

The Third Sunday in Lent

Holy Eucharist

Family Sunday

Sunday March 8, 2026, at 9am



Mike Moyers, artist

Church of the Holy Nativity, Honolulu, HI
5286 Kalaniana'ole Highway Honolulu, HI 96821
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Sunday School on the lanai, except 2nd Sunday for Family Sunday.

The Opening Song in Chapel Songbook # 31 “Magic Penny”

The Penitential Order

In Lent and on other penitential occasions, the people stand in body or in spirit as the Celebrant says

Bless the Lord who forgives all our sins.

People His mercy endures for ever.

The Celebrant reads the following sentences

Jesus said, “The first commandment is this: Hear, O Israel: The Lord our 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 other commandment greater than these.” *Mark 12:29-31*

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*

The Confession and Absolution

The Celebrant then says

Let us confess our sins against God and our neighbor.

Silence may be kept.

Minister 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.

The Celebrant stands and says

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 Queen's Prayer (*Ke Aloha O Ka Haku*) by Queen Lili'uokalani

1. 'O kou a - lo - ha nō A - i - a i - ka la - ni,
 2. Ko'u no - ho mi - hi 'ana A pa - 'a - ha - o 'i - a,
 3. Mai nā - nā 'i - no - 'ino Nā he - wa o kā - na - ka,
 4. No - lai - la e ka Haku Ma la - lo kou 'ē - he - u,

A 'o Kou 'o - ia 'i - 'o He he - mo - le - le ho'i.
 'O 'o - e ku - 'u la - ma Kou na - ni ko - 'u ko'o.
 A - kā e hu - i - ka - la A ma - 'e - ma - 'e nō.
 Kō mā - kou ma - lu - hi - a A mau loa a - ku nō. 'Ā - me - ne.

*("Your loving mercy is as high as heaven and your truth so perfect.
 I live imprisoned in sorrow; you are my light; your glory, my support.
 Behold not with malevolence the sins of mankind, but forgive and cleanse.
 And so, O Lord, protect us beneath your wings and let peace be our portion
 now and forever more. Amen.") --prayer and tune by Queen Lili'uokalani*

The Collect

Celebrant The Lord be with you.
People And also with you.
Celebrant 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

1st Reading Exodus 17:1-7

God's people were on the move, just as God commanded. They made camp at Rephadim, but there was no water for anyone to drink. The people were mad at Moses and yelled, "GIVE US WATER!" Moses said, "Why are you yelling at me? You people are a pain." And the people whined, saying, "Why did you bother to take us out of Egypt, only to let our kids and our animals, and us die of thirst?"

Moses wasn't happy with God. "What am I supposed to do with these people?" Moses said, "They're so angry and thirsty they are ready to kill me."

God said, “Get some of your best people together. Take the staff with which you turned the Nile into blood, and go on a hike. Walk as far as Horeb, and I will be there standing on a rock. Hit that rock with your staff and you will have water for everyone to drink. Water will gush from that rock.”

Moses did what God told him to do. And water came from the rock, just as God said it would. God’s people had whined and pushed God to the edge, but now they had water to drink

Reader Hear what the Spirit is saying to God’s people.

People Thanks be to God.

Psalm 95 *The reader will begin, and the congregation will read the words printed in **Bold**.*

Come on, let’s sing to God. Let’s make lots of noise for our rock, our salvation.

Let’s surround God with thanks.

For God is the best, the best there ever could be.

He holds in his hands the lowest caves and the highest mountains. The oceans belong to him because he made them, and with his own hands he molded the earth like clay.

For God is the best, the best there ever could be.

So let us bow our heads and bend our knees and kneel before God who made us.

He is our God and we are his people. We are the sheep who eat in his pastures. Let’s pay attention to God when he calls to follow.

For God is the best, the best there ever could be.

The Gospel: John 4:5-42

Deacon or Priest The Holy Gospel according to our Lord Jesus Christ according to John.

People Glory to you, Lord Christ.

Jesus came to Jacob’s well and sat down because he was tired. His disciples had gone into town to buy food. It was the middle of the day. A Samaritan woman came to get water from the well and Jesus asked her if she’d give him a drink of water.

