

THE THIRD SUNDAY OF LENT

MARCH 12, 2023

8:00 AM SERVICE OF HOLY COMMUNION

The Book of Common Prayer – beginning page 67

10:00 AM THE COMMUNITY GATHERS

Welcome, Announcements & Territorial Acknowledgement

We come to silence at the sound of the gong.

To request specific prayers during the service, please fill out a prayer card and place it in the prayer basket in the narthex.

Opening Hymn: CP#345 King Of Glory, King Of Peace

Presider The grace of our Lord Jesus Christ,
the love of God, and the fellowship of the Holy Spirit,
be with you all. **And also with you.**

AN ACT OF PENITENCE

Kyrie Eleison (CP#705)

Presider Let us confess our sins against God and our neighbour.
A moment of silence

All Most merciful God,
**we confess that we have sinned against you in thought,
word, and deed, by what we have done, and by what we
have left undone. We have not loved you with our whole
heart; we have not loved our neighbours as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ, have mercy on us
and forgive us, that we may delight in your will,
and walk in your ways, to the glory of your name. Amen.**

Presider Almighty God, have mercy upon you, pardon and deliver you
from all your sins, confirm and strengthen you in all

goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

Kyrie Eleison (CP#705)

Collect of the Day

Presider Gracious God,

All **you provide us with living water in abundance for all to share. Nourish us with this abundance, so that we may be streams of living water to those who thirst for you; through Jesus Christ, the rock of our salvation. Amen.**

THE PROCLAMATION OF THE WORD

First Reading: Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Reader Hear what the Spirit is saying to the Church.

All **Thanks be to God.**

Psalm 95:

Psalm 95: If Today You Hear God's Voice

If to - day you hear_ God's voice, har - den
6
not_ your hearts. If to - day you hear_ God's
12
voice, har - den not_ your hearts.

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The Gospel: John 4:5-42

Reader The Lord be with you.

All **And also with you.**

Reader The Holy Gospel of our Lord Jesus Christ
according to John.

All **Glory to you, Lord Jesus Christ.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that 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 have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to

eternal life." The woman said to him, "Sir, give me this water, so that I may never 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 him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no 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 see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these 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 Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the

Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.

Reader The Gospel of Christ.

All **Praise to you, Lord Jesus Christ!**

*...Behold, behold I make all things new,
Beginning with you and starting from today.
Behold, behold I make all things new,
My promise is true, for I am Christ the way.*

Homily

Duet: Ave Verum

The Prayers of the People

The Peace

Presider Since we are justified by faith, we have peace with God
 through our Lord Jesus Christ, who has given us access to his
 grace. The peace of the Lord be always with you.

All **And also with you.**

Offertory Hymn: CP#70 Jesus, The Joy Of Loving Hearts

WE SHARE THE SACRED MEAL

Prayer over the Gifts

Presider God our provider,
 you have not fed us with bread alone,
 but with words of grace and life.
 Bless us and these your gifts,
 which we receive from your bounty,
 through Jesus Christ our Lord. **Amen.**

Eucharistic Prayer: Island Liturgy A

Presider The Lord be with you.

All **And also with you.**

Presider Lift up your hearts.

All **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

All **It is right to give our thanks and praise.**

Presider Great Creator, with wit and wisdom you formed the universe...

...Therefore, together with our ancestors in faith
and with your beloved creation we sing (CP#735):

All **Holy, holy, holy Lord, God of power and might (x2)
heaven and earth are full of your glory.
Hosanna in the highest; hosanna in the highest.
Blessed is He who come in the name of the Lord.
Hosanna in the highest; hosanna in the highest.**

