



# The Third Sunday in Lent

March 12, 2023 10:30 AM

The Rev. David S. Sugeno *Rector*  
The Rev. Claire Field *Associate Rector*  
Mrs. Leesa Lewis *Seminarian*

Trinity's Mission: *to follow Christ through the ministries of worship, education, and service.*

Trinity's Vision: *to be a major Christian presence in the Highland Lakes area, proclaiming the Gospel of Jesus Christ.*

# Holy Eucharist Rite II

## The Prelude

- ✠ The Processional      *Come, thou fount of every blessing*      Hymnal 686

## The Acclamation

Bless the Lord who forgives all our sins;

- ✠ **His mercy endures forever.**

- ✠ The Decalogue      *(The Decalogue may be said, the people kneeling.)*

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.

Let us confess our sins against God and our neighbor.

### The Confession

- ✠ **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 Absolution

## The Kyrie

Lord, have mer - cy. Lord, have mer - cy.

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

Lord, have mer - cy. Lord, have mer - cy. Lord,

Lord, have mer - cy, have mer - cy.

Lord, have mer - cy, have mer - cy.

## 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.**

*Please be seated.*

## **The First Reading**

*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?"

The Word of the Lord.

✠ **Thanks be to God.**

✠ **The Psalm 95**      *The people say the Psalm*

**Come, let us sing to the Lord; \***

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

**Let us come before his presence with thanksgiving \***

**and raise a loud shout to him with psalms.**

**For the Lord is a great God, \***

**and a great King above all gods.**

**In his hand are the caverns of the earth, \***

**and the heights of the hills are his also.**

**The sea is his, for he made it, \***

**and his hands have molded the dry land.**

Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.  
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!  
Harden not your hearts,  
as your forebears did in the wilderness, \*  
at Meribah, and on that day at Massah,  
when they tempted me.  
They put me to the test, \*  
though they had seen my works.  
Forty years long I detested that generation and said, \*  
"This people are wayward in their hearts;  
they do not know my ways."  
So I swore in my wrath, \*  
"They shall not enter into my rest."

## The Second Reading

*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.

The Word of the Lord.

✠**Thanks be to God.**

The Sequence Hymn      *Rock of Ages, cleft for me*      Hymnal 685

The Holy Gospel      *John 4:5-42*

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 Judean, ask a drink of me, a woman of Samaria?" (Judeans 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 Judeans. 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

*The Rev. David S. Sugeno*

## 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: 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 IV*

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. Give grace to Michael our Presiding Bishop; Andrew, Jeff, Hector, and Kai, our bishops; Dave and Claire our priests; Leesa, our seminarian.

*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, in particular, Joseph, our President; Greg, our Governor; Richard, our Mayor; Mike, our city manager, 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.

We give thanks for those celebrating birthdays.

Lord, in your mercy

✠ **Hear our prayer.**

We commend to God's gracious care and keeping all the men and women of our armed forces at home and abroad, all first responders, and all who labor for justice and peace in the world.

*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.

*Silence*

Lord, in your mercy

✠ **Hear our prayer.**

We commend to your mercy all who have died, 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

The peace of the Lord be always with you.

✠ **And also with you.**

*The Ministers and People greet one another in the name of the Lord.*

## The Celebration of the Holy Eucharist

The Offertory

*With All I Am*

*Parish Choir*

✠ The Presentation

*The glory of these forty days*

*we celebrate with songs of praise;  
for Christ, through whom all things were made,  
himself has fasted and has prayed.*

*O Father, Son, and Spirit blest,  
to thee be every prayer addressed,  
who art in threefold Name adored,  
from age to age, the only Lord.*

The Great Thanksgiving

Eucharistic Prayer A

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 God thanks and praise.**

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

*A Proper Preface is said*

Therefore we praise you, joining our voices with Angels and Archangels and with all the Company of heaven, who forever sing this hymn to proclaim the glory of your Name:

✠ **The Sanctus**

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and

might, hea - ven and earth are full of your glo - ry. 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. —

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:

✠ **Christ has died.**

✠ **Christ is risen.**

✠ **Christ will come again.**

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.**

### The Lord's Prayer

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, forever and ever. Amen.**

# The Breaking of the Bread

Christ our Passover is sacrificed for us.

✠ Therefore let us keep the feast.

## The Invitation

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 Communion Hymns    *O Jesus, joy of loving hearts*    Hymnal 649  
    *Surely it is God who saves me*    Hymnal 679

*A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion. Those worshipping virtually are invited to say the following prayer while communion is being distributed to the in-person gathering :*

✠ Jesus, we believe that you are truly present in the Blessed Sacrament of the Altar, and we desire to offer you praise and thanksgiving as we proclaim your resurrection. Loving you above all things, we long to be united to you in love. Since we cannot receive you in the Sacrament of your Body and Blood, come spiritually into our hearts. Cleanse and strengthen us with your grace, Lord Jesus, and let us never be separated from you. May we live in you, and you in us, in this life and in the life to come. Amen.

(Adapted from St. Alphonsus de Liguori, 1696-1787)

## The Post-Communion Prayer

Let us pray.

✠Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood.

Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

## The Solemn Prayer Over The People

The Recessional      *Guide me, O thou great Jehovah*      *Hymnal 690*

## The Dismissal

*The Priest pronounces the dismissal, after which the congregation responds:*

✠**Thanks be to God.**

## Lenten & Easter Services

### LENTEN SERIES March 22, & 29

#### Wednesday Evenings

5:30 PM	Lenten Supper
6:15–7:00 PM	Lenten Program
7:00 PM	Compline

### PASSION SUNDAY April 2

8:15 AM	Liturgy of the Palms & Holy Eucharist Rite I
10:30 AM	Liturgy of the Palms & Holy Eucharist Rite II

### MAUNDY THURSDAY April 6

7:00 PM	Holy Eucharist Rite II & Sermon Stripping of the Altar
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### GOOD FRIDAY April 7

10:00 AM	Good Friday Liturgy
12:00 Noon	Main Street Stations of the Cross

### EASTER DAY April 9

6:30 AM (Tent)	Sunrise Service
8:15 AM	Festival Holy Eucharist Rite II
10:30 AM	Festival Holy Eucharist Rite II & Flowering of the Cross



## TRINITY EPISCOPAL CHURCH

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### TRINITY STAFF

The Rev. David S. Sugeno, *Rector*

The Rev. Claire Field, *Associate Rector*

Mrs. Leesa Lewis, *Seminarian*

Janie Cunningham *Parish Secretary*

Georgia Parsons *Administrative Assistant*

Barbara Warden *Choir Director*

Janie Cunningham *Organist*

Norma Snyder *Choir Librarian*

Barbara Parmeter *Webminister*

& *Bookkeeper*

### TRINITY VESTRY

Basil Bigbie *Senior Warden*

Greg Soechting *Junior Warden*

Kim Soechting *Vestry Clerk*

Harvey Dyer

Teresa Harwell

John Loftis

Randy Viereck

Jenny Waldo

Nannette Watkins

## THIS WEEK AT TRINITY

### Sunday, March 12

- 8:15 AM Holy Eucharist Rite I & Sermon
- 9:15 AM Adult Christian Education
- 9:45 AM Choir Warm-up
- 10:30 AM Holy Eucharist Rite II & Sermon
- 10:30 AM Children's Chapel
- 10:30 AM Livestream
- 11:45 AM Choir Practice (following 10:30 service)

### Tuesday, March 14

- 9:00 AM Worship in the Courtyard

### Wednesday, March 15

- 9:00 AM Men's Bible Study
- 3:15 PM Choir Skills Practice
- 4:00 PM Choir Practice