

Trinity Episcopal Church

Staunton, Virginia

Founded in 1746



THE THIRD SUNDAY IN LENT

MARCH 8, 2026

10:30 AM

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

TRINITY LOVES FAMILIES!

Trinity Church is a place of worship, music, prayer and fellowship for every age! We welcome families to this space, and invite your little ones to sit up front where they can more easily see and learn what's happening at the altar and in the pulpit. Explore the children's corner near the main entrance to the church, with child-sized chairs, activity bags and books. Trinity also offers a nursery for infants and toddlers during Sunday School and the 10:30 service, staffed by two adult employees of the church, located on the ground floor of the Parish Hall.

PRAYERS AND CANDLE LIGHTING

Lighting candles is as potent a symbol of offering one's prayer to God as candlelight is of God's abiding presence. During Holy Communion, all may light a votive in our Baptismal Chapel, to the left of the altar. You may write prayer requests on a provided card and leave them in the prayer bowl on that chapel's altar. Throughout the week parishioners, especially the Daughters of the King, will join you in that prayer. Anytime our church is unlocked (generally Monday-Thursday 10 am-2 pm and Sunday morning), votives and prayer cards await in the chapel.

THE HOLY EUCHARIST: PENITENTIAL ORDER RITE II

THE BOOK OF COMMON PRAYER P. 351

VOLUNTARY

Improvisation • Nadia Boulanger
(1887 - 1979)

The People stand for the Processional Hymn.

PROCESSIONAL HYMN

Glorious things of thee are spoken • *Austria* • Hymnal 522

THE PENITENTIAL ORDER

Bless the Lord who forgives all our sins;
His mercy endures for ever.

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

The People kneel.

Let us confess our sins against God and our neighbor.

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 might delight in your will, and walk in your ways, to the glory of your Name. Amen.

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 TRISAGION *Sung by all three times*

Marty Wheeler Barnett

Flute

Ho - ly God, Ho - ly and might-y,
Ho - ly im-mor-tal one, have mer-cy up-on us.

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 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 People stand for the Sequence Hymn and remain standing for the Gospel.

SEQUENCE HYMN

Come thou fount of every blessing • *Nettleton* • **Hymnal 686**

THE 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 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 People are seated.

THE SERMON

The Rev. William AJ Heine

The People stand for the Nicene Creed and the Prayers of the People.

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 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.**

LITURGY OF WELCOME

Celebrant: Is it your desire to make Trinity your church home?

Newcomers: **It is.**

Celebrant: Do you promise to seek and serve Christ in all persons, and to follow Christ's model of love and faithfulness as part of the life of this community?

Newcomers: **We will, with God's help.**

Celebrant: We welcome you into the congregation of Trinity Episcopal Church!
Let us pray.

All: **God who welcomes and calls all beloved, be known to us in the communion of your people, fellow travelers on this journey of faith. May we be for each other company in joy, comfort in sorrow and strength in prayer as we share in the work of your kingdom. In the name of your Son Jesus Christ, Amen.**

ADMISSION OF NEW DAUGHTERS OF THE KING

THE PEACE

The peace of the Lord be always with you.
And also with you.

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

THE HOLY COMMUNION

OFFERTORY ANTHEM

Hine ma tov • arr. Allan Naplan

HINE ma tov uma nayum shevet achim gam yachad.

BEHOLD, how good it is for brethren to dwell together in peace.

The people remain 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.



PRESENTATION HYMN

And, now, O Father, mindful of the love • *Unde et memores*
Hymnal 337, stanza 1

And now, O Fa - ther, mind - ful of the love that bought us, once for
all, on Cal - vary's tree, and hav - ing with us him that pleads a - bove, we
here pre - sent, we here spread forth to thee, that on - ly of - fering
per - fect in thine eyes, the one true, pure, im - mor - tal sac - ri - fice.

The People stand.

