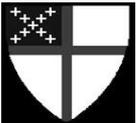


Trinity Church

The Third Sunday in Lent

March 8, 2026

8:00 & 10:00 AM



We are glad you are here today.

If you are looking for a place to seek God and discover companions for the journey, you are invited to be at home here. If you are new, please complete a pew card and place it in the collection plate. We are happy to tell you about life at Trinity.

The altar party enters in silence. Please stand.

A PENITENTIAL ORDER

Presider: Bless the Lord who forgives all our sins.

People: *God's mercy endures forever.*

All kneeling as is comfortable for you.

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.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. Lord have mercy.

Remember the Sabbath Day and keep it holy.

Amen. Lord have mercy.

Honor your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. Lord have mercy.

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8,9*

Let us confess our sins against God.

Silence may be kept.

Presider and People – Together

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

ABSOLUTION

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

KYRIE

8:00 am

Lord have mercy.

Christ have mercy.

Lord have mercy.

Kyrie S91

Sung at 10:00am

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.

Setting: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968)

THE COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

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

THE LESSONS

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?"

Hear what the Spirit is saying to God's people.

Thanks be to God.

PSALM 95

1 Come, let us sing to the LORD; *

let us shout for joy to the Rock of our salvation.

2 Let us come before his presence with thanksgiving *

and raise a loud shout to him with psalms.

- 3 For the LORD is a great God, *
and a great King above all gods.
- 4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
- 5 The sea is his, for he made it, *
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the LORD our Maker.
- 7 For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!
- 8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
- 9 They put me to the test, *
though they had seen my works.
- 10 Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."
- 11 So I swore in my wrath, *
"They shall not enter into my rest."

ROMANS 5:1-11

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.

Hear what the Spirit is saying to God's people.

Thanks be to God.

SEQUENCE HYMN 455 *O love of God, how strong and true*

THE GOSPEL John 4:5-4

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

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.”

The Gospel of the Lord.

Praise to you, Lord Christ.

THE SERMON

Delight Bucko

THE NICENE CREED

(EOW53)

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 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.

THE PRAYERS OF THE PEOPLE

Form IV (BCP388)

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world. In the Diocesan Cycle of Prayer, we pray for Church Beyond the Walls.

Silence

Lord, in your mercy *Hear our prayer.*

Guide the people of this land, and of all the nations, in the ways of justice and peace, especially in Ukraine, the Holy Land and the Middle East, that we may honor one another and serve the common good.

Silence

Lord, in your mercy *Hear our prayer.*

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence

Lord, in your mercy *Hear our prayer.*

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us. For those celebrating birthdays and anniversaries this week: Gordon Fuqua (3/10; Amy Umstadter (3/11); Merlyn Leonard (3/14); and those others we name silently or aloud (*significant pause*).

Silence

Lord, in your mercy *Hear our prayer.*

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. We pray together for those on our parish prayer list: *Angela, Vanessa, Cliff, Emily, Ben, Bev, Cameron, Marge, Katie, Carl, Lee-Ann, George, Ginny, Becca, Bruce, Cory, Gabi, Sandy*, and for those others we now name (*significant pause*);

Silence

Lord, in your mercy *Hear our prayer.*

We commend to your mercy all who have died, especially Manny Rocha, and those others whom we name silently or aloud, (*significant pause*), that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Lord, in your mercy *Hear our prayer.*

The Presider adds a concluding Collect.

THE PEACE (*Please stand*)

The peace of the Lord be always with you.

And also with you.

THE HOLY COMMUNION

OFFERTORY HYMN WLP 756

Lead me, guide me

THE DOXOLOGY

(8:00 am said)

All things come of thee O Lord.

And of thine own have we given thee. Amen.

(10:00 am sung)

All: Praise God from whom all blessings flow, Praise God all creatures here below, Praise God above ye heavenly host, Praise Father, Son and Holy Ghost. Amen.

