



## THE THIRD SUNDAY IN LENT | MARCH 8, 2026 | 10:30AM



### ORGAN PRELUDE

*Reverie*, Richard Lloyd

INTRODUCTION *Enter in silence*

GATHERING 

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

THE DECALOGUE  or 

*Presider* Hear the Commandments of God to his people:  
I am the Lord your God who brought you out of bondage.  
You shall have no other gods but me.

*People* **Amen. Lord have mercy.**

*Presider* You shall not make for yourself any idol.  
*People* **Amen. Lord have mercy.**

*Presider* You shall not invoke with malice the Name of the Lord your God.  
*People* **Amen. Lord have mercy.**

*Presider* Remember the Sabbath day and keep it holy.

*People* **Amen. Lord have mercy.**

*Presider* Honor your father and your mother.

*People* **Amen. Lord have mercy.**

*Presider* You shall not commit murder.

*People* **Amen. Lord have mercy.**

*Presider* You shall not commit adultery.

*People* **Amen. Lord have mercy.**

*Presider* You shall not steal.

*People* **Amen. Lord have mercy.**

*Presider* You shall not be a false witness.

*People* **Amen. Lord have mercy.**

*Presider* You shall not covet anything that belongs to your neighbor.

*People* **Amen. Lord have mercy.**

*The Presider may read a passage from Mark, or 1 John, or Hebrews*

## CONFESSON OF SIN

*Presider* Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*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 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.**

*Presider* 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**

*Choir*

S-91

Lord, have mer - cy up - on us. Lord, have mer - cy up -  
on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -  
on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -  
on us. Lord, have mer - cy up - on us.  
Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

## THE COLLECT OF THE DAY

*Presider* The Lord be with you.

*People* **And also with you.**

*Presider* Let us pray.

*Presider* 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.**

# THE LESSONS



## THE HEBREW SCRIPTURE



Exodus 17:1-7

*Lector* 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?"

*Lector* The Word of the Lord.

*People* **Thanks be to God.**

## THE RESPONSE



## PSALM 95

*Antiphon; all sing*

To - day if you — would hear God's voice, — har - den not — your hearts. —

The musical score consists of two staves, a treble clef on top and a bass clef on the bottom. The key signature has one flat (B-flat). The melody is written on the treble staff, and the accompaniment is on the bass staff. The lyrics are placed below the treble staff, with dashes indicating where the notes fall. The piece ends with a double bar line.

- <sup>1</sup> Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.
- <sup>2</sup> Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.

*Antiphon*

- <sup>3</sup> For the Lord is a great God, \*  
and a great King above all gods.
- <sup>4</sup> In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.
- <sup>5</sup> The sea is his, for he made it, \*  
and his hands have molded the dry land.

*Antiphon*

- <sup>6</sup> Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.
- <sup>7</sup> 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!

*Antiphon*

- <sup>8</sup> Harden not your hearts,  
as your forebears did in the wilderness, \*  
at Meribah, and on that day at Massah,  
when they tempted me.
- <sup>9</sup> They put me to the test, \*  
though they had seen my works.
- <sup>10</sup> Forty years long I detested that generation and said, \*  
"This people are wayward in their hearts;  
they do not know my ways."
- <sup>11</sup> So I swore in my wrath, \*  
"They shall not enter into my rest."

*Antiphon*

THE EPISTLE 

Romans 5:1-11

*Lector* A Reading from Paul's letter to the Romans.

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.

*Lector* The Word of the Lord.

*People* **Thanks be to God.**

**THE GRADUAL HYMN** 

*Surely it is God who saves me*, Hymnal 1982, 678

Surely it is God who saves me; trusting him, I shall not fear. For the Lord defends and shields me and his saving help is near. So rejoice as you draw water from salvation's living spring; in the day of your deliverance thank the Lord, his mercies sing.

Make his deeds known to the peoples; tell out his exalted Name. Praise the Lord, who has done great things; all his works his might proclaim. Zion, lift your voice in singing; for with you has come to dwell, in your very midst, the great and Holy One of Israel.

**THE HOLY GOSPEL** 

John 4:5-42

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

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

*Gospeller* The Gospel of the Lord.

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

THE SERMON



The Rev. Aidan Rontani

THE NICENE CREED



*All* 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**    

*Form 1, BCP, p. 383*

*Intercessor*    With all our heart and with all our mind, let us pray to the Lord,  
Saying, “Lord, have mercy.”

For the peace from above, for the loving-kindness of God, and for the  
salvation of our souls, let us pray to the Lord.

*People*    ***Lord, have mercy.***

*Intercessor*    For the peace of the world, for the welfare of the holy Church of God,  
and for the unity of all peoples, let us pray to the Lord.

*People*    ***Lord, have mercy.***

*Intercessor*    For our Bishop Megan, for our rector Aidan, and for all the clergy and  
people, let us pray to the Lord.

*People*    ***Lord, have mercy.***

*Intercessor*    For our President, for the leaders of the nations, and for all in authority,  
let us pray to the Lord.

*People*    ***Lord, have mercy.***

*Intercessor*    For this city of Redding, for every city and community, and for those  
who live in them, let us pray to the Lord.

