“Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water.”

When I prove my holiness among you, I will gather you from all the foreign lands; and I will pour clean water upon you and cleanse you from all your impurities, and I will give you a new spirit, says the Lord.
Wonders

At sea level, at a temperature of 32 degrees Fahrenheit, one cubic centimeter of air (that is, a space about the size of a sugar cube) would contain 45 billion billion molecules. And they are in every single cubic centimeter you see around you. Think how many cubic centimeters there are in the world outside your window—how many sugar cubes it would take to fill that view. Then think how many it would take to build a universe. Atoms, in short, are very abundant.

-Bill Bryson-

Two things fill the mind with ever new and increasing admiration and awe, the more often we reflect upon them: the starry heavens above me and the moral law within me.

-Immanuel Kant-

The story is told that St. Ignatius, during the years he spent in Rome, working as Superior General and writing the Constitutions of the Society of Jesus, would often go to the roof of the Jesuit residence in the evening and look up at the heavens, weeping at the grandeur of creation and at his own small place in it. There, in a time before light pollution, he would be able to see the vast sweep of the milky way, its billions of stars blurring like a delicate white-wash across the black canvas of the sky. He would watch Venus and Mars—morning star and evening—as they rose and set across the seasons, while Jupiter and Saturn, the great wanderers, twinkled brightly in their vast orbits. And dominating the sky whenever she was full, he would see the moon as she made her monthly trek from darkness to light, and then back again—her phases hiding and revealing the face of shadows on her surface. It is not hard to imagine Ignatius—worn out from a day of correspondence and meetings, of huddling with men on their way to the missions or soothing Cardinals who sought Jesuits for their own diocese—standing on that roof and listening to the silent music by which the unending skies danced in their great circle around him. It did not matter that, at the time of Ignatius, so little was known about this universe—about the billions of galaxies beyond his sight, about the thousands of years it took for the light he saw to reach his rooftop, even about the many planets and moons that roamed his own solar system—still in gazing up at the sky, Ignatius stood awed by the wonder of the Creator, who loved him, even in his smallness. And so he wept.

I have always loved this image of Ignatius, weeping on that rooftop in the middle of Rome, overflowing with awe and with that profound sense of incomprehension that comes whenever we recognize the wonder of this universe. For, indeed, the universe is wonderful, in the truest sense of that term: i.e. filled with wonders. And were I not so often distracted by things of my own making or by the technological gizmos of my privileged life, then perhaps, I, too, could find a place for awe and wonder, for humility and tears. But as it is, though I know so much more than Ignatius about this universe, I rarely experience it as he did, rarely move beyond mere knowledge to the deeper understanding which is the birthplace of awe, and the beginning of wisdom.
To approach the natural world not as something to be used or something to be controlled, not even as something apart from ourselves, but as something of which we are a part, begins, I think, to move us towards a profound truth that I, for one, often miss. We stand, in the midst of creation, not in the old pre-Copernican sense that we are the center of all things, but more in the sense of the second chapter of the book of Genesis, where God has created us and placed us in the midst of all that is. Beyond us, in every direction, is a universe of which we are a part, but not of which we are the source. Rather, this universe dwarfs us in the earth and her seasons, in the depths of the ocean and the ozone above us. It includes gravity and magnetism, quasars and perhaps trillions of galaxies, which are creating space by their expansion into it—an idea that cannot be imagined, but only posited. And this creation goes inward, as well, into cells and microbes, the coronavirus and the DNA of every creature, however small. Then, making up the DNA are smaller and smaller parts, all the way to atoms, which somehow—though they themselves are not alive—create life in their coming together, and create consciousness in their coming together as us. And within the atoms are even deeper worlds, universes unseen, where laws we take for granted seem to not quite work. We have been placed in a creation of dark matter, holding the vastness of the universe together, and of quanta, which seem to go from one place to another without ever being in between. And though we seek analogies to describe or mathematical models to quantify it, this universe—which we are within and which extends beyond us at countless levels in every direction—ultimately lies all we would do to reduce it to ourselves. As the biologist, J.B.S. Haldane once said, “The universe is not only queerer than we suppose; it is queerer than we can suppose.”

