CHRIST CHURCH PARISH
EPISCOPAL

8:00 AM

The Third Sunday in Lent

March 8, 2026



WELCOME

Christ Church is an Episcopal Parish in the Diocese of Massachusetts. We welcome and honor the God-given gifts that make us unique as individuals and strong as community. You and your family are welcome regardless of age, ethnicity, sexual orientation, marital status or prior religious affiliation.

A Note to Parents and Caregivers with Children in Church

Thank you for bringing your children to church. We are so glad you are here!

We know it can be difficult at times to manage little ones during the service.

For that reason, we have provided some resources which we hope will make it easier for you and your family to enjoy worship together.

You will find books and coloring pages at the back of the Mary Chapel. Please feel free to utilize these at any point during the service.

We have installed a TV in the nursery! You are welcome to visit the nursery with your child during any portion of our service and join us via our livestream.

It is okay to take breaks. If you need to step out with your child, our parish grounds are a great place to get the wiggles out.

Above all, please remember: You and your family are very welcome here!

Though your children may be squirming, talking, or making noise, they are also observing, copying, and learning. Children are a gift and an important part of our community; we are grateful to have them worship with us.

Hearing assistance devices are available in labeled baskets by the sanctuary entrances.

The Word of God

OPENING ACCLAMATION
The people standing, the Celebrant says

Celebrant Bless the Lord who forgiveth all our sins.
People **His mercy endureth for ever.**

CONFESSION OF SIN
All kneel.

The Deacon or Celebrant says

Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Minister and People

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

The Priest stands and says

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. **Amen.**

OPENING ANTHEM
The following is said, all standing

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

THE COLLECT OF THE DAY

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

Almighty God, who seest that we have no power of 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 liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

The Lessons

FIRST READING: **Exodus 17:1-7**

The people sit.

A Reading from the book of Exodus.

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.**

Silence may follow.

Psalm 95
Remain seated.

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."

SECOND READING: **Romans 5:1-11**

The people sit.

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

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.**

Silence may follow.

GOSPEL: **John 4:5-42**

All stand.

Deacon The Holy Gospel of our Lord Jesus Christ according to John.
People **Glory be to thee, O Lord.**

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."

Deacon The Gospel of the Lord.
People **Praise be to thee, O Christ.**

THE SERMON **The Rev. Melissa Howell**

THE CREED
All stand.

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,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.
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,
who with the Father and the Son is worshiped and glorified,
who 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
The Deacon or Celebrant says: In peace, we pray to you, Lord God.

The intercessor holds a moment of silence, and then says:

For all people in their daily life and work;
People: **For our families, friends, and neighbors, and for those who are alone.**

For this community, the nation, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;
For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
For all who proclaim the Gospel, and all who seek the Truth.

For Sean our Presiding Bishop; Julia, Ian, and Mary, our bishops; and for all bishops and other ministers;
For all who serve Christ in his Church.

For the special needs and concerns of this congregation, including those we share now, either silently or aloud.

Silence is held while people share their intercessions.

Hear us, Lord;
For your mercy is great.

We thank you, Lord, for all the blessings of this life, including those we share now, either silently or aloud.

Silence is held while people share their thanksgivings

We will exalt you, O God our Creator;
And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in your eternal kingdom, remembering especially those we name now, either silently or aloud.

Silence is held while people share their intercessions.

Lord, let your loving-kindness be upon them;
Who put their trust in you.

Stay in place while the Celebrant prays a concluding collect.

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

THE PEACE
All stand.

Celebrant The peace of the Lord be always with you.
People **And with thy spirit.**

Then the Ministers and the People may greet one another in the name of the Lord.

ANNOUNCEMENTS

MARCH BIRTHDAY BLESSINGS

The Holy Communion

OFFERTORY SENTENCE

If you wish to make a gift to support the ministries of Christ Church Parish, you may place your offering in the plate, or scan the QR code to the right to donate online. Thank you!

The Great Thanksgiving

The People remain standing.

Celebrant	The Lord be with you.
People	**And with thy spirit.**
Celebrant	Lift up your hearts.
People	**We lift them up unto the Lord.**
Celebrant	Let us give thanks to the Lord our God.
People	**It is meet and right so to do.**

Facing the Holy Table, the Celebrant proceeds

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

SANCTUS
Celebrant and People

Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.

The people kneel or stand.

Then the Celebrant continues

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy

Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

THE LORD'S PRAYER
The Celebrant then continues

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

People and Celebrant

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
O Lamb of God, that takest away the sins of the world,
have mercy upon us.
O Lamb of God, that takest away the sins of the world,
have mercy upon us.
O Lamb of God, that takest away the sins of the world,
grant us thy peace.

PRAYER OF HUMBLE ACCESS
The following prayer may be said. The People may join in saying this prayer

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

INVITATION
The Presider invites the people to Communion with these or similar words:

Wherever you are on your journey, you are welcome at God's table.

Celebrant: Behold what we are.
All: **May we become what we receive.**
Celebrant: The Gifts of God for the People of God.

To receive the Sacrament, come forward and hold out your hands. The minister will place the bread in your palm. You may then receive the wine by drinking from the larger cup or intincting (dipping) the bread in the smaller cup. If you do not wish to receive the wine, cross your arms as you pass by the cup bearers to return to your seat.

If you would prefer a blessing, come forward, cross your arms across your chest, and the minister will bless you.

POST-COMMUNION PRAYER
After Communion, the Celebrant says

Let us pray.

The People may join in saying this prayer

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all

faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

If Lay Eucharistic Visitors are being sent out to bring the Sacrament to those who cannot be with us in-person, the following is said as the Visitors are handed the bread and wine:

Celebrant: In the name of this congregation, I send you forth bearing these holy gifts, that those to whom you go may share with us in the Communion of Christ's body and blood.

