

Trinity

The Third Sunday in Lent

March 8, 2026

Welcome to Trinity!

We are glad you are worshipping with us today. Please consider filling out a “Walk With Us” card in the pew and put it in the offering plate so we can get in touch with you. It is a joy to welcome children to worship with us here at Trinity. There is an activity table in the front of the church with Bible based coloring pages and other activities. Children’s Programming takes place every Sunday at 9:45 am in the Ogden Room. Again, welcome!

Welcome

The Rev. Jonathan Radtke

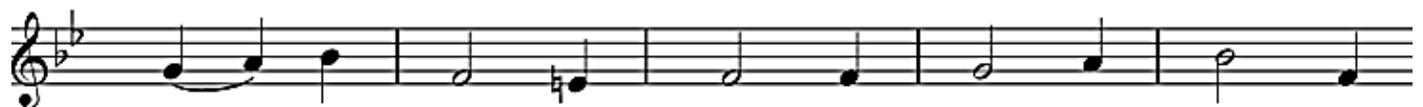
Prelude “Nearer My God to Thee”

Gilbert Martin

Opening Hymn “O Love How Deep” (vs. 1, 2, 3, & 6)



1 O love, how deep, how broad, how high, how pass - ing
2 For us bap - tized, for us he bore his ho - ly
3 For us he prayed; for us he taught; for us his
4 For us to wick - ed hands be - trayed, scourged, mocked, in
5 For us he rose from death a - gain; for us he
6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of
2 fast and hun - gered sore; for us temp - ta - tions
3 dai - ly works he wrought: by words and signs and
4 pur - ple robe ar - rayed, he bore the shame - ful
5 went on high to reign; for us he sent his
6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.
 2 sharp he knew; for us the tempt - er ov - er - threw.
 3 ac - tions, thus still seek - ing not him - self, but us.
 4 cross and death; for us gave up his dy - ing breath.
 5 Spi - rit here to guide, to strength - en, and to cheer.
 6 we a - dore for ev - er and for ev - er - more.

Opening Acclamation

Priest: Blessed be the God of our salvation.

People: **Who bears our burdens and forgives our sins.**

A Penitential Order

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *Mark 12:29-31*

Priest then says:

Let us confess our sins against God and our neighbor.

Silence may be kept.

Priest and 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.

Priest:

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.**

The Kyrie



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



us. Lord, have mer - cy, Lord, _____ hear our pray'r.



Priest: God be with you.

People: And also with you.

Priest: Let us pray.

The Collect of the Day

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

Exodus 17:1-7

Read by Lynne Gammon

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

Reader: Hear what The Spirit is saying to the people.

People: Thanks be to God

Psalm 95

Led by Lynne Gammon

- 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.

(Psalm cont. on p.4)

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."

Sequence Hymn "Softly and Tenderly Jesus is Calling" (vs. 1 & 4)



1. Soft - ly and ten - der - ly Je - sus is call - ing,
2. Why should we tar - ry when Je - sus is plead - ing,
3. Time is now fleet - ing, the mo - ments are pass - ing,
4. O for the won - der - ful love he has prom - ised,



Call - ing for you and for me;
Plead - ing for you and for me?
Pass - ing from you and from me;
Prom - ised for you and for me;



See, on the por - tals he's wait - ing and watch - ing,
Why should we lin - ger and heed not his mer - cies,
Shad - ows are gath - er - ing, death - beds are com - ing,
Though we have sinned he has mer - cy and par - don,



Watch - ing for you and for me.
Mer - cies for you and for me?
Com - ing for you and for me.
Par - don for you and for me.



Come home, come home, Ye who are wea - ry, come



home; Ear - nest - ly, ten - der - ly,



Je - sus is call - ing— Call - ing, "O sin - ner, come home!"

The Gospel: John 4:5-42

Priest: 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."

Priest: The Gospel of the Lord

People: Praise to you, Lord Christ

Sermon

The Rev. Jonathan Radtke

The Nicene 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,
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 and the Son,
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.

Prayers of the People

Led by Kris Lemay

The Leader and People pray responsively

People's responses in bold

Reconciled by God's mercy and sustained by God's presence, let us pray for the world and its needs.

Silence

O God, when suffering arises, preserve your church. Give to pastors, deacons, bishops, and all servants of your gospel the endurance that produces character and the hope that will never disappoint. In our Diocesan Cycle of Prayer we pray for St. Augustine's, Dover-Foxcroft, and for those struggling with addiction. This is my prayer, **this is our prayer**.

