

The Episcopal Church of Our Saviour and Day School

The Third Sunday in Lent

March 8, 2026

Holy Eucharist Rite II – 9:30 a.m.



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Opening Voluntary: Psalm Prelude Op. 32, No. 2 -Herbert Howells
*But the meek shall inherit the earth;
and delight themselves in the abundance of peace* Psalm 37:11

Entrance Hymn: 522 Glorious things of thee are spoken *Austria*

THE WORD OF GOD

Celebrant: Bless the Lord who forgives all our sins.

People: **His mercy endures for ever.**

The Collect for Purity

Almighty God, to you all hearts are open, all desires are 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.**

The Kyrie S 86

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: Let us pray (*silence*)

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.**

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: The Word of the Lord.

People: **Thanks be to God.**

Psalm 95 (please join the choir in chanting the psalm)



- 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 thanks/giving*
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 hear/ken 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.”

Second Reading

Romans 5:1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and 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. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For 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. But 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.

Sequence Hymn: 343

Shepherd of souls, refresh and bless

St. Agnes

Priest:
People:

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

John 4:5-42

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 worshiped 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 worshipers 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 labor. Others have labored, and you have entered into their labor." 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 Savior of the world."

Priest:
People:

The Gospel of the Lord.
Praise to you, Lord Christ.

A moment of silence follows the sermon for quiet reflection.

The Nicene Creed (*Please Stand as you are able, when the celebrant stands*)

BCP 358

**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

Leader: Let us pray for the Church and for the world, turning our hearts to God in this holy season of repentance and renewal.

Silence

Leader: Gracious God, you call your Church into the wilderness to be renewed in faith and trust. Strengthen your people throughout the world. Deepen our hunger for your Word. Purify us in prayer, fasting, and acts of mercy. Silence in us every voice but your own. **We pray for Sean our Presiding Bishop, Daniel our Bishop, and Lucas our Rector.**

Lord, in your mercy,
Hear our prayer.

Leader: You offer living water to all who thirst. We pray for the nations of the world, especially where there is violence, injustice, and fear. Guide the leaders of this land and of all countries into the ways of wisdom and compassion. Break down the walls that divide us.

Lord, in your mercy,
Hear our prayer.

Leader: You open the eyes of the blind. We pray for all who live in darkness: those burdened by doubt, despair, addiction, or grief. Shine the light of Christ into their hearts, and into ours, that we may see as you see.

Lord, in your mercy,
Hear our prayer.

Leader: You weep with those who mourn and call the dead to life. We pray for all who suffer in body, mind, or spirit, especially those on our parish prayer list: **Genevieve Long, Robert Wilson, Ed Ballard, Judy Rauppius.** Stand beside them in their pain. Grant them courage and hope.

Lord, in your mercy,
Hear our prayer.

Leader: You call us by name out of the tomb. Release us from the power of sin, complacency, and fear. Make us agents of reconciliation in our homes, our community, and your Church.

Lord, in your mercy,
Hear our prayer.

Leader: We pray for those who are celebrating birthdays and wedding anniversaries this week, especially: **Kevin Freebern, Ursula Progl, Dave Varecka, Hannah Borczak, Jim Dorsett, Elizabeth Yearta, Sam Young, Rebecca McMains, AnnWalton Townsend, Sandy Barnes, Pick Freeman, Charlie Scoville, Karen and Richard Hill.**

Lord, in your mercy,
Hear our prayer.

Leader: We pray for those preparing for Baptism, Confirmation, Reception, and Reaffirmation, that they may be strengthened and that through their witness, we may be renewed in our own faith.

Lord, in your mercy,
Hear our prayer.

Leader: We commend to your mercy all who have died, trusting that nothing can separate us from your love in Christ. Bring us with them to the joy of your resurrection.

Lord, in your mercy,
Hear our prayer.

The Celebrant concludes

Almighty God, whose blessed Son was led by the Spirit to be tempted in the wilderness: Walk with us through these forty days. Renew us in repentance. Sustain us in faith. And bring us at last to the glory of Easter; through Jesus Christ our Lord. **Amen.**

Celebrant: Let us confess our sins against God and our neighbor.

Silence

People:

**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.

THE PEACE

Celebrant: The peace of the Lord be always with you.

People: **And also with you.**

(The Ministers and People greet one another in the name of the Lord.)

BLESSING OF MILESTONES

Birthdays, Anniversaries, and Milestones

(if you are celebrating this week, come forward)

ANNOUNCEMENTS

Vestry Person of the Week: Christy Dutra

The Sanctus

S 127

Ho - ly, ho - ly, ho - ly Lord, God of
 pow - er and might, — hea - ven and earth are full of your
 glo - ry. Ho - san - na in the high -
 est. Bless - ed is he who comes in the name of the
 Lord. Ho - san - na in the high - est. —

Music: Calvin Hampton (1938-1984). Copyright © Inter-Lutheran Commission on Worship. Used by permission of Augsburg Fortress.