People: **We who are many are one body, for we all share one bread and one cup.**

SOLEMN PRAYER OVER THE PEOPLE

The Deacon or Celebrant says,

Let us bow down before the Lord.

The People bow or kneel. The Celebrant says

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

DISMISSAL

The Deacon or Celebrant dismisses the people.
The people respond: **Thanks be to God.**

Announcements

Please keep the following people in your prayers during the coming week. Any names added this week are in bold.

Anita Chase; Arnie Kaupp; Barbara Hulme; Bob Pirie; Carol MacPhee; David Flynn; David Mann; Don Bolt; Donna Eby; Dorothy Smith; Ellen Nordquist; Evelyn Ferioli; Forrest Berardi; Greta Couter; James Elksnin; Jim Kelly; John Powderly; John Steele; Karen Guerra; Katharine LiBretto; Kathy Rust; Kenny Blackwell; for the repose of the souls of Kit and Jerry Boucher; Kim Stevenson; Laurie Ghelfi Smith; Mark Poster; Nancy Dixon; Peter Trenouth; Polly Chadwick; Raymond Reid; Sandy Underhill; Skip Nielsen; Stephanie "Petie" Blanchard; Suzanne and Dave Salois; Sylvia Wade; **Theodora DeGaust;** Mark Ouellette; Valerie B. Pflock

We ask your prayers for those serving in the military and their families:
Aidan McKinney, Andrew Barton, Austin Vico, Harry Morini, Joel Carveiro, Josh Zabin, Peter Leone

In our Diocesan cycle of prayer, we pray for:
Churches of the Cape & Islands Deanery, including
St. Christopher's Church, Chatham
St. Andrew's Church, Edgartown
St. Peter's Church, Osterville
Union of Black Episcopalians

From the Office

In order to have your announcements included in the weekly bulletin and *Keeping Connected,* please send them to the office by 12 Noon on Wednesday. They should include date, time, place, description of event and contact information and should be written exactly the way you want them to appear.

Reminder - Sharing Our Grief Journey meets the 3rd Friday of every month from 1:00 PM – 2:30 PM. Please join us **March 20.** The meeting this month will be in the 2nd-5th Grade Classroom (First Floor) across from the office.

Christ Church is offering a series of get togethers designed for anyone who is grieving the loss of a loved one, whether the death is recent or in the past. Participants will have the opportunity to share where they are on their grief journey, receive mutual support, share ways to cope, and may, through prayer and meditation, find new strength and hope to continue on their healing journey. Please join us.

Week At - A - Glance * March 8, 2026 – March 15, 2026

SUNDAY	**8:00 AM**	**Holy Eucharist Rite I – The Third Sunday in Lent**
	9:00 AM	Church School, Grades PreK-5
	9:00 AM	Adult Sunday School
	9:00 AM	Youth Formation
	10:00 AM	**Holy Eucharist Rite II – The Third Sunday in Lent**
	11:30 AM	Coffee Hour
	11:30 AM	Worship Team Meeting
	5:00 PM	Overnights of Hospitality Begin
MONDAY	**9:00 AM**	**Morning Prayer –** Facebook Live
	10:30 AM – 11:30 AM	Fore & Aft
TUESDAY	10:30 AM – 11:30 AM	Fore & Aft
	5:30 PM	Finance Committee
WEDNESDAY	**9:00 AM**	**Morning Prayer –** Facebook Live
	10:30 AM – 11:30 AM	Fore & Aft
	1:00 PM	Pastoral Care
	6:30 PM	Vestry Meeting
THURSDAY	10:00 AM – 4:00 PM	Thrift Shoppe
	10:00 AM	Bible Study
	10:30 AM – 11:30 AM	Fore & Aft
	12:00 PM – 1:15 PM	Food Pantry
	1:00 PM	Faith Based Book Study
	4:00 PM – 5:15 PM	Food Pantry
FRIDAY	**9:00 AM**	**Morning Prayer –** Facebook Live
	10:00 AM – 4:00 PM	Thrift Shoppe
	10:30 AM – 11:30 AM	Fore & Aft
SATURDAY	10:00 AM – 11:15 AM	Food Pantry
	10:00 AM – 1:00 PM	Thrift Shoppe
	5:00 PM	**Holy Eucharist Rite II – The Fourth Saturday in Lent**
SUNDAY	**8:00 AM**	**Holy Eucharist Rite I – The Fourth Sunday in Lent**
	9:00 AM	Church School, Grades PreK-5
	9:00 AM	Adult Sunday School
	9:00 AM	Youth Formation
	10:00 AM	**Holy Eucharist Rite II – The Fourth Sunday in Lent**
	11:30 AM	Coffee Hour
	5:00 PM	Overnights of Hospitality Continue

Christ Church Parish
Seeking Christ in Ourselves * Serving Christ in the World

JESUS CHRIST IS THE HEAD OF THE CHURCH

MINISTERS

All the people of Christ Church Parish

Staff
The Rev. Melissa Howell, Rector
The Rev. Deacons James & Natalie Thomas
David Tyler, Parish Administrator
Lea Tyler, Choir Director
Peter Litchfield, Accompanist
Sam Stevenson, Sexton

Officers and Vestry Representatives
Robb Pflock, Senior Warden
Alex Manchester, Junior Warden
Ray Rogers, Treasurer
Amanda Peterson, Clerk

Wil Bernard, Tom Choinski, Donna Eby, David Greene, Don Hill,
Barb Hurney, Judy Lutz, Melissa Pechey, and Nancy Ricks

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Scan here to visit our website:
https://www.christchurchplymouth.org/

Office Hours
Monday - Friday 9:30 AM to 3:00 PM