



10:00am Sunday, March 8, 2026
Third Sunday of Lent

Welcome to St. John's Episcopal Church. We're so glad you have joined us this morning. Just a few notes to help you navigate the service today.

Our entire service is printed in the bulletin to make it easy to follow, but feel free to use the Book of Common Prayer in the pew. You'll notice some directions in italics, *Sit, Stand, Kneel*. Please feel free to follow these instructions as you are able.

We have busy bags for little hands at both entrances. Ask an usher if you need help finding one.

The closest restrooms are in the Parish Lounge. Go through the hallway behind the organ, through the door, left through the double doors into the lounge, then left down the first hallway.

Please join us after service in the lounge for coffee & conversation.

PRELUDE

A Memorial Prelude on **Shall We Gather at the River**. Clarinet Bb (Rochelle Gracilla) and Organ. Tune: *HANSONS PLACE*, Robert Lowry, 1826-1899, and written in 1864 (PD). Music: from *Preludes for flute and Organ*, Charles Callahan, MSM-20-606, and copyright (C)2002 Birningwood Publications.

(Stand)

ENTRANCE HYMN *Christ is made the sure foundation (Westminster Abbey) (H 518)*

Christ is made the sure foundation,
Christ the head and cornerstone,
chosen of the Lord, and precious,
binding all the Church in one;
holy Zion's help for ever,
and her confidence alone.

To this temple, where we call thee,
come, O Lord of Hosts, today;
with thy wonted loving-kindness
hear thy servants as they pray,
and thy fullest benediction
shed within its walls away.

All that dedicated city,
dearly loved of God on high,
in exultant jubilation
pours perpetual melody;
God the One in Three adoring
in glad hymns eternally.

Here vouchsafe to all thy servants
what they ask of thee to gain;
what they gain from thee, for ever
with the bless'd to retain,
and hereafter in thy glory
evermore with thee to reign.

Celebrant Bless the Lord who forgives all our sins.
People His mercy endures for ever.

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid:
Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly
love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

OPENING ANTHEM OR SONG OF PRAISE S 102 *Holy God (Archangelsky)*

Ho - ly God, Ho - ly and Might - y,

Ho - ly Im - mor - tal One, Have mer - cy up - on us.

The musical score is written for voice and piano. It consists of two systems. The first system has a vocal line and a piano accompaniment. The vocal line is in a soprano or alto range, and the piano accompaniment is in the right hand. The second system also has a vocal line and a piano accompaniment. The vocal line is in the same range as the first system, and the piano accompaniment is in the right hand. The key signature is one flat (B-flat), and the time signature is common time (C).

Celebrant The Lord be with you.
People **And also with you.**
Celebrant Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

(Sit)

Exodus 17:1-7

A Reading from the book of Exodus.

¹From 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. ²The 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?" ³But 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?" ⁴So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." ⁵The 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. ⁶I 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. ⁷He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

Reader The Word of the Lord.
People **Thanks be to God.**

Psalm 95

- 1 Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.**
- 3 For the Lord is a great God, *
and a great King above all gods.
- 4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.**
- 5 The sea is his, for he made it, *
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.**

7 For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

**8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.**

9 They put me to the test, *
though they had seen my works.

**10 Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."**

11 So I swore in my wrath, *
"They shall not enter into my rest."

Romans 5:1-11

A Reading from Paul's letter to the Church in Rome.

¹Since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸But God proves his love for us in that while we still were sinners Christ died for us. ⁹Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. ¹¹But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Reader The Word of the Lord.

People **Thanks be to God.**

(Stand)

GOSPEL: John 4:5-42

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

People **Glory to you, Lord Christ.**

⁵[Jesus] came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." ⁸(His disciples had gone to the city to buy food.) ⁹The 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.) ¹⁰Jesus 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."

¹¹The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? ¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" ¹³Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴but 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." ¹⁵The 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."

¹⁶Jesus said to her, "Go, call your husband, and come back." ¹⁷The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; ¹⁸for you have had five husbands, and the one you have now is not your husband. What you have said is true!" ¹⁹The woman said to him, "Sir, I see that you are a prophet. ²⁰Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." ²¹Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. ²⁴God is spirit, and those who worship him must worship in spirit and truth." ²⁵The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." ²⁶Jesus said to her, "I am he, the one who is speaking to you."

²⁷Just 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?" ²⁸Then the woman left her water jar and went back to the city. She said to the people, ²⁹"Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" ³⁰They left the city and were on their way to him.

³¹Meanwhile the disciples were urging him, "Rabbi, eat something." ³²But he said to them, "I have food to eat that you do not know about." ³³So the disciples said to one another, "Surely no one has brought him something to eat?" ³⁴Jesus said to them, "My food is to do the will of him who sent me and to complete his work. ³⁵Do 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. ³⁶The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷For here the saying holds true, 'One sows and another reaps.' ³⁸I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

³⁹Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." ⁴⁰So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. ⁴¹And many more believed because of his word. ⁴²They 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 Savior of the world."

