
ST. ELISABETH'S EPISCOPAL CHURCH

The Third Sunday in Lent

March 8, 2026

10:00 AM

Welcome to Saint Elisabeth's. We are delighted to have you with us today.



This faith community invites all persons to all levels of participation, leadership and decision-making within the church regardless of sexual orientation, gender identity, race, ethnicity, age, physical or mental capacity, education, socioeconomic and marital status. We seek to establish meaningful connections with one another through work and play and worship as we strive to understand God's purpose for us in the church and in the world.

In the Church Year: Lent

Figuring out how to keep a holy Lent can be a challenge, but if we move beyond the popular conceptions (and misconceptions), Lent holds the possibility for real change — or to use the church’s word, conversion — in our lives, as well as for rich and lasting spiritual growth. (The word “lent” comes from the Anglo-Saxon word *lencton*, referring to the springtime of the year when the days grow longer and warmer and brighter.)

Lent emerged in our history as a season of final preparation for those who would be baptized at the Great Vigil of Easter. The entire Christian community was highly invested in walking alongside those who were about to commit their lives to Christ. In time, the season took on some extra layers of meaning, and many people now associate it with listening for a deeper awareness of our own sin — how we fall short of the ideals God sets before us — and the need for ongoing repentance and amendment of life.

That said, joy in the new life we have found in the Christian faith should never be overwhelmed by our struggles to live out that faith or our awareness of the ways we fall short. We can see Lent as an opportunity to deepen our spiritual lives. In Lent we step back and consider the ways we need to repent, to turn around — to be converted.

During Lent we as individual Christians and as a church — the Body of Christ — consider our spiritual health. How are we living the gospel in our lives, our homes, our churches, our towns, our schools, our places of work? What areas of growth or signs of renewal should we celebrate with gratitude and joy? In what ways have we fallen short, grown stagnant or cold-hearted, or failed to love God by embracing new life when we encounter it? These are the kinds of questions we ask ourselves during the weeks of Lent. ~ *Daily Prayer for All Seasons*

Today at St. Elisabeth’s

8:00 a.m. – Spoken Eucharist

9:00 a.m. – Choir Rehearsal

10:00 a.m. – Sung Eucharist

11:00 a.m. – Fellowship & Forum

11:00 a.m. -- Children’s Sunday School

Entering in...

The following thought and image are intended to reflect something in today's service. The Practice is intended to offer one practical way of living these reflections.

When we know that we are loved, we will quite naturally love in return; our hearts will respond to the call of love with gratitude and affection, with devotion and with an eagerness to please and to serve the One who has so loved us. – *Br. David Vryhof, SSJE*

Practice: Whose love do you quite naturally love in return in gratitude and affection? Let them know this in some new way this week.



Moses Strikes the Rock – James Tissot

The Holy Eucharist – Rite II

The Word of God

Prelude

Jim Baur

A Penitential Order

Presider Blessed be God who forgives all our sins.

Assembly **God's mercy endures for ever.**

Presider 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.

Assembly **Amen. Lord have mercy.**

Presider You shall not make for yourself any idol.

Assembly **Amen. Lord have mercy.**

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

Assembly **Amen. Lord have mercy.**

Presider Remember the Sabbath day and keep it holy.

Assembly **Amen. Lord have mercy.**

Presider Honor your father and your mother.

Assembly **Amen. Lord have mercy.**

Presider You shall not commit murder.

Assembly **Amen. Lord have mercy.**

Presider You shall not commit adultery.

Assembly **Amen. Lord have mercy.**

Presider You shall not steal.

Assembly **Amen. Lord have mercy.**

Presider You shall not be a false witness.

Assembly **Amen. Lord have mercy.**

Presider You shall not covet anything that belongs to your neighbor.

Assembly **Amen. Lord have mercy.**

Presider Let us confess our sins against God and our neighbor.

Silence may be kept.

All **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.**

Presider 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.

Assembly **Amen.**

The Collect

Revised Common Lectionary Prayers

Presider God be with you.
Assembly **And also with you.**

Presider Let us pray.

Enduring Presence, our goal and guide, you go before us and await our coming. Lead us beyond complaint to conversation, beyond rejection to relationship. Pour your love into our hearts that, refreshed and renewed, we may invite others to that living water given to us in Jesus Christ our Lord.