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

God of all power, Ruler of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us. By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

SANCTUS AND BENEDICTUS *Sung by all*

David Hurd (b. 1950) • Hymnal S 124

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.

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, 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."

After supper, he took the cup of wine, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

We celebrate his death and resurrection, as we await the day of his coming.

Lord God of our Fathers: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

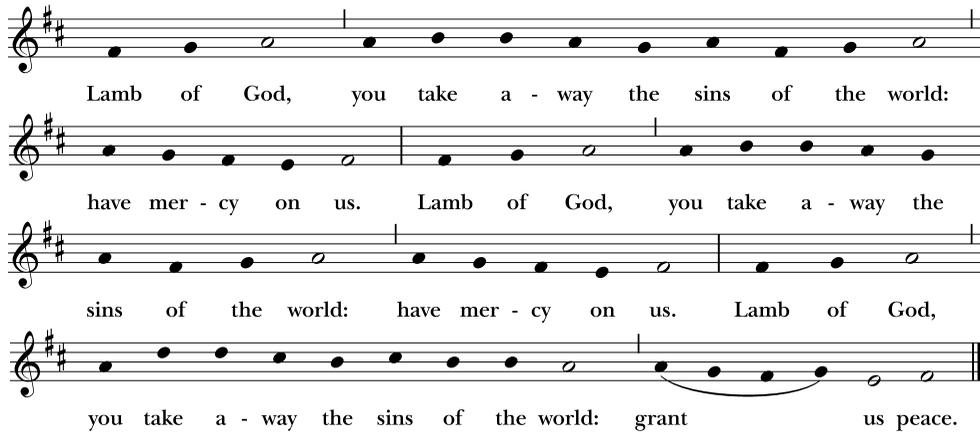
And now, as our Savior Christ has taught us, we are bold to say,

THE LORD'S PRAYER

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 BREAD AND FRACTION ANTHEM

Lamb of God • David Hurd • Hymnal S 161



Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

COMMUNION HYMNS

As longs the deer for cooling streams • *Martyrdom* • Hymnal 658
Jesus, Lover of my soul • *Aberystwyth* • Hymnal 699

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*

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 and 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

DISMISSAL

After the dismissal, the people respond —

Thanks be to God.

VOLUNTARY

As the spirit of God moved upon the face of the waters • Eleanor Daley
(b. 1955)

Permission to reprint, podcast and/or stream the music in this liturgy obtained via OneLicense.net #A-719477.
All rights reserved.

NOTES FROM THE ORGAN LOFT

TODAY is known internationally as *Woman Composer Sunday*. For centuries, women were excluded or discouraged from contributing music to the church. Established in 2021 by the Society of Woman Organists and Royal College of Organists in the United Kingdom and adopted by the American Guild of Organists, *Woman Composer Sunday* raises awareness of the contributions of these composers during Women’s History Month. The second Sunday of March was chosen to align with International Women’s Day.

This morning’s opening voluntary, titled *Improvisation* is by Nadia Boulanger. Boulanger was best known as one of the greatest teachers of the 20th century. She did not impose her own style on her students but was uniquely gifted at helping others find their own musical voice. Her students included Daniel Barenboim, Aaron Copeland, Gerre Hancock, among many others.

To send us on our way at the end of the liturgy, we’ll hear the music of Canadian composer Eleanor Daley. This piece is the first movement in her “Trinitas” suite, written for the dedication of the organ at Lawrence Park Community Church in Toronto.

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: The Rev. William AJ Heine
Celebrant: The Rev. Cara Ellen Modisett
Organist: Joel VanderZee
Lectors: Ember Etienne and Caleb Fiske
Eucharistic Ministers: Claudette Obenschain and Glenna Quick
Choir Crucifer: Lucy Carruth
Crucifer and Priest Server: Adrienne Fiechtl
Torchbearers: Claire Fiechtl and Mary Hunter Tate
Altar Guild: Jan Coleman
Usher: James Dungan
Digital Technician: Joe Fiechtl

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 Shibus
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