The Memorial Acclamation

S 133

Celebrant
 There - fore we pro - claim the mys - ter - y of faith:
Celebrant and People
 Christ has died. Christ is ris - en. Christ will come a - gain.

Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

The Great Amen

S 142

...now and forever.

Celebrant *People*
 A-men.

Our Fa - ther, who art in hea - ven, hal - low - ed
 be thy Name, thy king - dom come, thy will be done,
 on earth as it is in hea - ven. Give us this day our
 dai - ly bread. And for - give us our tres - pas - ses,
 as we for - give those who tres - pass a - gainst us. And lead
 us not in - to temp - ta - tion, but de - liv - er us
 from e - vil. For thine is the king - dom, and the power,
 and the glo - ry, for ev - er and ev - er. A - men.

Music: Plainsong; adapt. Charles Winfred Douglas (1867-1944). Setting: Copyright © Church Publishing Inc.

The Fraction Anthem

S 374

8va bassa Lamb of God, you take a -
 way the sins of the world: have mer - cy on us.
 Lamb of God, you take a - way the sins of the
 world: have mer - cy on us. Lamb of God, —
 — you take a - way the sins of the world: grant us peace.

Every baptized Christian, regardless of age or denomination, is warmly invited to receive communion. If you can't make it to the altar, let one of our ushers know, and a priest will bring communion to you. If you or your children would like a blessing instead of communion, please come forward to the altar rail and cross your arms over your chest as a sign to the priest. We're glad you're here.

1. As pant - ing deer de - sire the wa - ter - brooks
 2. Both day and night my tears have been my food,
 3. Why are you heav - y - heart - ed, O my soul?

when wan - dering in a dry and des - ert place, so yearns my thirs - ty soul for
 while scof - fers taunt me, "Where is your God now?" My soul dis - solves as I re -
 And why are you so mired in deep dis - cord? Still put your hope and trust in

you, O God, and longs at last to see you face to face.
 call the throng whose pil - grim hymns I led to Zi - on's brow.
 God a - lone, whom I will praise, my Sav - ior and my Lord.

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The Postcommunion Prayer

BCP 366

**Almighty and everliving God,
 we thank you for feeding us with the spiritual food
 of the most precious Body and Blood
 of your Son our Savior Jesus Christ;
 and for assuring us in these holy mysteries
 that we are living members of the Body of your Son,
 and heirs of your eternal kingdom.
 And now, Father, send us out
 to do the work you have given us to do,
 to love and serve you
 as faithful witnesses of Christ our Lord.
 To him, to you, and to the Holy Spirit,
 be honor and glory, now and for ever. Amen.**

Please remain kneeling. During Lent, in place of a final blessing, the Celebrant offers the Solemn Prayer over the people. After a moment of silence, the Celebrant says:

Keep this your family, Lord with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

Postcommunion Hymn: 495 Hail thou once despised Jesus *In Babilone*

Celebrant: Let us go forth in the name of Christ.

People: **Thanks be to God.**

Closing Voluntary: Solemn Prelude on a Theme of Thomas Tallis -Gerald Near



OUR SUNDAY MINISTERS

Acolytes:	<i>Ella Burgess, Carolina Ardis, James Fitzpatrick, Gracyn Ardis</i>
Lectors:	<i>Gardy Wilson, Linda Caines</i>
Eucharistic Ministers:	<i>Jeff Couick, John Stewart</i>
Greeter:	<i>Thereasa Crabb</i>
Ushers:	<i>Mary Okey and Roy Black</i>
Altar Guild:	<i>Ben Boyles, Chip Mays, Ed Carpenter, Jeff Couick, Jimmy Fitzpatrick, John Massimino, Luke Upchurch</i>
Vestry of the Week:	<i>Christy Dutra</i>
Audio/Video:	<i>Colin Okey</i>
Coffee Hour:	<i>Tami Windell</i>
Basket-of-the-Week:	<i>Episcopal Day School Scholarship Fund</i>
Pastoral Care Team:	<i>Betsy Rock, Alice Craighead, Dean LeBel, Wendy Hope, Lois Veronen, Linda Caines, Susanne Okey</i>

YOUR VESTRY

2026	2027	2028
<i>Steve Dawson</i>	<i>Robert Carter</i>	<i>Thereasa Crabb</i>
<i>Christy Dutra, Sr. Warden</i>	<i>Cathy Griffin</i>	<i>Jimmy Moore</i>
<i>Karen Lambruschi</i>	<i>Pat Reichard</i>	<i>Luke Upchurch</i>
<i>Jim Russell</i>	<i>Chip Smith</i>	<i>Lindsay Yearta, Jr. Warden</i>

The Rev. Lucas Caine Crossland, Presiding Officer
John Holder, Clerk