Assembly **Amen.**

The people may be seated.

The Lessons

The Reading

Exodus 17:1-7

A Reading from the book of Exodus.

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?"

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

Assembly **Thanks be to God.**

Remain seated for the psalm.

The Psalm

Psalm 95

The Psalm is read responsively by full verse.

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."

Please stand as you are able.

The Gospel

John 4:5-42

Gospeler The Holy Gospel of our Lord Jesus Christ according to John.
Assembly **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.”

Gospeler

The Gospel of the Lord.

Assembly

Praise to you, Lord Christ.

The Sermon

The Rev. Adam Spencer

A period of silence follows the Sermon, beginning and ending with a chime.

Please stand as you are able for the Creed and the Prayers.

The Nicene Creed

All

**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

Written by the Rev. Adam Spencer

Intercessor God be with you,
Assembly **And also with you.**

Intercessor Let us pray.

We come before your presence, O Strong Rock of Our Salvation with thanksgiving. You offer us in the course of our days an ever-flowing spring of living water, gushing up to life eternal. And you feed us in your Church with the work you call us to do following your will, living out your Good News of mercy, reconciliation and peace in the world around us. We pray to you today for your church in the Evanston Deanery, particularly for the people of the Church of St. James the Less in Northfield and Megan, their Rector. O Lord, you are our God and we are the people of your pasture and the sheep of your hand. Keep us faithful to your calling, that in all our journeying we may not be wayward wanderers but committed seekers of your Spirit.

Intercessor God in your mercy,
Assembly **Hear our prayer.**

Intercessor

Savior of the World, you are a great King above all gods and mortal rulers alike. In your hand are the caverns of the earth, the heights of the hills are yours, you made the sea and molded the dry land, O Word of God. Everything is yours. Nothing is ours. We come to you in this time of war praying that our leaders and the leaders of the nations will not harden their hearts to the plight of those who suffer but will act mercifully and with justice. You reign in service and in sacrifice. Teach all in positions of authority to perceive your mighty Way which is crowned not by iron or gold but with thorns. Guard all civilians who find themselves in the path of bullets and bombs and comfort all who mourn those who are being killed - in Afghanistan and Pakistan, in Sudan and Ukraine, in Iran and throughout the Middle East. Embrace the suffering, O Wounded Healer, O Dying Rising One, and make of our broken ways your own.

Intercessor

God in your mercy,

Assembly

Hear our prayer.

Intercessor

Lord our Maker, we bow down and bend the knee before you, our souls heavy with our many cares and concerns - for ourselves, for our world, for those who we hold in our hearts. We pray you to share your healing, restoring grace with:

Sally Graver

Sherry Schellenbach

Aidan Thomson

Isabelle Thomson

Anne Tuohy

Victor Kim

Ben Whipple, son of Larry & Susan Whipple

Chuck Southwick & family, friend of Susan & Larry Whipple

Heather Reimer, cousin of Kara Superfine

Vicki Whipple, aunt of Kara Superfine

Darold Yost, grandfather of Jamie Kim

Donna, friend of Walter Aldrich

James, grandson of Deborah

Lexi Valasek, mother of Montessori student

Christine Carlson, mother of Montessori student

Are there others?

And we ask you to lead into your eternal rest all who have died, particularly those killed in the Middle East, in Sudan, in Afghanistan and Pakistan, and in Ukraine. Give them your peace where war is no more. Make light perpetual to shine upon them.

Intercessor God in your mercy,
Assembly **Hear our prayer.**

Presider 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. *The Book of Common Prayer*

Assembly **Amen.**

The Peace

Presider The peace of Christ be always with you.
Assembly **And also with you.**

The ministers and congregation greet one another in the peace of God.

Holy Communion

Offertory Sentence

Presider Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God. *Ephesians 5:2*



If you are financially able to support the mission of St. Elisabeth's, please put your offering in the collection plate as it is passed or use the QR code to donate online.

Offertory Music

Jim Baur

Please stand as you are able.

The Great Thanksgiving

Joining the Angels' Song

Presider God be with you.

Assembly **And also with you.**

Presider Lift up your hearts.

Assembly **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

Assembly **It is right to give our thanks and praise.**

Presider God of grace, you lift our hearts because though we had squandered your abundant gifts, you waited for us to turn back to you; and though we hardened our hearts to your mercy, you came to find us and draw us home to your banquet.