For some people, considering the vastness of creation leads to a denial of God—though, in my experience, such denials are often only of the anthropomorphic analogy by which we seek to reduce God to ourselves. Yet, if we deny God because creation is too wonderful, is that not a kind of egoism, since in doing so we leave ourselves as the sole consciousness in all that we know—the only part of creation able to deny (or affirm) the Creator? Even if we don’t believe that the complexity and beauty of the universe—whose very existence is not intrinsically necessary—proves the existence of God, still, in approaching the universe, it seems that wonder is a more appropriate response than denial. And if we respond in this way, open to a wondrous universe both greater and smaller than we can even imagine, then we can, perhaps, discover the humility and awe that left Ignatius in tears.

In this season of Lent, we are invited to go out into the desert with Jesus to encounter the Spirit of God, which is Scriptures’ way of speaking of the profound reality at the heart of all things. We are invited to encounter the truth, that in the vastness of all reality God loves us, each of us—not to the exclusion of other creatures, but loves us in the midst of creation. The sources of temptation, which keep us from embracing this truth, though they may have different forms, are the same today as they were for Jesus: the fear of our frail human nature, which calls us to covet things (as symbolized by Satan’s encouragement to Jesus to turn the rock into bread); the fear of a lack of control, which calls us to put God to the test (as when Satan wanted Jesus to leap from the parapet); and the fear of unimportance, which calls us to seek power (as when Satan offers Jesus the kingdoms of the earth). Yet truth rejects these temptations, holding on to that uncomfortable balance point, in which we come to know that we are small in the universe, yet beloved. That we are not everything nor in command of everything, but we are beloved. That we are one humble part in the midst of an awesome creation, but we are beloved.

Today, in our world, the temptations to despair and fear are many. The coronavirus, or even more, our anxiety over the coronavirus, seeks to undermine our sense of ourselves and our place in the universe. In some ways, perhaps, this is a gift, since too often our sense of ourselves lacks truth and perspective. Like Lent, this terrible pandemic may strip away our hubris and remind us that we are part of a vast universe beyond our control. But in a deeper sense, this fear—like all fear—is a lie, arising from the enemy of our human nature. For the universe, from the farthest galaxy to the smallest virus, is wondrous and awesome, but so, too, are we. And we are beloved of God, whose Spirit still holds all the universe as one. To be beloved in this way is not to say we may not be stricken, but to recall that we are never forgotten, never released from a love even greater than the universe in which we live and move and have our being. This is what led Ignatius to tears, what gives us hope in the midst of disease and uncertainty: the wisdom that makes us humble in awe and confident in an infinity of love.

John 3
Third Sunday in Lent

Welcome to St. Joseph. Please take a moment to silence your cell phones.

Introit

Deep Within

Haas

Call To Worship - Please Stand

Tolling of the Bells

Deiss

Entrance Song

Grant To Us

Confiteor

Kyrie

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault. Therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Behold, the days are coming, says the Lord our God, when I will make a new covenant with the house of Israel.

Ref.

I will be their God, and they shall be my people.

Ref.

And for all their faults I will grant forgiveness: nevermore will I remember their sins.

Ref.

Grant to us, O Lord, a heart renewed;

Re- create in us your own Spirit, Lord!

Grant to us Deiss

Deep within their being I will implant my law; I will write it in their hearts.

Ref.

I will be their God, and they shall be my people.

Ref.

And for all their faults I will grant forgiveness: nevermore will I remember their sins.

Ref.
First Reading

In those days, in their thirst for water, the people grumbled against Moses, saying, “Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and our livestock?” So Moses cried out to the LORD, “What shall I do with this people? A little more and they will stone me!” The LORD answered Moses, “Go over there in front of the people, along with some of the elders of Israel, holding in your hand, as you go, the staff with which you struck the river. I will be standing there in front of you on the rock in Horeb. Strike the rock, and the water will flow from it for the people to drink.” This Moses did, in the presence of the elders of Israel. The place was called Massah and Meribah, because the Israelites quarreled there and tested the LORD, saying, “Is the LORD in our midst or not?”