THE GREAT THANKSGIVING (EOW *Eucharistic Prayer 1*)

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to the fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing (say):

Presider and People

8:00 am said

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

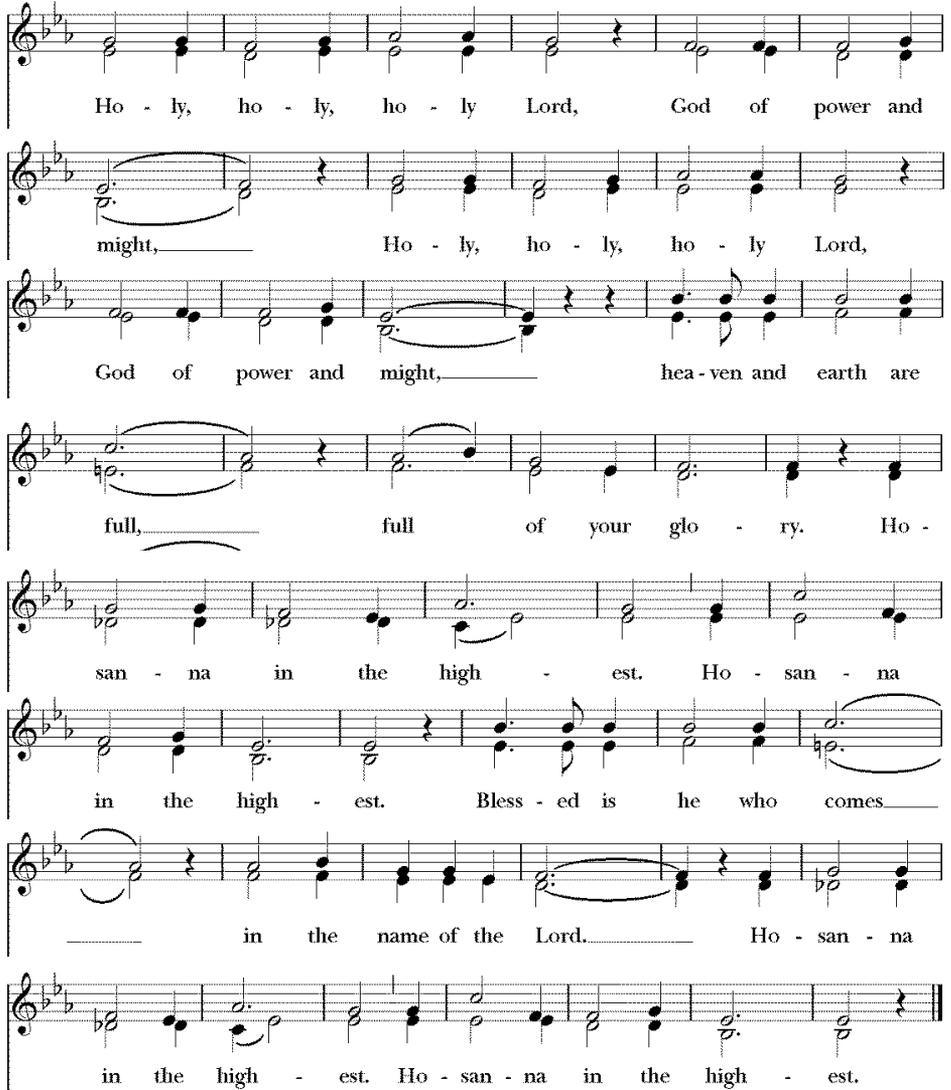
Hosanna in the highest.

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

Hosanna in the highest.

10:00 am sung

Sanctus S130



Ho - ly, ho - ly, ho - ly Lord, God of power and
might, Ho - ly, ho - ly, ho - ly Lord,
God of power and might, hea - ven and earth are
full, full of your glo - ry. Ho -
san - na in the high - est. 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. Ho - san - na in the high - est.

Setting: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937)

The Presider continues

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, 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, 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Therefore we proclaim the mystery of faith: *(together)*

Christ has died.

Christ is risen.

Christ will come again.

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ’s Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with all your saints, past, present, and yet to come, we may praise your Name for ever.

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.**

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

Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as it is in heaven.

Give us today our daily bread.

Forgive us our sins
as we forgive those
who sin against us.

Save us from the time of trial,
and deliver us from evil.

For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

THE BREAKING OF THE BREAD

8:00 am said:

Lamb of God, you take away the sins of the world.

Have mercy on us.

Lamb of God, you take away the sins of the world.