The Gospel of the Lord.

People **Praise to you, Lord Christ.**

(Sit)

THE SERMON

(Stand)

THE CREED

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

THE PRAYERS OF THE PEOPLE

With all our heart, mind, soul and strength, let us pray to the Lord, saying, “Lord have mercy.”
For the church and all its ministers, and for St. John’s and its mission and ministry, let us pray to
the Lord. **Lord, have mercy.**

For our nation and all those in authority, let us pray to the Lord. **Lord, have mercy.**

For peace throughout the world, especially in Gaza, Israel, Palestine, and Ukraine, and an end to
all terrorism and violence, let us pray to the Lord. **Lord, have mercy.**

For all those in our armed forces at home and abroad, especially those from our families and community, and for all first responders, let us pray to the Lord. **Lord, have mercy.**

For all those infected with or at risk from the COVID virus, and for all health care and other front-line workers, let us pray to the Lord. **Lord, have mercy.**

For the poor and the oppressed, the unemployed and the destitute, for refugees, prisoners and captives, for victims of natural disasters, and for all who have asked for our prayers, let us pray to the Lord. **Lord, have mercy.**

For the right use and proper stewardship of the wonders of creation, and for all creatures of earth, sea, and sky, let us pray to the Lord. **Lord, have mercy.**

Good and gracious God, you invite us to recognize and reverence your divine image and likeness in our neighbor. We have promised that with your help we will strive for justice and peace among all people and will respect the dignity of every human being. Enable us to see the reality of racism and free us to challenge and uproot discrimination from our church, our society, our world and ourselves, let us pray to the Lord. **Lord, have mercy**

For those who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord. **Lord, have mercy.**

CONFESSION OF SIN

Let us confess our sins against God and our neighbor.

**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 neighbors 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.**

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
Amen.

(Stand)

Celebrant The peace of the Lord be always with you.

People **And also with you.**

The Holy Communion

OFFERTORY SENTENCE AND RESPONSE

Walk in love as Christ loved us, and gave himself for us, an offering and sacrifice to God.



Wor - ship God, Care for Peo - ple, Grow as Christ-ians



Grow as Christ - ians in God's love!

(SIT)

ANTHEM: "Where Once There Lay Dragons" - tune:SLANE, arr. Carol McClure (BMI)

*Where once there lay dragons, tall grasses shall grow;
Where once there lay wasteland, a pathway shall go.
Where once there lay desert, there shall flow a spring;
O ransomed of Zion, with joy shall you sing.*

*As once you were fearful, you now are made calm;
As once you were wounded, you now have a balm.
As once you were feeble, you now are made strong;
As once you were silent, you now have a song.*

*Be strong and fear not, for your God will come!
For sweet songs of gladness shall sound on each tongue;
When sorrow and sadness shall all flee away,
Prepare now, O Zion, to greet this new day!
Amen.*

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(Stand)

DOXOLOGY

**Praise God, from whom all blessings flow;
praise him, all creatures here below;
praise him above, ye heavenly host:
Praise Father, Son, and Holy ghost.**

Celebrant *People*

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

Celebrant *People*

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

Celebrant

Let us give thanks to the Lord our God.

People

It is right to give him thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

SANCTUS *S 125 Holy, holy, holy (Proulx) (BCP p. 367)*

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,

heaven and earth are full of your glo - ry. Ho -

san - na in the high - est. Ho - san - na in the high - est.

Blessed is he who comes in the name of the Lord. Ho -
san - na in the high-est. Ho - san-na in the high-est.

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Celebrant
There - fore, ac - cord - ing to his com - mand, O Fa - ther,
Celebrant and People
We re - mem - ber his death, We pro - claim his re - sur -
rec - tion, We a - wait his com - ing in glo - ry.

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with [] and] all your saints, we may enter the everlasting heritage of

your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

THE LORD'S PRAYER

And now, as our Savior Christ has taught us, we are bold to say,

**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,
and the power, and the glory,
forever and ever. Amen.**

The Breaking of the Bread

FRACTION ANTHEM S 164 Jesus, Lamb of God (Schubert/Proulx)

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:
 give us your peace, give us your peace.

INVITATION TO COMMUNION

DISTRIBUTION OF COMMUNION

COMMUNION INSTRUMENTAL *One Bread, One Body* (LEVAS 151)

*Refrain: One bread, one body, one Lord of all,
 one cup of blessing which we bless.*

*And we, though many, throughout the earth,
 We are one body in this one Lord.*

**Gentile or Jew, servant or free,
 woman or man, no more.
 One Lord. *Refrain***

**Many the gifts, many the works,
 one in the Lord of all.
 One Lord. *Refrain***

**Grain for the fields, scattered and grown,
 gathered to one for all.
 One Lord. *Refrain***

Let us pray.