Responsorial Psalm

Psalm 95

If to-day you hear God's voice, hard-en not your hearts.
1. Come, ring out our joy to the Lord. Hail the Rock who saves us.
Let us come now before our God. With songs let us hail the Lord.

2. Come, let us bow and bend low. Let us kneel before God who made us,
for here is our God, we the people, the flock that is led by God's hand.

3. O that today you would hear God's voice, “Harden not your hearts,
as on that day in the desert, when your parents put me to the test.”

Second Reading

Brothers and sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God.

And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us.

Gospel Acclamation

Vermulst

Praise to you, Lord Je-sus Christ. King of end-less glo-ry!

Lord, you are truly the Savior of the world; give me living water, that I may never thirst again.

Gospel

John 4:5-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob’s well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria came to draw water. Jesus said to her, “Give me a drink.” His disciples had gone into the town to buy food. The Samaritan woman said to him, “How can you, a Jew, ask me, a Samaritan woman, for a drink?” —For Jews use nothing in common with Samaritans.— Jesus answered and said to her, “If you knew the gift of God and who 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 do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?” Jesus answered and said to her, “Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.” The woman said to him, “Sir, give me this water, so that I may not 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 and said to him, “I do not have a husband.” Jesus answered her, “You are right in saying, ‘I do not have a 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, “Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem.” Jesus said to her, “Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth.” The woman said to him, “I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything.” Jesus said to her, “I am he, the one speaking with you.”

At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, “What are you looking for?” or “Why are you talking with her?” The woman left her water jar and went into the town and said to the people, “Come see a man who told me everything I have done. Could he possibly be the Christ?” They went out of the town and came to him. Meanwhile, the disciples urged him, “Rabbi, eat.” But he said to them, “I have food to eat of which you do not know.” So the disciples said to one another, “Could someone have brought him something to eat?” Jesus said to them, “My food is to do the will of the one who sent me and to finish his work. Do you not say, ‘In four months the harvest will be here?’ I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that ‘One sows and another reaps.’ I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work.”

Many of the Samaritans of that town began to believe in him because of the word of the woman who testified, “He told me everything I have done.” When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, “We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world.”

---

**Reflection**

**Theresa Shepherd-Lukasik**

**First Scrutiny (5:30)**

**We Thirst For Living Water**

_Browning_

---

**O Healing River**

_Baptist_

Community echoes the cantor:

Cantor: O Healing river All: O Healing river...
Cantor: Send down your water All: Send down your water... (etc.)
Send down your water...upon this land.
Oh healing river...send down your water.
Oh healing river...send your waters down.

**Dismissal of the Elect (5:30)**

**Take, O Take Me As I Am**

_Bell_

---
All Are Invited To Come Forward

During communion, we invite all to come forward. If you do not ordinarily receive Eucharist, or choose not to, come for a blessing, indicating your desire by putting your hand on your heart.

If you have a Gluten allergy, & need a Gluten free host, please come to the Presider & indicate this.

Communion Songs

(9) Choral - Like As the Hart

Like as the hart desireth the waterbrooks, so longeth my soul after thee, O God.
My soul is athirst for God, yea, even for the living God.
When shall I come to appear before the presence of God?
My tears have been my meat day and night, while they daily say unto me,
"Where is now thy God?"
God of Mercy

1. You have called us each by name in your great compassion, encompassing our failings with mercy. ALL: God of mercy, lead us.

2. Slow to anger, rich in love, you bestow forgiveness. May we, in turn, forgive those who harm us. ALL: God of mercy, lead us.

3. In our midst as one who serves, breaking down divisions, to all in need you send us as neighbor. ALL: God of mercy, lead us.

4. Reaching out to those in pain, wounded and abandoned, may we create safe havens for healing. ALL: God of mercy, lead us.

5. In the word of truth you speak, word of hope and challenge, you summon us to speak for the voiceless. ALL: God of mercy, lead us.

6. In this Bread we break and share, in this Cup of blessing, you summon us to work for true justice. ALL: God of mercy, lead us.

Song Of Praise

1. I heard the voice of Jesus say, "Come unto me and rest; Lay down, O weary one, lay down Your head upon my breast." I
2. I heard the voice of Jesus say, "Behold, I freely give The thirsty one, Stoop down, and drink, and live." I
3. I heard the voice of Jesus say, "I am this dark world's light; Look came to Jesus as I was, So weary, worn, and sad; I
4. I looked to Jesus, and I found In him my star, my sun; And found in him a resting place, And he has made me glad.