*People*    ***Lord, have mercy.***

*Intercessor*    For seasonable weather, and for an abundance of the fruits of the earth,  
let us pray to the Lord.

*People*    ***Lord, have mercy.***

*Intercessor*    For the good earth which God has given us, and for the wisdom and will  
to conserve it, let us pray to the Lord.

*People*    ***Lord, have mercy.***

*Intercessor* For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

*People* ***Lord, have mercy.***

*Intercessor* For an end to racism, misogyny, homophobia, transphobia and all forms of discrimination, let us pray to the Lord.

*People* ***Lord, have mercy.***

*Intercessor* For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

*People* ***Lord, have mercy.***

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

*People* ***Lord, have mercy.***

*Intercessor* For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

*People* ***Lord, have mercy.***

*Intercessor* For absolution and remission of our sins and offenses, let us pray to the Lord.

*People* ***Lord, have mercy.***

*Intercessor* That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

*People* ***Lord, have mercy.***

*Intercessor* Defend us, deliver us, and in your compassion protect us, O Lord, by thy grace.

*People* ***Lord, have mercy.***

*Intercessor* In the communion of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God,

*People* ***To you, O Lord our God.***

*Silence*

*Presider* Heavenly Father, you have promised to hear what we ask in the Name of your Son: Accept and fulfill our petitions, we pray, not as we ask in our

ignorance, nor as we deserve in our sinfulness, but as you know and love us in your Son Jesus Christ our Lord. *Amen.*

**THE PEACE** 

*Presider* The peace of the Lord be always with you.

*People* **And also with you.**

**ANNOUNCEMENTS** 

**A BIRTHDAY PRAYER**

BCP p. 830

Watch over thy child, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their heart may thy peace which passeth understanding abide all the days of their lives; through Jesus Christ our Lord. *Amen.*

**THE OFFERTORY ANTHEM** 

*The Call*, R. Vaughn Williams

**THE GREAT THANKSGIVING**  *Remain standing, as able*

*Presider* The Lord be with you.

*People* **And also with you.**

*Presider* Lift up your hearts.

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

*Presider* Let us give thanks to the Lord our God.

*People* **It is right to give him thanks and praise.**

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

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

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:

*The Presider and people sing:*

*S-129*

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*Presider* Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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."

Therefore we proclaim the mystery of faith:

*Presider and People:*

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

*The Presider continues*

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in

him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. 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.*

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

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

## THE BREAKING OF THE BREAD

*The Presider breaks the consecrated Bread. A period of silence is kept.*

### AT THE FRACTION

*Agnus Dei, S-161*

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.

*The Presider says the following Invitation*

*Presider* The Gifts of God for the People of God.

Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

### **THE DISTRIBUTION OF COMMUNION**

*All baptized Christians, regardless of your denomination or church affiliation, are invited to come forward to receive communion. As you come forward, place your hands out in front of you to receive the Body of Christ in your palm. Gluten-free wafers are available, just whisper to our Presider that this is your wish. Those with mobility issues may also receive communion in your pew rather than needing to come forward. Please indicate to the ushers that this is your wish, and our Presider will bring communion to you.*

*If you would like to receive the Blood of Christ by intinction (having the bread dipped into the wine, without sipping directly from the cup), point to the chalice. The Presider will dip the wafer into the wine then hold it out to you to take a dry corner in your fingers. Please then step aside to consume the sacrament. If you would just like to receive the bread, cross your palms in front of you to receive the Body of Christ. If you would like to receive from the chalice, you may receive the bread in your palm and consume it, then step toward the chalice to receive the Blood of Christ.*

*If you are not baptized, or do not wish to receive communion, you are welcome to remain in your pew or come forward for a blessing. Cross your arms over your chest and the Presider will offer a blessing in the name of our Lord. If you are not baptized, but feel drawn to the sacraments and wish to receive, that is a holy longing! Please reach out to Fr. Aidan or our church office to discern whether you wish to be baptized and explore new life in Christ. For any who choose not to receive communion for reasons of comfort or conscience, please know that we are enriched by your prayers and presence with us, and we are delighted you are here today.*

### **COMMUNION SELECTION**

*Shepherd of souls, Hymnal 1982, 343*

### **POST-COMMUNION PRAYER**



*Presider* Let us pray.

*All* **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.**

**FINAL BLESSING**    

*Presider*    Bow before the Lord.

*Silence*

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

*All*    *Amen.*

**CLOSING HYMN**        *Glorious things of thee are spoken*, Hymnal 1982, 522 vv 1-2 &4

**DISMISSAL**    

*Presider*    Let us bless the Lord.

*People*    **Thanks be to God.**

**ORGAN POSTLUDE**

*Versets on a choral melody*, Stanley Vann

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### Easter lily Form 2026



**If you would like to offer a lily (s) to decorate our beautiful church, please make a donation of \$10 (per lily) with *lily* in the memo line. The deadline for donations and dedications is **March 27<sup>th</sup>** to the office. Questions? Contact the office, 530.243.1000**

I/we \_\_\_\_\_

are giving an Easter lily to the glory of God in Thanksgiving for

and/or in Memory

of \_\_\_\_\_



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