In Christ you made the journey into the far country of our exile from you, and in his death and resurrection you justify and sanctify us to stand in your presence and be reunited with your grace.

And so we give you thanks, gathering around the table of your kingdom with angels and archangels and all the company of heaven, singing your unending praise.

Holy, holy, holy Lord, God of power and might,

Heaven and earth are full of your glory,

Hosanna in the highest.

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

Hosanna in the highest.

Presider God of blessing you are the host of our joy, but in Christ you have made every preparation for this feast, even giving your own body that we might never be hungry again.

Send down your Holy Spirit, that we may once again belong in your house as your sons and daughters, and that these signs of sustaining bread and renewing wine may be for us the body and blood of your Son Jesus Christ.

Who, at supper with his disciples, took bread, gave you thanks, broke the bread, and gave it to them, saying, 'Take, eat: this is my body which is given for you; do this in remembrance of me.'

After supper he took the cup. Again he gave you thanks, and gave it to his disciples, saying, '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. Do this, as often as you drink it, in remembrance of me.'

Great is the mystery of faith.

Assembly

Christ has died. Christ is risen. Christ will come again.

Presider

Gathering God, when we languish in a humiliation of our own making, may this broken body heal, restore and renew our bodies. When we lurk in the shadows in a resentment of our own devising, may this shed blood soften and cleanse and refresh our hearts.

Strengthen our hands, that we may seek a world where there is no hunger except hunger for you. Empower our spirits, that we may strive for a world where there is no thirst except thirst for your righteousness.

Hasten the day when this body shows us your desire for our well-being, and this blood reveals how far you go to save us from ourselves and restore us in the image of your Son, through whom and with whom and in whom, all honour and glory are yours, now and for ever.

Assembly

Amen.

The Lord's Prayer

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

All **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 Presider breaks the consecrated bread. A period of silence is kept.

The Invitation to Communion

Presider The Gifts of God for the People of God.

All are welcome to come forward to receive Communion or a blessing. Please stand or kneel at the altar rail as the choir does. Assist the minister to guide the chalice to your lips. If you would prefer to receive a blessing, please cross your arms over your chest. Gluten-free host available upon request.

Communion Music

Jim Baur

Please stand as you are able.

Post Communion Prayer

Common Worship, Times and Seasons

Presider Let us pray.

Assembly **Almighty God, you have given your only Son to be for us both a sacrifice for sin and also an example of godly life. Give us grace that we may always most thankfully receive these his inestimable gifts, and also daily endeavor to follow the blessed steps of his most holy life; through Jesus Christ, our Lord. Amen.**

Announcements

Blessings for Birthdays, Anniversaries, and Travelers

Ken Hauff – March 6 Tasker Generes – March 8

Courtney Mygatt – March 13

Those traveling and those celebrating birthdays or anniversaries are invited to come forward for a blessing.

The Blessing

Presider Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

Assembly **Amen.**

Dismissal

Presider Go in peace to love and serve the Lord.

Assembly **Thanks be to God.**

Postlude

Jim Baur

Today at St. Elisabeth's

Sunday Forum

Each Sunday, we gather after coffee for a discussion on the lessons, music, and sermon from the morning service; with frequent special presentations.

Children's Sunday School

Children of all ages are invited to meet in the classroom on the 2nd floor following the 10 a.m. service to learn about the Bible and have some fun with our Director of Children's Formation, Abigail Pribble.

Survey: Our Building and Grounds

In order to get a better sense of our shared priorities as related to our parish facilities, the Vestry is conducting a survey. Please scan the QR code, or click on the button in the E-news to take the survey. Copies are also available at the back of the church. Paper copies may be placed in the rector's mailbox in the office or in the offering plate. The results this survey are anonymous. Please answer as honestly and fully as you are able. If you have any questions or further comments, please do share them with a member of the vestry. We are so grateful for your responses!



Coming Up at St. Elisabeth's

Sunday School Food Drive

The Sunday School students are beginning their food drive project. This is an opportunity for our youth to make decisions that positively impact their community. All items received will go to the New Trier Township Food Pantry. **Carter and Amelia Superfine** have decided that the donation for March will be **canned beans and tomato soup**.

