross read AMDG—Ad Majorem Dei Gloriam (“For the Greater Glory of God”), the guiding motto of the spirituality of Ignatius of Loyola. The book and candle symbolize prayerful reflection and discernment, hallmarks of Ignatian spirituality, which seeks to find God in all things.*

## Prepare for Worship

Welcome to worship, where God gathers us in the name of love. At FPC, we hope to be challenged by Scripture, comforted by community, and energized by service. If you’re new here or it’s been a while, we’re glad you walked in today. For more, check out the bulletin insert. All people: toddlers, teenagers, Gen Xers, Boomers and beyond, LGBTQIA+ folk, conservative or liberal people, and those with differing abilities and mental health—all—are cherished and affirmed here.

Catch up with one another as you come in! When the **chiming of the hour** sounds, please keep the silence as we prepare for worship.

**Reformed worship** centers around the Word, both the Word of scripture and Christ as the Word incarnate. Worship, then, is our communal and individual response to the Word.

**Bold text** is read by the congregation in one voice.

\*Please rise in body or in spirit.

**Confession** isn’t to prove you’re pious. It’s to help rebuild connections between you and God, you and yourself, you and others, and us and the world.

## *Healing at the Well: An Ignatian Examen Service*

PRELUDE

- Lily Li

CHIMING OF THE HOUR

*Use this moment of silence to gather your heart and mind as we prepare for worship.*

WELCOME & ANNOUNCEMENTS

**STEP ONE: GRATITUDE FOR BLESSINGS – THE WATER GIVEN**

*Before Jesus names anything difficult, there is water. Before change/repentance, there is gift.*

- Where this week did you receive grace?
- Where did someone offer you kindness?
- Where did you feel even a flicker of joy?

CHORAL INTROIT *Down to the River to Pray*

- The Choir

**STEP TWO: INVITE THE SPIRIT – OPEN THE WELL**

\*Call to Worship

- Liturgist, Lisa Schultz

One: We come thirsty.

**All: For rest.**

One: For mercy.

**All: For being seen.**

One: Christ meets us at the well.

**All: And offers living water.**

SCRIPTURE

GOSPEL: John 4:7–29, 39

\*HYMN NO. 288 *Spirit of the Living God*

CALL FOR THE OFFERING

*In lieu of passing the plates, please use this time to consider your gift to the church.*

PRAYER OF GRATITUDE

- Lisa Schultz

**Generous God, every good gift comes from you--water in the desert, bread for the journey, and grace that meets us at the well. Receive these gifts we offer today. Use them to bring hope where there is thirst, welcome where there is loneliness, and life where the world feels dry.**

**May what we give become living water for our neighbors and for your world. In Christ’s name we pray. Amen.**

**Scripture:** Our pastor (usually) follows the Revised Common Lectionary, an ecumenical, Biblical reading program. This helps the Holy Spirit move into places we might otherwise miss.

**Our Choir:** Anyone can join the choir. They practice Sunday mornings at 9:30. Just show up!

**The Lord's Prayer:** We use "debts and debtors" in the Lord's Prayer. If you're more comfortable with the "trespass" language, please use it. Or if this prayer is meaningful to you in a different language, pray it that way. We all get to "Amen" together.

**Communion:** Served on 1<sup>st</sup> Sundays. Anyone, regardless of age or membership, is invited to partake. We use non-alcoholic grape juice. Gluten free bread is available with its own cup. If you're nervous, just ask someone. You can't mess this up (although sometimes, we do make a mess and that's okay too!)

## HYMN NO. 606 DOXOLOGY

**Praise God, from whom all blessings flow; praise God all creatures here below; praise God above, ye heaven-ly host; \*praise Father, Son, and Holy Ghost. Amen.**  
*\*Or Creator, Christ, and Holy Ghost*

### SCRIPTURE

A Portion of Psalm 95

- Lisa Schultz

### Word

### CHORAL ANTHEM

*At this time, children 3-12 are invited to attend Fred Kids! a time for faith-formation and fun.*

### STEP THREE: REVIEW MISTAKES & SHORTCOMINGS – LEAVE YOUR JAR

*There's Nothing Hidden from Jesus at the Well*

One: Let us speak honestly before God.

For the times we have chosen fear instead of love,

**All: God, have mercy.**

One: For the words we wish we could take back,

**All: God, have mercy.**

One: For the ways we have ignored the thirst of our neighbors,

**All: God, have mercy.**

One: For the ways we hide from the truth about ourselves,

**All: God, have mercy.**

One: In silence, we place these things before God as we prepare to leave what does not serve us.

*(keep the silence)*

One: Even here, grace is waiting. Come now to the well of God's mercy.

### STEP FOUR: SEEK HEALING, SEEK GOD'S HELP – DRAWING FROM THE HOLY WELL

### A GUIDED MEDITATION

- The Rev. Mark Thomas

\*HYMN NO. 840 *It is Well with My Soul*

**Offering:** Giving does not buy you God's love—that is free. Giving simply helps keep our heat on, our ministries going, and our staff, paid.

An offering plate is found at the front of the sanctuary. You may also mail or PayPal a donation.

We affirm our faith together because as diverse as we are, as differently as we vote, as many interests as we have, we have these beliefs that we share.

**Benediction** is a fancy word for blessing.

### Worship Notes

Music is printed and recorded under the CCLI #CSPL121737 & 11497292

### STEP FIVE: PRAY FOR WHAT'S AHEAD, SEEN AND UNSEEN

#### PRAYERS OF THE PEOPLE & THE LORD'S PRAYER

**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. Lead us not into temptation but deliver us from evil. For Thine is the kingdom and power and the glory forever. Amen.**

\*CHARGE & BENEDICTION

\*SHARE THE PEACE OF CHRIST – Special Recognition of Susan Pepe

**Go now in peace, go now in peace, May the love of God surround you everywhere, everywhere you may go.**

#### Worship Leaders

Pastor, The Rev. Holly Clark-Porter  
Parish Associate, The Rev. Zoe Milliman

Director of Music, Lily Li  
Childcare Staff: Reece Lehn  
Liturgist, Lisa Schultz  
Fred Kids teacher, Katie Sanders

Clerk of Session, Rey Spangler  
Session: Janine Scaccia, Betsy White,  
Kristi Leone, Trish Lehn,  
Rey Spangler, Matthew Carman  
Admin. Response Team: Rey Spangler,  
Matthew Carman, Betsy White

Deacons of the Month for March  
Sandi Askin and Melissa Chwojdak

**ALL ARE WELCOME** to a time of fellowship from 11:30-12:15 after the service today in the Fellowship Hall.

As a reminder, we're no longer putting an "insert" of announcements in all the bulletins. A handful can be found in our lobby or on our Worship & Spirituality page. This insert includes our prayer list.

Give a Secure Donation using **PayPal**. Use the drop down to give to a **certain fund**.



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