When the waters run dry, sustain this earth. Send water to places languishing with drought, and bring relief to places damaged by floods. This is my prayer, **this is our prayer**

When quarrels ensue, soften our hearts. Quell hostilities between nations and peoples, and reconcile all humans across the lines of race, class, nationality, moral conviction, religion, and all else that divides or oppresses. At this time we pray particularly for peace in the Middle East. This is my prayer, **this is our prayer**

When your people thirst, satisfy their needs. Send water and food to all who need nourishment. Grant welcome to all who are excluded. Show your mercy to any in need, especially Ralph Parady, Rose Chukwu, Maizie Argondizza, Angelika Schechter, Lee, Beth Johns, Edna Flaherty, Jennifer Larkin, Nancy, Dickie and his family, Christina Siravo, Elizabeth, Deborah Galaneau, Kent Thurston, Cathy C., Brian & Nancy Plourde, Anne Rolle, Annie Garman, Toby, Luna, Maddie White, Lee Lowell, Susan, Phyllis Greene, George Clarence Frost, Lucia Leone, and all the children and staff at the Glenburnie Primary School. This is my prayer, **this is our prayer**

When we gather to worship, send us your Spirit. Renew our hearts through the joyful noise we make and bless the work of our church musicians and musical ensembles. This is my prayer, **this is our prayer**

O God, when death draws near, we rejoice in the promise of life with you. We remember all who have entered eternal rest, and we pray that you bring us the hope of sharing in your glory. This is my prayer, **this is our prayer**

Leader: Please say the names of those who would benefit from our prayers. *Please add your own petitions at this time.* This is my prayer, **this is our prayer**

Receive our prayers, O God, through Jesus Christ, our strength and salvation. **Amen.**

The Peace

Priest: The peace of Christ be always with you.

People: And also with you

Announcements

Offertory Anthem “As the Deer Long for Flowing Streams”

Terre Johnson

Sung by the Trinity Choir

THE HOLY COMMUNION

(ENRICHING OUR WORSHIP)

The Great Thanksgiving:

EUCCHARISTIC PRAYER 2

The Priest says:

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 God thanks and praise.

The Priest proceeds

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

People & Priest sing The Sanctus together.

Sanctus

Cantor:
Ho - ly, Ho - ly, Ho - ly Lord God of hosts.

All:
Ho - ly, Ho - ly, Ho - ly Lord God of hosts.

Cantor:
Heav'n and earth are full of your glo - ry.

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

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

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

All:
Ho - san - na in the high - est, in the high - est.

The Priest Continues:

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **Amen.**

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

The Lord's Prayer - *Please pray in whatever language is your native language.*

**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 Priest breaks the consecrated Bread and says:

Christ our Passover is sacrificed for us;

People: Therefore let us keep the feast.

A Period of silence is kept.

Fraction Anthem "As The Bread of Life is Broken" (vs. 3)

Refrain



As the bread of life is bro - ken, the cup of love out - poured,

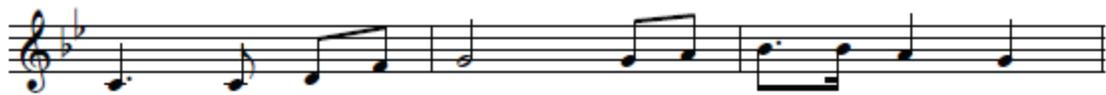


We are one in Christ, our Sav - ior, and sent to serve the Lord.

Verses



1. We, the man - y who are gath - ered, are u -
2. In the word of God pro - claimed here the good
3. In the bread of life here giv - en, we be -
4. Sent as bless - ing for God's peo - ple, to go



nit - ed now as one. In this joy - ful cel - e -
news of truth is heard. In the tell - ing of the
come what we re - ceive. In the cup of love here
forth in love and peace, In our wit - ness to God's



bra - tion, we re - call what God has done.
sto - ries, we are o - pen to God's word.
of - fered, we af - firm what we be - lieve.
king - dom, may our char - i - ty in - crease.

The Invitation to the Table

Priest: The Gifts of God for the People of God.

All are welcome to receive Holy Communion. The priest will place the host in your hands. If you would like to receive the consecrated wine, approach the Eucharistic minister who will share the chalice with you. There are two ways to receive the wine. You may sip from the silver chalice or dip in the pottery chalice. If you would rather not receive the wine, simply return to your seat. The Choir receives communion first, then all others are invited to receive as directed by the ushers beginning at the front of the church. If you would prefer to remain at your seat and receive there, the priest will come to you at the end of Communion. Please be sure to tell an usher that you would like communion brought to you.

Gluten free host is available for any who would like it. Simply tell the Priest when you come forward for communion. All are welcome and all are wanted at Trinity.