Recessional

Tolling Bell
**Parish Life**

**Sister Parish Ministry**
Did you hear Padre Miguel at Mass this fall? Or join for the evening of Pupusas and stories as we celebrated 30 years in solidarity with our Sister Parish in El Salvador? Curious how you might participate in this formative relationship with our friends in Arcatao?

Our next Sister Parish Ministry meeting is Sunday April 5th, 4:00pm – 5:30 pm in the Parish Center. If you have been interested in our Sister Parish Ministry, please join! All are welcome, even if you have never come to a meeting before! For more information contact Sam Kennedy at samkennedy09@gmail.com

**LGBTQ+ Ministry**
An LGBTQ+ Lenten Soup with Substance
March 25th | 6:30-8:00 PM | Arrupe Room
732 18th Ave E, Seattle

Please come and join other LGBTQ+ Parishioners for a simple meal of soup, salad and bread. The focus of our Lenten gathering will be fellowship, prayerful reflection and discussion focused around the raising of Lazarus.

Please RSVP for this event so we can know how much food to provide. Freewill offering of $5 will be accepted, but all are welcome; do not let money keep you from this meal and fellowship.

For more information or to RSVP email theresal@stjosephparish.org or call 206-965-1651

**Young Adult Ministry**
Third Sunday Socials:
March 15th - 6:30-8:00 pm - Zeeks Pizza

New to St Joseph? Not new to St. Joseph? Looking to continue your fellowship outside of Mass? Join us for Third Sunday Socials at Zeeks Pizzeria (1830 E. Mercer St.) on each third Sunday of the month. This is a casual, no-obligation, social way to connect with fellow St. Joseph Catholics. Open to all ages. Meet at the back of church the 5:30pm Sunday Mass or meet us there. For details contact youngadultcommunity@stjosephparish.org

**Justice Café**
Another session of Justice Café will take place on March 18, 2020 from 7:00pm-8:30PM in Xavier Room. Justice Café, a ministry of Intercommunity Peace & Justice Center, is designed to give young adults the space to engage in conversation on issues of global and local concern and make connections between spirituality and justice. This month’s café theme is Plastics. We will be discussing the current environmental dilemma that is filling our oceans with 8 million tons of plastic. If you would like to discuss care of creation in the context of faith, come join us! Warm beverages will be provided, bring a snack to share! For more information contact Samatha at syanity@ipjc.or or 206-223-1138.

**Service Project**
Saturday, March 28th 10:00am - 2pm
St. Vincent De Paul Georgetown Food Bank

Join your fellow young adults for our Spring service project by supporting St. Vincent de Paul (SVdP) to benefit their Georgetown Food Bank. Your volunteer work would consist of bagging items and distributing food to our neighbors who visit the food bank for food and clothing. SVDP heavily relies on a volunteer workforce, so this is a great way for us to help SVdP better provide for those most in need.

If you are interested in carpooling or have any questions, please contact Dan Popoff dan.popoff@gmail.com
Habitat For Humanity Parish Build

When: Saturday March 21st from 9:00 AM – 4:00 PM (although you can always leave early if necessary)
Where: Pacific, WA (more details to follow if you sign up for the build)
How: You can either drive to the job site and meet the parish team in Pacific or you can meet up at St. Joseph’s parking lot around 8 AM to carpool to Pacific for the day.
Who: Please reach out to Charlie Stiens if you are interested in attending by emailing him at cstiens326@gmail.com. We are limited to only 10-12 spots so please sign up sooner, rather than later.

Additional Information: You must be over the age of 18 to volunteer or accompanied by a parent/guardian if you are 16-17 years old. Work will relate to construction of a home and will involve some form of manual labor so come prepared to have fun and get sweaty. Lunch will be provided!