Have mercy on us.

Lamb of God, you take away the sins of the world.

Grant us peace.

10:00 am Sung:

S 164

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

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

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

Setting: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937)

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.

COMMUNION

All Christians are welcome to receive communion. No one will be turned away. Please come to the communion rail as you are able and kneel or stand to receive. You may sip from the chalice or the eucharistic minister can intinct for you. If you prefer to receive a blessing, cross your arms over your chest. If you cannot come to the rail, communion will be brought to the pavement or to your seat as needed. Gluten free wafers are available.

COMMUNION HYMN WLP 825

Bless the Lord my soul

POST COMMUNION PRAYER

Let us pray.

Presider and People

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

SOLEMN PRAYER OVER THE PEOPLE

Bow down before the Lord *(please kneel as you are able)*

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

ANNOUNCEMENTS

DISMISSAL *People: Thanks be to God.*

The altar party departs in silence.

PARTICIPANTS

Altar Guild: Wayne Barnes, Kelley Elderkin, Dawn O'Hara, Linda Whittaker
President: The Reverend Susan Wrathall

8:00 AM	10:00 AM
Euch Min: Cathi Beattie	Euch Min: Delight Bucko
Reader: Cindy Castellone	Reader: Nancy Haight
Acolyte: Becca Seamans	Acolyte: Margaret Thomas
Usher: Tom Hogan	Usher: Kelley Elderkin
	Video: Kevin Cliff

For routine communication, please email Mother Susan Wrathall
at rector@trinitycranston.org

For pastoral emergencies, contact Mother Susan at 401-617-0380.



For online giving, please scan the QR code with your smartphone's camera. Thank you

THIS WEEK

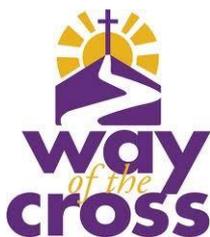
Sunday, 3/8	Lenten Program, Parish Hall, 6:00 pm
Monday, 3/9	Education for Ministry, Education room, 9:30 am Guitars 4 Vets, Music room, 4:00 pm Christian Meditation, on Zoom, 6:00 pm AA, Parish Hall, 7:30 pm
Tuesday, 3/10	Men's Group, Education Room, 9:30 am Knitters, Bay room, 9:30 – Noon Perspectives, Parish Hall, 11:00 am Vestry, Bay room, 5:30 pm PVA, Parish Hall, 6:00 pm
Wednesday, 3/11	Pawtuxet Rangers, Parish Hall, 6:00 pm
Thursday, 3/12	Gospels of Holy Week, Education room, 9 am & 6 pm Perspectives, Parish Hall, Noon to 3:00 pm AA, Big Book, women's group, Bay room, 7:00 pm AA, Big Book, men's group, Parish Hall, 7:00 pm
Friday, 3/13	Way of the Cross, Church, 6:00 pm

JOURNEY THROUGH LENT WITH TRINITY CHURCH

Mondays: 6 pm Meditation on ZOOM

Tuesdays: 9:30 am Men's Group with Bible Study

Third Sundays: 8:45 am Living Stones in the Education Room



THE WAY OF THE CROSS – FRIDAYS AT 6 PM

Using Trinity's lovely stations, walk in Jesus' footsteps as he makes his way to the Cross through readings and prayer. This 30-minute service can be a meaningful addition to your Lenten journey.



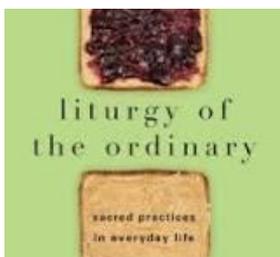
Join Mother Susan and

EXPLORE THE HOLY WEEK GOSPELS

Thursdays in March 5, 12, 19, 26

9 am AND 6 pm

In the Education room



LITURGY OF THE ORDINARY

FIVE SUNDAY EVENINGS IN LENT

6-8:30 PM

Childcare provided



Saturdays, March 7, 14, 28 (we skip March 21)

8:30 – 10:30

Explore what it means to be an Episcopalian by looking at our history, polity, spirituality, and worship. All are welcome to bring questions! Required for those who wish to be confirmed or received on May 3 by our bishop.