



GO AND MAKE DISCIPLES OF ALL NATIONS

Matthew 28:19

MARCH 15, 2026
Fourth Sunday in Lent

WELCOME! WE ARE GLAD YOU ARE HERE!

8:00AM TRADITIONAL WORSHIP W/COMMUNION

Divine Service 1—LSB page 151

Welcome

LSB Hymn 525:

“Crown Him With Many Crowns”

Invocation / Confession

Introit / Kyrie

Salutation / Collect of the Day

Children’s Message

Bible Readings:

Isaiah 42:14-21

Ephesians 5:8-14

John 9:1-7, 13-17, 34-39

LSB Hymn 411:

“I Want To Walk As A Child
Of The Light”

Sermon

“A New Exercise Program”
Ephesians 5:8

Nicene Creed

Offering

LSB 159 - “What Shall I Render”

Prayer Of The Church

Words Of Institution

Proclamation Of Christ

Lord’s Prayer

Pax Domini / Agnus Dei

Communion / Distribution Hymns:

LSB 743, 851, 551

Benediction

LSB Hymn 917:

“Savior, Again To Thy Dear
Name We Raise”

10:30AM CONTEMPORARY WORSHIP

Welcome

Opening Song:

“This Is Our God”

Invocation

Confession & Absolution

Song:

“It Was Finished Upon That Cross”

Children’s Message

Bible Readings:

Isaiah 42:14-21

Ephesians 5:8-14

John 9:1-7, 13-17, 34-39

Apostles’ Creed

Song:

“Who You Say I Am”

Sermon

“A New Exercise Program”
Ephesians 5:8

Offering

Song:

“Surrounding Me”

Prayer Of The Church

Lord’s Prayer

Benediction

Closing Song:

“My Lighthouse”

+WE MEET JESUS IN THE MEAL+ ABOUT HOLY COMMUNION

The Lord’s Supper is celebrated here in the belief and glad confidence that our Lord gives to us as He says, not only bread and wine but His very body and blood to eat and to drink for the forgiveness of sins and to strengthen our union with Him and with one another. Our Lord invites to His table those who trust His words, repent of all sin, and who forgive and love as He forgives and loves us. If this is your belief, we invite you to partake of this special meal. If not, please speak with the pastor or an elder before you partake. We are happy to answer any questions.

NEED PRAYER?

Would you like someone to pray with you or for you? If so, we have an awesome group of people that will do just that. We have both an email prayer chain and a prayer team, who will meet with you if you so desire. We have received many prayer requests over the last year for physical and emotional healing, as well as spiritual concerns. All prayer requests are kept confidential. Please use our Prayer Box in the Narthex, complete a prayer card, and drop it in. If you leave a name (optional), we will send you a follow-up note. You can also contact the church office and your prayer request will be forwarded for prayers.

GUESTS AND VISITORS:

Welcome to Emanuel! We are happy to have you here. To help us better connect with you, please take a moment to fill out an attendance card with your name, phone number, and email address. This information will allow us to reach out to you during the week and discuss how we can best support you. Thank you!

REMEMBER IN PRAYER:

Dorothy Bohrer, Miranda Donkersgoed, Heather Erickson, Elaine Liberacki, Randy Falls, Art Falls, Linda Falls, Diane Paulson, Nancy Pawlenty, Liz Ziebarth, Jean Benci, Dave Kromschroeder, Ray Oney Jr and Randy Johnson.

OUR MILITARY MEMBERS

ARMY

Lee Miller, Joe Fritze, Joe Rosvold
Becky Meyer (Army Reserve)

MARINE CORPS

Trent Hawes

NATIONAL GUARD

Mackenzie Miller
Owen Dahl
Jaden Hoffman

AIR FORCE

Michael Erickson, Kait Erickson,
Aaron Parsons, Aaron Ziebarth (Grandson, Ziebarth)
Jake & Liela Anderson (Grandson & Spouse, Swedean)
Ben Hudella (Grandson, Deike)
Gavin Harbo (Son, Harbo)
Ryan Gingerich (Grandson, Gingerich)

NAVAL RESERVES

David Hernandez (Grandson, Swedean)

COAST GUARD

David Erickson



PARENTS OF SMALL CHILDREN:



We encourage families to worship together, but if your children need attention during the church service, you are welcome to use the Nursery. Please stay with your children

THE WEEK AHEAD

SUNDAY MARCH 15—

8:00AM Traditional Worship / Communion
9:15AM Educational Hour
10:30AM Contemporary Worship
5:00PM POBLO (Fellowship Hall)