The woman was shocked because Jews don’t usually talk to Samaritans, much less share their water. “You’re asking ME for water?” the woman said. Jesus answered her, “If only you knew who I was, and what I could give you, you would have asked me for LIVING water.”

The woman said, “Living water? This is one deep well and you don’t even have a bucket. How do you expect to give me living water? You think you’re more special than our ancestor Jacob, who gave us this well?”

Jesus said, “You drink from this well, and you’ll be thirsty again. But if you drink the ‘water’ I give you, you will never be thirsty again. The water I have for you will gush up from a spring of eternal life.” The woman said, “Oh please sir, I’d like some of that water, so I’ll never be thirsty and I won’t have to work so hard to get water here at this well.”

Jesus said, “why don’t you go get your husband and tell him?” “But I don’t have a husband,” she said. Jesus said, “You’re right about that. You’ve gone through five husbands, and the man you’re living with now isn’t your husband.”

“Whoa! How did you know that? You must be a prophet. My people worship here, but you Jews say the only place to worship is in Jerusalem. What do you say about that?” Jesus said, “You know, someday it won’t matter

where we worship. Because the only place to worship God is in your heart. The woman agreed with him. "And I agree that the Messiah is coming soon, and when he gets here, he will tell us what's going on." Jesus said, "You're talking with him, the Messiah." ...

The Samaritan woman brought her friends from town to meet Jesus. They all believed Jesus because of what she told them. She invited Jesus to stay with them, so he did. Even more people believed in him then, and knew he was the Savior of the world because of all he told them.

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

The Sermon

The Reverend Libby Berman

The Nicene Creed

Found on the front flap of The **Book of Common Prayer**

The Celebrant begins. The people join in.

The Prayers of the People: Form I

*The congregation will please make the responses in **bold**.*

With all our heart and with all our mind, let us pray to the Lord, saying, "**E Ka Haku e aloha mai.**"

For the peace from above, for the loving-kindness of God, and for the salvation of our souls, let us pray to the Lord. **E Ka Haku e aloha mai.**

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. **E Ka Haku e aloha mai.**

For our Bishop, and for all the clergy and people, let us pray to the Lord.

E Ka Haku e aloha mai.

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

E Ka Haku e aloha mai.

For this city of Honolulu, for every city and community, and for those who live in them, let us pray to the Lord. **E Ka Haku e aloha mai.**

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

E Ka Haku e aloha mai.

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

E Ka Haku e aloha mai.

For those who travel on land, on water, or in the air, let us pray to the Lord.

E Ka Haku e aloha mai.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.
E Ka Haku e aloha mai.

For those on our parish prayer list, let us pray to the Lord.
E Ka Haku e aloha mai.

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.
E Ka Haku e aloha mai.

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.
E Ka Haku e aloha mai.

The celebrant adds a concluding Collect.

The Peace

All Stand. The Celebrant says to the people.

‘O ke aloha o ka Haku ka mea e mau loa aku me ‘oukou.

(The peace of the Lord be always with you!)

The People respond.

A me ‘oe pū nō ho‘i.

(And also with you!)

To you we come, Father of lights, with angels and saints, where heaven and earth unite. May Jesus meet us in the breaking of the bread.

Offertory Hymn #45 “YHWH, I know You are Near”

Hawaiian Doxology

Ho-'o - na - ni i ka Ma - ku - a mau, Ke kei - ki me ka 'U - ha - ne no, Ke A -

7
ku - a mau Ho - 'o - mai ka - 'i pu, Ko ke - ia ao ko ke - la ao. 'Ā - me - ne.

The Holy Communion

Eucharistic Prayer A

The **Book of Common Prayer**, p. 361

The Lord's Prayer

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

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.