**Eternal God, heavenly Father,
 you have graciously accepted us as living members
 of your Son our Savior Jesus Christ,**

and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.

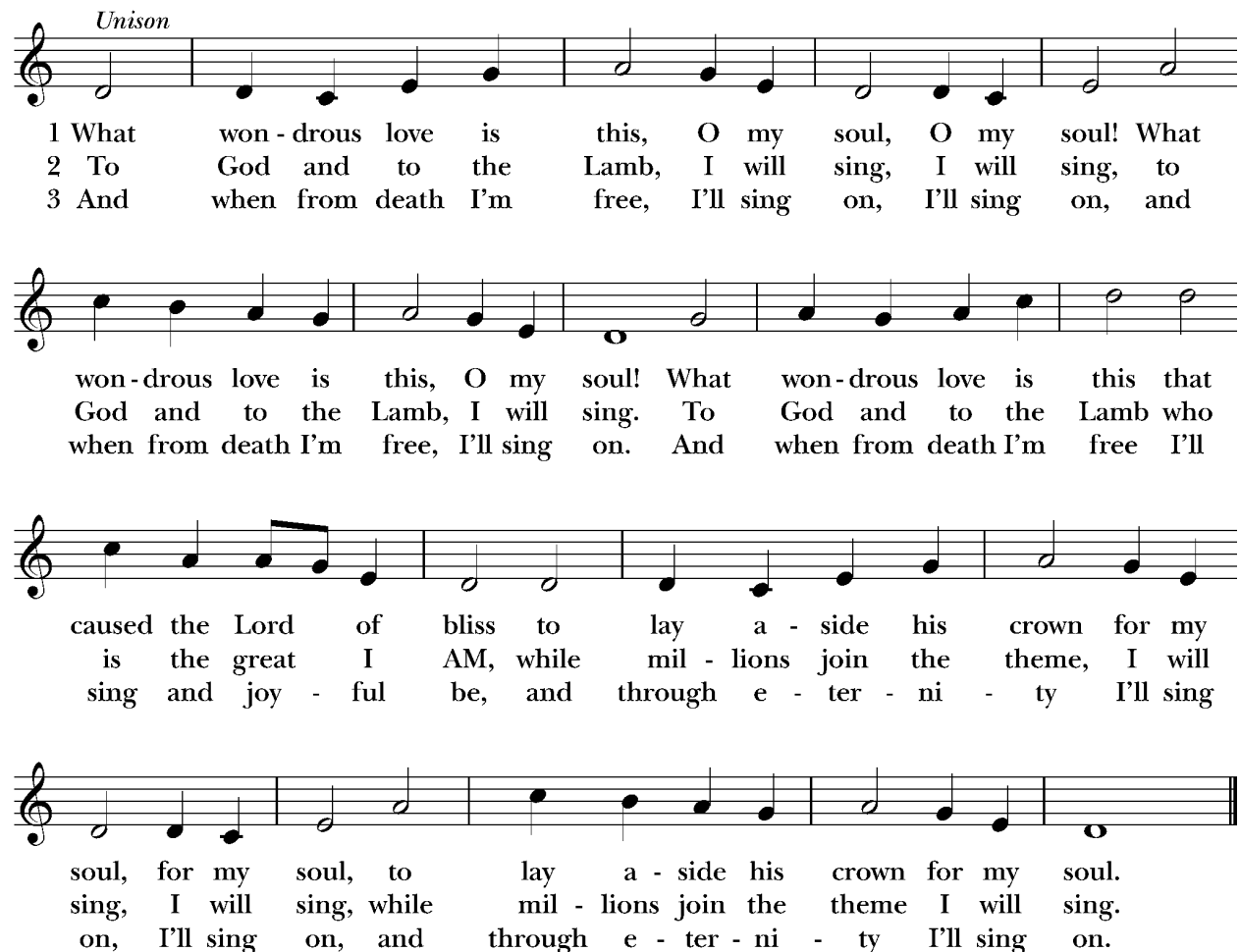
BLESSING

Go in peace to love and serve the Lord.

People Thanks be to God.

POST-COMMUNION HYMN *What wondrous love is this (Wondrous Love)* (H 439)

Unison



1 What won - drous love is this, O my soul, O my soul! What
2 To God and to the Lamb, I will sing, I will sing, to
3 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 that
God and to the Lamb, I will sing. To God and to the Lamb who
when from death I'm free, I'll sing on. And when from death I'm free I'll

caused the Lord of bliss to lay a - side his crown for my
is the great I AM, while mil - lions join the theme, I will
sing and joy - ful be, and through e - ter - ni - ty I'll sing

soul, for my soul, to lay 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.

POSTLUDE

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