Can commitment be balanced with the desire for personal freedom?

St. E's Book Group will discuss Doris Lessing's famous short story "To Room Nineteen" at 1 pm on **Tuesday, March 10** in the parish meeting room at the top of the stairs. A winner of many literary awards, Lessing received the Nobel Prize in 2007. – Joyce Newcomb

Feeding People with Interfaith Action

It's time again to host diners at the Evanston Methodist Church. On **Thursday, March 12** we will need help with preparing sack lunches at St Elisabeth's and then preparing a hot meal at the Methodist Church. Keep us in mind! — Susan Newcomb and John Tuohy

Sunday Supper & Family Worship

Join us for family worship-potluck will happen on **Sunday March 15**. We begin at 4:30, and the doors open at 4:00. There is always plenty of good food, and good people to share it.

A Quiet Morning in Lent

On **Saturday, March 21**, from 9:00 am to 12:00 pm, you are invited to come to St. Elisabeth's for "A Quiet Morning in Lent." Elizabeth Clemmitt, our Associate for Spiritual Wellness, will facilitate a morning of self-directed quiet time during which you will be invited to explore various silent activities and spiritual practices that promote peaceful reflection and spiritual growth.

We will meet in the Guild Room where there will be stations with instructions and materials for activities including some crafts, puzzles, and books to peruse as well as prayer beads, journals and instructions for meditation. Participants can stay in the Guild Room or spread out into the sanctuary and outdoor spaces, including the labyrinth, weather permitting. Elizabeth and another spiritual companion, Patti Snickenberger, will be available for half-hour meetings of spiritual direction, and Adam will lead an optional session on the Ignatian Examen. He will also be available in the chapel to offer prayers one-on-one, including prayers for healing or a time of confession.

Fruit, cheese and beverages will be available starting at 9:00 AM. We will begin the morning together at 9:15 with a short introduction, and then quiet will be observed until 11:40 AM, when we will gather again to reflect on our experiences and close with a prayer. You are encouraged to come for the entire time, but if you can only come for part of it, you are also welcome. Please register in advance by emailing Elizabeth at elizabeth.clemmitt@gmail.com.

Sunday Forum: Worship in Lent and Easter

Adam and Walter invite you to join them after the 10 am service on **Sunday, March 22**, for the next in a seasonal forum series on our worship together. They will share a bit about the changes to the liturgy and some of the musical selections in the Lent and Easter seasons and will reflect with you about our common prayer.

Family Promise at St. Augustine's, Wilmette

Volunteers needed for Family Promise coverage will be **Sunday, March 22 through Saturday, March 28**. Scan the QR code or click on the button in the E-News to sign up to help. We need help with meals and overnight supervision.



Assisting Today

<i>Reading</i>	Kara Superfine
<i>Prayers</i>	John Tuohy
<i>Altar Guild</i>	Polly Baur
<i>Usher</i>	Phil Miller
<i>Coffee Hour</i>	

The Episcopal Diocese of Chicago

The Rt. Rev. Paula Clark, *Bishop*

Saint Elisabeth's Episcopal Church

Clergy & Staff

The Rev. Adam Spencer	<i>Rector</i>
The Rev. Larry Handwerk	<i>Priest Associate</i>
Walter Aldrich	<i>Director of Music</i>
Caryl Medsker	<i>Director of Administration</i>
Abigail Pribble	<i>Director of Children's Formation</i>
Elizabeth Clemmitt	<i>Associate for Spiritual Wellness</i>

2026 Vestry

Polly Baur	Fred Johnston	Kara Superfine
Robert Fischer, <i>Warden</i>	Jamie Kim	Mark Tilton, <i>Treasurer</i>
Hall Healy	Carrie Miller-Mygatt, <i>Warden</i>	John Tuohy, <i>Asst. Treasurer</i>

Sunday Schedule



8:00 a.m.	Spoken Eucharist: Rite I
9:00 a.m.	Choir Rehearsal
10:00 a.m.	Sung Eucharist: Rite II
11:00 a.m.	Coffee Hour, Forum, and Sunday School

Office Hours

Tuesday - Thursday – 9:00 a.m. to 2:30 p.m.

We at St. Elisabeth's share an adventurous spirit and a commitment to radiate God's love within and beyond our red doors.