St. Martin de Porres Ministry
HELP NEEDED 3rd Saturday Meal Team St. Martin de Porres Shelter. We are looking for 4-6 volunteers willing to contribute pulled pork and/or cole slaw once a month for the 3rd Saturday meal at St. Martin de Porres Shelter. Food can be dropped off at the Church. If interested, one of our coordinators will follow-up with details on what’s needed and how it works. Please contact Deacon Steve at stevew@stjosephparish.org

Rice Bowl
CRS Rice Bowl is Catholic Relief Services’ Lenten faith-in-action program. It offers opportunities for your family to engage daily with the spiritual pillars of Lent: prayer, fasting and almsgiving. During the next 40 days, we will encounter the stories of people in Kenya, Vietnam, and Honduras where CRS is at work. We’ll be invited to eat simple, meatless meals from these countries. And, through the stories, we’ll learn about the principles of Catholic social teaching—and ways we can put them into action during Lent and beyond. We will see how our prayers, fasting and almsgiving can provide for those worldwide who are most in need, especially those who are hungry and lack proper nutrition.

Meet Yvone
Meet Yvone from Kenya. She learned proper nutrition and hygiene practices to help keep her healthy and in school. Yvone now has a chance to dream and the strength to follow those dreams. How can you ensure that young people in your community receive proper nutrition? Visit crsricebowl.org for more

Meet Yvone

Liturgy and Worship
Come Pray With Us!
Monday Night Prayer Groups
Join us in prayer this Monday at 7 pm. There are two prayer groups meeting. Join our Sacred Silence prayer group in the Church or come pray the Rosary in the Parish Center Chapel.

The Sacred Silence prayer group will gather in the church for an hour of silent prayer. Please arrive before 7 pm as the doors are locked right at 7.

St. Joseph Community extends its prayers and hopes for the following intentions: For a friend who is undergoing exploratory surgery.

“Faithful friends are life-saving medicine . . .”

~Sirach 6:14

Pray the Stations of the Cross
Every Friday during Lent at 11:00 am.
All are in the church.
Faith Formation

Camp Give Back!

A week-long service-learning camp for rising 3rd-8th graders. Students participate in community service, reflections, develop empathy for those who are disadvantaged, and finish the week feeling empowered to make change in their community.

Open to students entering 3rd-8th grade in the fall of 2020. Offered in two sessions – register for ether or both!

Register at: www.stjosephparish.org

Confirmation

- Volunteers are needed to lead next fall’s Middle School Confirmation Program, which will meet 2 - 4 times a month from September through January.
- The program will meet on Sundays from 12:30pm-2:00pm.
- It will include a retreat (1 full day) and some service experiences (1/2 day).
- Contact (claireh@stjosephparish.org) if you’d like more information or if you’d like to talk about volunteering.

St. Joseph Financial Update

Some facts about our financials through February 2020. Our ordinary income is up $76,000 from last year (as you may recall, last year we experienced a budget shortfall that resulted in us asking parishioners to make up the difference). Our Parish Stewardship Campaign has seen significant growth, over 50% of parishioners participated with a pledge and our pledges are up more than $300,000 from last year, truly we are grateful for the increase in participation. I really want to thank everyone who participated in our Stewardship Campaign. Both the number of parishioners participating and the dollars pledged are up over last year. This community continues to amaze me with their active participation and generosity. We are going to be able to complete some building and maintenance projects this spring. First up on the list is a new railing to the entry of the Parish Center and the long awaited new doors to the Social Hall. As always, please don’t hesitate to reach out with any questions, comments or concerns at marti@stjosephparish.org or 206.965.1648.

<table>
<thead>
<tr>
<th>Current Fiscal Year to 2/20</th>
<th>Budget</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ordinary Income</td>
<td>$1,107,376.87</td>
<td>$1,160,600.00</td>
</tr>
<tr>
<td>Donations and Fundraisers</td>
<td>$45,179.64</td>
<td>$31,404.00</td>
</tr>
<tr>
<td>Business Income</td>
<td>$451.00</td>
<td>$450.00</td>
</tr>
<tr>
<td>Proceeds from Endowment</td>
<td>$16,381.96</td>
<td>$16,000.00</td>
</tr>
<tr>
<td>Total</td>
<td>$1,169,389.47</td>
<td>$1,208,454.00</td>
</tr>
</tbody>
</table>