Presider We praise you, Source of all, for the living Word.
Jesus Born in poverty; a child refugee,
a worker with his hands.
He gathered disciples and taught and healed the people.
He freely shared our sorrow, joy, and pain.
In vulnerability, he showed power over sin
and triumphed over death. On the night before Jesus died,
he feasted with his companions.
He took bread, gave thanks, broke it
and gave it to them saying,
"Take, eat, this is my body which is given for you,
do this to remember me."
After supper he took the cup and when he had given thanks,
he gave it to his companions saying,
"Drink this, all of you; this is the new covenant in my blood,
shed for you and the world for the forgiveness of sins.
Whenever you drink it, do this to remember me."
Entering into the mystery of faith we call:

All **Come Source of life. Come, transforming Word.
Come, Creator Spirit.**

Presider With his sacred presence unbounded by space and time,
we offer to you this bread and cup.
Send your Breath of Life, like wind,
blowing where it will, north, east, south and west.
May your Spirit brood over these gifts and all who feast at this
table offering a foretaste of the eternal feast to come.
May all who share your abundant gifts
be incorporated as one body and one holy people,

joined in the offering of Jesus' birth, life, death
and resurrection
for the reconciliation of all things.
Reveal the unity of your Church
and the mystery of our communion
with our holy forebears and those yet to be born,
that we may be guided in faith and walk gently on the earth.
Glory and honour to you Triune God,
dynamic of love, complete and perfect unity,
now, and in all ages. Amen.

The Lord's Prayer (Sung)

**All 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 trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, the power, and the glory,
for ever and ever. Amen.**

The Breaking of the Bread

**Presider We break this bread,
All communion in Christ's body once broken.
Presider Let your Church be the wheat which bears its fruit in dying.
All If we have died with him, we shall live with him;
if we hold firm, we shall reign with him.
Presider The gifts of God for the people of God.
All Thanks be to God.**

All are welcome to join in the sacred feast of Holy Communion. Please come forward to receive the sacrament, stepping into the circle around the altar. You may indicate your desire to receive a blessing by crossing your arms over your chest. Gluten-free wafers are available upon request. All are invited to draw near the table of the Lord.

Our healing prayer ministry is currently suspended.

Communion Music: #747 Lamb Of God
The Lord Is My Shepherd (Goodall)
390 Womb Of Life And Source Of Being

WE ARE SENT INTO THE WORLD

Prayer after Communion

Presider All your works praise you, O Lord.

All **And your faithful servants bless you.**

**Gracious God, we thank you for feeding us
with the body and blood of your Son Jesus Christ.**

May we, who share his body, live his risen life;

we, who drink his cup, bring life to others;

we, whom the Spirit lights, give light to the world.

**Keep us firm in the hope you have set before us, so that we and
all your children shall be free, and the whole earth live to praise
your name; through Christ our Lord. Amen.**

Blessing

Presider Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing of God: Father, Son, and Holy Spirit,
be among you and remain with you always. **Amen.**

Closing Hymn: CP#388 Glorious Things Of Thee Are Spoken

Dismissal

Presider Go in peace. Serve the Lord.

All **Thanks be to God.**

8:00 am

Presider & Preacher	The Rev. Christine Conkin
Greeter	Helen Lindholm
First Reading	Helen Lindholm
Psalm	Leslie Glazier
Prayers	Andrew Armitage
Administrant	Leslie Glazier
Liturgical Assistant	Bruce Winter

10:00 am

Presider & Preacher	The Rev. Christine Conkin
Music Director	Marlon Narciso
Tech Assistant	Sarah Stephens
Liturgical Assistant	David Stuart
Greeters	Mike Bassett, Art Walker
Flowers	Margaret Hood
First Reading	Joy Carroll
Duet	Signi Murgatroyd and Jayne Postuk
Administrants	Jennifer Handley, John Sager
Prayers	Barbara Colebrook-Peace
Chancel Guild	Sue Vickers, Darlene Fisher
Counters	Judy Trueman, Alice Kubek(Supervisor)

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This building is equipped with a Hearing Loop. If you use hearing aids or a cochlear, please switch to the T-position to better enjoy today's service.