MONDAY, MARCH 16

6:00PM Women's Bible Study
6:00PM Boy Scout Pack 507 (Social Hall Near Kitchen)
7:00PM Troop 507 Leader Meeting (Social Hall/Kitchen)

TUESDAY, MARCH 17

6:00PM TOPS (Social Hall)
7:00PM Men's Bible Study (Genesis Room)

WEDNESDAY, MARCH 18

12:00PM Lenten Service

5:15PM Petite Praisers Rehearsal (Music Room)
6:00PM Confirmation Class
6:00PM Emanuel Choir Rehearsal (Music Room)

7:15PM Lenten Service

THURSDAY, MARCH 19

12:00PM OUT and About (Keys-Woodbury)
6:00PM Emanubells Rehearsal (Sanctuary)
7:05PM Praise Team 3 Rehearsal (Sanctuary)

FRIDAY, MARCH 20

8:00AM Main Street Living Taping (Sanctuary)

SATURDAY, MARCH 21

10:30AM God and Me Classes (Gretchen Fett/ Social Hall)
5:00PM Grace in Giving at Feed My Starving Children

SUNDAY MARCH 22

8:00AM Traditional Worship
9:15AM Educational Hour
10:30AM Contemporary Worship / Communion

EMANUEL LUTHERAN CHURCH

2075 70th St East- Inver Grove Heights, MN - 55077 / Phone: (651) 457-3929

Website: emanuellutheranchurch.org

General Inquiries: info@emanuellutheranchurch.org

OUR STAFF

Tom Evans — Senior Pastor, PastorTom@emanuellutheranchurch.org

Mike Mulso — Associate Pastor, PastorMike@emanuellutheranchurch.org

Amy Schutte — Director of Parish Music, Amy@emanuellutheranchurch.org

Maggie Bessel — Church Office Secretary, info@emanuellutheranchurch.org

Ami Heesch: Groundskeeper / **Nick Sampson:** Facilities



MEN'S BIBLE STUDY

Join us on Tuesdays at 7:00PM.

WOMEN'S BIBLE STUDY

Join us on Mondays at 6:00PM.

LENT SERVICES ON WEDNESDAYS

Join us for worship services at 12:00 PM and 7:15 PM on **March 18, and March 25.**

STATIONS OF THE CROSS

As Lent approaches in a few weeks, we invite you to visit the church and traverse the Stations of the Cross in the Sanctuary. Devotionals are available to accompany your reflection. Begin at the small altar located in the back corner of the Sanctuary. In today's world, it is essential to find moments of quiet; the church offers a sacred space to seek peace and spiritual comfort.

DISCIPLESHIP EVENT

You are invited to join us for a morning with author and speaker Steve Sorenson **on Saturday, March 28, in the Fellowship Hall.** The event will start at 8:30 AM and conclude at noon. Food and refreshments will be available throughout the morning. Steve has written two resources that we have been using at Emanuel for the past four years. He will share personal stories from his ministry with veterans and is sure to inspire us in our own experiences with discipleship.

VACATION BIBLE SCHOOL PLANNING HAS BEGUN!

We are looking for YOUTH and ADULT volunteers! If you have an interest please talk to Amy Schutte and let her know!

VBS will run Jun 21-25 from 6:00-8:00PM.



ATTENTION NEW MEMBERS!

We would love to get to know you better. Please stop by the information board on March 29 or April 12, between services (9:15AM—10:20AM) to have your picture taken. Lee Ann Evans (Pastor Evans' spouse) will be the photographer. You can choose to have either a single photo or a family photo taken. If the dates don't work for you, feel free to submit your own photo to the church office at info@emanuellutheranchurch.org. We look forward to capturing your smile!

OUT AND ABOUT MEETING

This group is open to anyone who has lost a loved one, either lately or in times past. We welcome male and female to a social luncheon and good fellowship. Out and About will be going to KEYS at 1750 Weir Drive in Woodbury on March 19th Thursday because of lent at 12 noon. Call Sharon Fruetel if plan to attend: Tel 651-357-5590 email: sfruetel@centurylink.net

AMNION WOMEN'S CENTER BOTTLES FOR LIFE CAMPAIGN 2026

A huge "thank you" to all here at Emanuel who participated in this year's campaign. We raised \$747.96 for the Center to assist them with carrying on their mission of saving babies. Praise God for this generosity! Cirrie Byrnes, Human Care Ministry

31st BIENNIAL LWML CONVENTION

June 18 - 20, 2026

Mayo Clinic Health System Event Center
Mankato, MN (1 Civic Center Plaza, Mankato 56001)
Registration opens in March!

As part of the convention, the LWML will be collecting items for The New Freedom Store. Find out additional information about the convention by using the QR code.