THE COMMUNION

COMMUNION HYMN "Come and Find the Quiet Center"



1. Come and find the qui - et cen - ter
 2. Si - lence is a friend who claims us,
 3. In the Spir - it let us trav - el,
 4. Come and find the qui - et cen - ter



In the crowd - ed life we lead,
 Cools the heat and slows the pace,
 O - pen to each oth - er's pain,
 In the crowd - ed life we lead,



Find the room for hope to en - ter,
 God it is who speaks and names us,
 Let our loves and fears un - rav - el,
 Find the room for hope to en - ter,

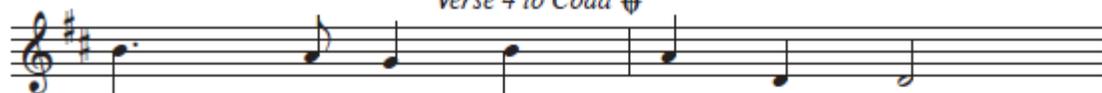


Find the frame where we are freed:
 Knows our be - ing, touch - es base,
 Cel - e - brate the space we gain:
 Find the frame where we are freed:



Clear the cha - os and the clut - ter,
 Mak - ing space with - in our think - ing,
 There's a place for deep - est dream - ing,
 Clear the cha - os and the clut - ter,

Verse 4 to Coda



Clear our eyes, that we can see
 Lift - ing shades to show the sun,
 There's a time for heart to care,
 Clear our eyes, that



All the things that real - ly mat - ter,
 Rais - ing cour - age when we're shrink - ing,
 In the Spir - it's live - ly schem - ing

D.C.

Be at peace, and simply be.
 Find - ing scope for faith be - gun.
 There is al - ways room to spare!

Coda

we can see All the things that real - ly mat - ter,
 Be at peace, and sim - ply be.

POST COMMUNION PRAYER

Priest: Let us pray

***People:* Almighty and ever living 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.**

The Blessing

Priest: Live without fear: your Creator has made you holy, has always protected you, and loves you as a mother. Go in peace to follow the good road and may God's blessing be with you always. **Amen.**

The Closing Hymn "Bring Forth the Kingdom"

Leader: D G/D D D/F# All: G D/F# A D

1 You are salt for the earth, O peo-ple: salt for the king-dom of God!
 2 You are a light on the hill, O peo-ple: light for the cit - y of God!
 3 You are a seed of the word, O peo-ple: bring forth the king-dom of God!
 4 We are a blest and a pil-grim peo-ple: bound for the king-dom of God!

Leader: G D/F# G A D All: G D/F# A D

Share the fla - vor of life, O peo - ple: life in the king - dom of God!
 Shine so ho - ly and bright, O peo - ple: shine for the king - dom of God!
 Seeds of mer - cy and seeds of jus - tice, grow in the king - dom of God!
 Love our jour - ney and love our home - land: love is the king - dom of God!

Refrain: G D/F# Em A D G D/F#

Bring forth the king - dom of mer - cy, bring forth the

Em A D G D/F# G A D

king - dom of peace; bring forth the king - dom of jus - tice,

G D/F# Em/G A D G D/F# A D

bring forth the cit - y of God!

Dismissal

Priest: Go in Peace, the Lord has put away all your sin.

People: **Thanks be to God**

Postlude “Prelude in G Minor”

J. S. Bach

TODAY’S MINISTERS

The People of Trinity Church

Rector	The Rev. Peter Swarr
Associate Priest	The Rev. Jonathan Radtke
Minister of Music	Dr. Mary Frances Fest
Children & Youth Musician	Eileen Rose Giadone
Sunday School Crafts	Rory Nickerson
Lectors & Layreaders	Lynne Gammon Kris Lemay
Ushers	Karen Spear Bill Spear
Livestream Ministers	Polly Sewall Steve Brown Bill Green Emmanuel Vincent
Flower Guild	Elizabeth Young
Coffee Hour Host	Elizabeth Young
Altar Guild	Kris Lemay

TRINITY CHOIR

MEMBERS

Kathleen Albert
Lynne Gammon
Pam Green
Marty Resotko
Bryan Lewis
Cindy McLellan
Michael Morin
Terry Quinn Tisdale
Stuart Tisdale

THIS WEEK AT TRINITY

Sunday, March 8	8 & 10 AM Sunday Services 9:45 am Children's Programming in Ogden Rm. 12 – 2 pm Food Packing in Lincoln Hall 3 – 7 pm Ukulele Club in Lincoln Hall 5:30 – 8:30 pm Renaissance Voices in Sanctuary
Monday, March 9	9 am – 12 pm Monday Morning Crew 10:30 am Lectio Divina by Zoom 3 – 8 AK Music In Transept 6 pm “Being With” in Ogden Rm. 7-8 pm AA in Lincoln Hall
Tuesday, March 10	5 – 8 pm PCO in Sanctuary
Wednesday, March 11	3 – 6:30 pm AK Music in Ogden Rm. 12 – 4 pm Laundry Love 5 – 7 pm Dayschool Board Mtg. in Lincoln Hall
Thursday, March 12	5:30 – 7:30 pm AA in Lincoln Hall 6 – 7:30 pm Choir Rehearsal
Friday, March 13	1 – 5:30 pm AK Music in Ogden Rm. 7 – 8 pm AA in Ogden Rm.
Saturday, March 14	10 am – 4 pm Mary Frances in Sanctuary 9 am – 1 pm Quiet Morning in Ogden Rm.
Sunday, March 15	11:30 am Capital Campaign Kick Off (with lunch)

 We hope you will sign up and attend.