

Trinity Episcopal Church

Staunton, Virginia

Founded in 1746



THE THIRD SUNDAY IN LENT

MARCH 8, 2026

8:00 AM

**WHEREVER YOU ARE IN YOUR FAITH JOURNEY,
YOU ARE WELCOME AT TRINITY CHURCH!**

THE HOLY EUCHARIST: PENITENTIAL ORDER RITE I

THE BOOK OF COMMON PRAYER P. 319

The People stand.

THE PENITENTIAL ORDER

Bless the Lord who forgiveth all our sins;
His mercy endureth for ever.

Hear what our Lord Jesus Christ saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Matthew 22:37-40

The People kneel.

Let us humbly confess our sins unto Almighty God.

Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee 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 might delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. **Amen.**

THE TRISAGION

Holy God, Holy and Mighty, Holy Immortal One,
Have mercy upon us.

THE COLLECT OF THE DAY

The Lord be with you.

And with thy spirit.

Let us pray.

ALMIGHTY God, who seest that we have no power of 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 liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

The People are seated for the Lessons.

THE WORD OF GOD

THE FIRST LESSON

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 *Spoken by all*

Psalm 95

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.”

THE SECOND LESSON

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 GOSPEL

John 4:5-42

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

Glory be to thee, O Lord.

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 be to thee, O Christ.

The People are seated.

THE SERMON

The Rev. William AJ Heine

The People stand for the Nicene Creed.

THE NICENE CREED

BCP p. 326

THE PRAYERS OF THE PEOPLE FOR LENT

The leader and people pray responsively.

Creator God, we pray to you from the wilderness.

We pray for the Episcopal Church, the Anglican Communion and for our work in the world. We pray for all priests, deacons and bishops, and for the congregation, staff and clergy of Trinity Episcopal Church. Inspire us to live out your Gospel, to be a force for peace and a space for sanctuary, a place of welcome for all who seek.

God whose Son broke bread among us,

Hear our prayer.

We pray for your world, for wilderness of desert, forest and ocean, for your Word spoken through creation. We pray for all who have lost homes, livelihoods and loved ones because of fire, drought, flood and storm. Push us to care for your world and all who live in it from generation to generation.

God who said of all creation, “it is good,”

Hear our prayer.

We pray for this country, for its leadership. We pray for all those who feel unheard, for communities divided by politics, for schools that have become battlegrounds. Remind us to keep our ears and hearts open to all voices and all histories. We pray for our president, Donald, our governor, Abigail, our mayor, Michele and county chair, Jeff. Let our leaders govern with compassion and for the common good.

God whose rainbow set a covenant with all people,

Hear our prayer.

We pray for this city, for those who have no safe shelter or health care, for those struggling with anxiety, hunger and isolation, for those at the margins because of hardship, illness, physical ability, gender or race. We pray for those who work to care for them through ministries here at Trinity and throughout our community. Show us where we may better serve your people.

God who dwells in the least of these,

Hear our prayer.

We pray for all those who suffer in mind, body or spirit, especially **Paul Allen, Betsy, Derek** Bowan, **Jennifer** Becker, **Christopher** Byrd, **Roland** Carlton, **Katie** Cathey, **John** Cavey, **Jan** Coleman, **Angie** Deitz, **Camille** Dierksheide, **Stephen** Edelstein, **Harry** Edwards, **Eliza**, **The** Ervine Family, **George** Fellows, **Reagan** Gordan, **Hope** Hazan, **Pete** Holberg, **Jack** Holt, **Kean** Ivey, **Mary Lynn** Jacobs, **Jessie**, **Lee**, **Mary Kate**, **Mary Lou**, **Randy** McElroy, **Catherine** Morrison, **Iris** Odell, **Cynthia** Polhill, **Mike** Quayle, **Loyst** Rodgers, **Stephanie**, **Stewart**, **Susie**, **Bill** Tate, **Timothy**, **Tim** Wilson, **Lenora** Wilson, and all others we name silently or aloud (*pause*) for all these we pray; and all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

God who is with us in all things,

Hear our prayer.

We also pray for those in our parish family celebrating birthdays this week, especially **Michelle** Frank, **Michael** Scott, **Tommie** Duke, **Wick** Vellines, **John** Aycock, **Anne** Moody, **Anne** Swardson, **Claire** Fiechtl, **Kay** Watkins, and **Cindy** Swope.

God who is the source of life and joy,

Hear our prayer.

We pray for those who have died and those who grieve for them, including **Vickie** Anderson, **George** Taylor, **Stephen B. Christ**, **Mary Minge Moncure** Coleman & **Granville Baxter** Coleman, **Ruby Harber** Bailey & **Troy Clifford** Bailey, and **William** Seth Bailey.