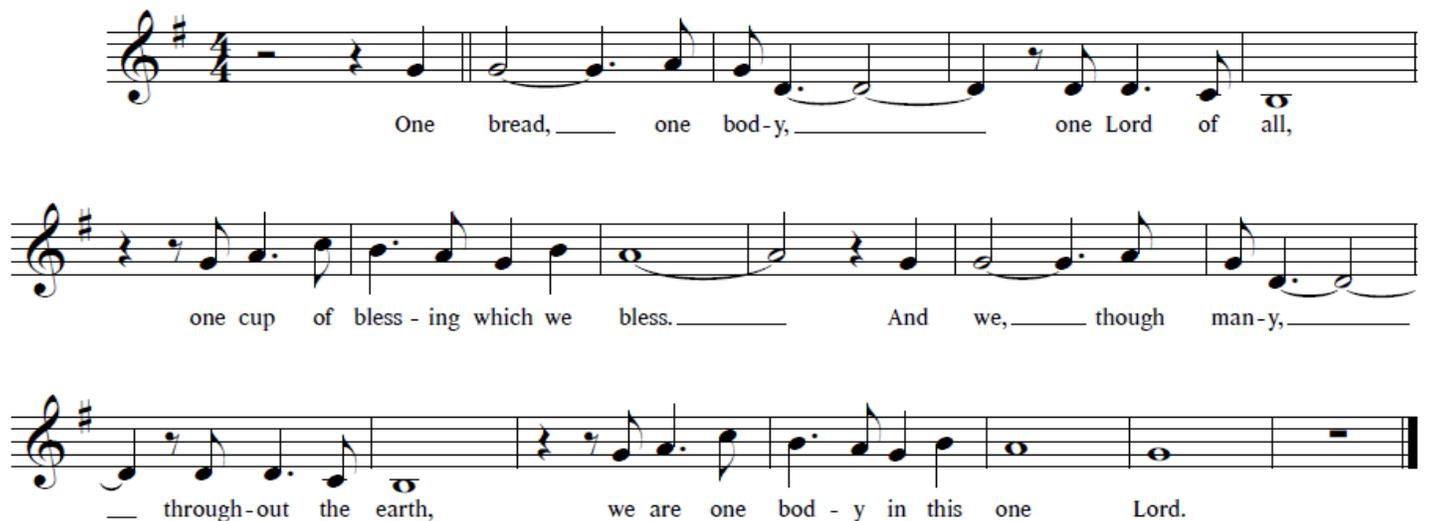
The Breaking of the Bread

The Celebrant breaks the consecrated Bread. A period of Silence is kept.

Celebrant: Christ our Passover is sacrificed for us;

People: Therefore let us keep the feast.

One Bread, One Body



One bread, one body, one Lord of all,
one cup of blessing which we bless. And we, though many,
through-out the earth, we are one body in this one Lord.

The Celebrant says

Nā Makana a Ke Akua na ka Po'e o Ke Akua. / The gifts of God for the people of the God.

*At the time of distribution, those who wish to receive should move forward to the altar rail in two lines, filling in from makai to mauka. You may kneel or stand to receive the sacrament. You are welcome to receive the bread (traditional or gluten-free) only **or** both the bread and the wine from the ministers who will come past you. If you wish to receive a blessing, place your hands across your chest as you approach.*

Communion Music

Offered by Dr. Cat & the HN Singers

The Post-Communion Prayer

After Communion, the Celebrant says

Let us pray.

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.

Announcements & Lenten Prayer

The Reverend Jennifer Latham

Closing Song in Chapel Songbook #44 “We are One in Spirit”

The Dismissal

Deacon Let us go in peace, to love and serve the Lord.

People Thanks be to God.

The Postlude

Offered by Dr. Cat

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## Ministry Team for Today’s Service: Thank you, all!

**Clergy:** The Reverends Libby Berman, Jennifer Latham, and Alison Dingley

**Eucharistic Minister:** Lila Johnson    **Acolyte:** Juliet Cuadra

### Readers

**First Reading:** Kaia Patton

**Psalm:** Shiloh LeGros

**Prayers:** Skylar Shintaku and Jojo Peterson

**Usher:** Ed Stikeleather    **Intercessor:** Kim Garner

**Technical team:** Alex Picken & Georgia St. Germain

**Music Director:** Ina Young    **Instrumentalist:** Amie

*Thank you, Dr. Cat and the HN Singers.*

**Join us next Sunday for the 4th Sunday in LENT, Sunday March 15, 2026 at 9AM**

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Our Parish Prayer List:

Adele, Lisa May, Raj & Renu, Eric & Katy, Peter, Gia, Kevin, Michael, Carol, Lorraine,
Cora, Malia, Patti, Tom, Doris, Heather, Esther,
Betty, Bobby, Isamu, Beverly, Peter, Wenli, Val, Roy, Donna, Geoff, Sydney, and Tony.