GRACE IN GIVING

Sign up today to serve at **Feed My Starving Children** on March 21, from 5:00 PM–6:30PM, and help pack meals for children in need. Sign-up sheet is available in the Narthex or contact the church office to sign up with Maggie.

TOPS (TAKE OFF POUNDS SENSIBLY)

TOPS is an international weight loss support group and meets Tuesday evenings from 6:00PM-7:15PM at Emanuel. If interested, please stop in and check us out or call Ami Heesch at 651-247-5430. Ami and her husband, Dan, are members at Emanuel. Thank you Ami for bringing this service to our church community!

LWML MITE DONATIONS

We no longer have a LARGE MITE BOX on the shelf so we ask that you take a small box home and place your coins in that box and return your full box to the shelf and take another empty box to fill. The shelf is checked weekly for donations. If you would like to make a special MITE donation using a check made out to "Minnesota South District LWML" with Mites in the Memo Line and hand it to Joyce Swedean or Mary Dieke or place it in their mail slots. The coins and checks are sent in to the LWML District Financial Secretary on a regular basis to be applied to the Mission Grants for both LWML District and LWML National. Thanks to all of you who give so faithfully to the LWML Mission Projects (those lists can be found on the LWML bulletin board). See Mary Deike or Joyce Swedean if you have questions.

MEMBER ADDRESS INQUIRY

Please get in touch with Maggie in the Church office for any request regarding member address, change of address, email and or telephone number.

MEMBERSHIP INFORMATION

If you have joined us for worship, feel this is the right church home for you, and would like to receive information on how to become a member of Emanuel, talk with Pastor Tom Evans or Pastor Mike Mulso after the service.

NEED A PASTOR?

Please let Pastor Evans, Pastor Mulso or Maggie in the church office know if you or a family member is sick, hospitalized or homebound and unable to get to church. We'd like to pray for you and Pastors will make a home visit. We are a family in Christ; let us help you.

NEWS/NOTES ONLINE

Find our news/notes and calendar of events on our website each week under "events" at www.EmanuelLutheranChurch.org

ANNOUNCEMENTS FOR NEWS AND NOTES

Please send your announcements to be included in the *News and Notes* by Tuesday for the following Sunday. **Please be mindful of spacing, 100 words per article would be the maximum and we might need to make changes if spacing is an issue.** You can send those announcements to our office at: info@emanuellutheranchurch.org

PRAYER LIST

Please take a look at who's on the prayer list. Let the church office know of any updates.

CHURCH ONLINE

You can find our online worship at this link

<https://emanuellutheranchurch.online.church/>

All church services can be seen online at youtube.com. Search for Emanuel Lutheran Church Inver Grove Heights MN. The current Sunday's ONLINE service is livestreamed at 8:00AM and 10:30AM (9:30AM during Summer) Sunday mornings. Please fill out our Connect Card Online.

ATTENDANCE CARD

Guests and Members—please fill out an attendance card each time you come to worship!

We ask you to please circle your first name if you are receiving Communion on the day.

WORSHIP SCHEDULE

We offer in-person Sunday morning worship and live streaming at 8:00AM and 10:30AM. Communion is offered on the 1st and 3rd Sundays at 8:00AM, 2nd and 4th Sundays at 10:30AM, and in both services on the 5th Sunday of the month. Call the Church Office with questions. 651-457-3929.

WORSHIP THROUGH GIVING



We are honored that you want to give. During the offering, the following methods of giving are available: cash or check can be placed in the plate; if you would like to give electronically, there are three ways you can do that (1) Online at emanuellutheranchurch.org or by scanning the QR Code. (2) You can download the Vanco Faith app to your phone and find Emanuel Lutheran Church, IGH (3) You can text your donation in by texting 651-424-0782 and follow the prompts. Thank you for partnering with our church in Sharing our Faith in Christ through our Words, Service, and Resources.

ABOUT MAIN STREET LIVING

Main Street Living is an LCMS program that features pastors from the WFTC, channel 29/9-2, viewer area. The first half hour is a reproduction of *This is the Life*, a Lutheran Hour Ministries program made popular in the 60s, 70s, and 80s. The second half hour is a modified Lutheran worship service, which is produced locally. This program is totally funded by viewers and others who want to keep the Gospel available to those who cannot or do not attend worship services on a regular basis. **To watch the program or donate online to keep this ministry active, go to mainstreetliving.com and select the "Twin Cities" tab. OR you can drop a check off with Emanuel's Church Office made payable to Main Street Living.**

You can find Emanuel's Sunday Morning Worship livestream at this link

<http://emanuellutheranchurch.org/>