God whose eternal gift is grace and resurrection,

Hear our prayer.

God of all goodness, we lift up to you the prayers of your people, as we travel this Lenten

way. Be present to us, and help us to be present to one another, in the communion of your Son Jesus Christ, who walked this wilderness with us, and in whose name we pray. **Amen.**

THE PEACE

The People greet one another in the name of the Lord and then are seated.

THE HOLY COMMUNION

The people remained seated while the people's monetary gifts are received. During the offertory, we respond to all that God has given us by offering our gifts to sustain God's work in the world. If you wish to make your offering electronically, please scan the QR code.



THE PRESENTATION

All things come of Thee, O Lord.
And of Thine own have we given Thee.

THE GREAT THANKSGIVING: EUCHARISTIC PRAYER II

BCP p. 340

THE LORD'S PRAYER

BCP p. 336

THE BREAKING OF THE BREAD

MINISTRATION OF HOLY COMMUNION

You are welcome at the Lord's table! All baptized Christians are invited to receive the Eucharist. Ushers will guide you to the altar rail, where you can either stand or kneel. Both bread (including gluten free, just ask) and wine are offered. When it comes to the wine, you can choose to "sip, dip, or skip." If you choose to "dip," please hold the wafer up so that the chalice bearer knows your intention. If you are not receiving, please come forward for a blessing (indicated by crossing your arms over your chest).

If you are unable to come forward, please let the usher know and we will happily come to you! And if you have not been baptized and find yourself drawn to life in Christ, please let our clergy know. We love questions and baptisms!

SENDING FORTH OF THE EUCHARISTIC VISITORS

We send you out to share Communion this day.

May you carry the prayers of all of us as you take this sacrament of Christ's presence.

May those who receive it from you be strengthened and encouraged in that community we have together in our Lord Jesus Christ.

THE POST COMMUNION PRAYER *Said by all, standing*

BCP p. 339

THE BLESSING AND DISMISSAL

After the dismissal, the people respond—

Thanks be to God.

The altar branches are given to the glory of God
and in loving memory of

MARY MINGE MONCURE COLEMAN & GRANVILLE BAXTER COLEMAN

RUBY HARBER BAILEY & TROY CLIFFORD BAILEY

WILLIAM SETH BAILEY

Our continued prayers are offered for those who are in trouble, sorrow, need, sickness, or any other adversity, especially Austin, Cowles Andrus III, Ava, Boger Family, Judy Bristow, Carol Brown, Martin Brown, Padi Burtner, Charlotte, Gloria Cline, Charlotte Dickson, Natalie Dodge, Emily, Ken Farley, Denis Finnegan, Lois Fisher, Sean Flanders, Barbara Golden, John Goodloe, William Haupt, Ernest Holley, Ian, John Payne, Alice Karny, Katalina, Kate, Kevin, Ellie Knape, Marcus, Matthew, Maxine McKinney, Laura Mueller, Cheryl Owens, John Parrott, Patricia, Anita Pence, Tanner Rosebrook, Katherine Shavers, and Christopher Whittington.

SERVING IN TODAY'S LITURGY

Preacher and Celebrant: The Rev. William AJ Heine
Lector: Clair Bell
Eucharistic Minister: Dale Whitsit
Altar Guild: Jan Coleman
Usher: Tom Bell

CLERGY AND STAFF

The Rev. William AJ Heine, *Rector*
The Rev. Cara Ellen Modisett, *Associate Rector*
Virginia Bolena, *Organist and Director of Music*
Joel VanderZee, *Assistant Organist*
Katie Faulkner, *Community Life Coordinator*
Ana Duncan, *Parish Administrator*
Autumn Nolen, *Communications Coordinator*
Jeff Selkirk, *Maintenance Manager*
Emmy O'Shea, *Sunday Attendant*



VESTRY

Paul Bugas, *Senior Warden* • Mary Faulkner, *Junior Warden* • Molly Brown, *Treasurer*
Lee Beam, *Assistant Treasurer* • Phillippa Holley, *Clerk*

Paul Bugas • Mary Faulkner • Fred Odell • Jean-Paul Shibut
Lindlee Baker • Rick Chittum • James Dungan • Kristin Reichert
Kathy Frazier • Zeb Riley • Donald Romanik • Karen Tate

TRINITY EPISCOPAL CHURCH

Post Office Box 208 • 214 West Beverley Street
Staunton, Virginia
www.trinitystaunton.org • (540) 886-9132