

The Third Sunday in Lent



March 12, 2023 • 9 am

WELCOME TO ST. MARY'S EPISCOPAL CHURCH!

Our mission is to be a Christian community of all ages
grounded in worship, well-being and service.

We hope you will experience God's own welcome here and return again and again.

Find us online at www.smportsmouth.org and on Facebook.

NOTES ABOUT WORSHIP AT ST. MARY'S

- If you are our guest today, please complete a welcome card and give it to the greeter or priest. This will give us a chance to learn your name welcome you more personally.
- In the spirit of worship, kindly silence your cell phone.
- It is our pleasure to welcome children and their parents at all services. We understand that children's energy and voice is a gift they may share during worship.
- If you have need, restrooms are accessible on both levels of the parish house. You will find two restrooms on each level.
- All Christians are invited to the Holy Table to receive communion. If it is difficult for you to walk, please notify a greeter, and we will bring communion to you.
- We have a hearing loop system to assist with hearing during worship. Please ask a greeter if you need assistance with this.
- If you would like to make an offering electronically you may do so using the QR code below.



THE HOLY EUCHARIST

WELCOME AND ANNOUNCEMENTS

As the bell rings all may stand as you are able.

PROCESSION

OPENING ACCLAMATION

Celebrant Bless the Lord who forgives all our sins;
People **His mercy endures forever.**

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8,9*

CONFESSON AND ABSOLUTION

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

All may bow or kneel as you are able. Silence is kept.

Celebrant and People
Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

Celebrant 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.**

Kyrie Eleison 239 LEVAS

Freedom Mass

Ky - ri - e

Chri - te

Chri - ste, e - le - i -

Ky - ri - e

son. Chri - ste, e - le - i - son. Ky - ri -

e - le - i - son. Ky - ri - e - le - i - son.

(s)

COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The People may be seated.

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?”

Reader The Word of the Lord.

People **Thanks be to God.**

PSALM 95

refrain sung by all

B. Walther



R. If to-day you hear his voice, hard-en not your hearts.

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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.

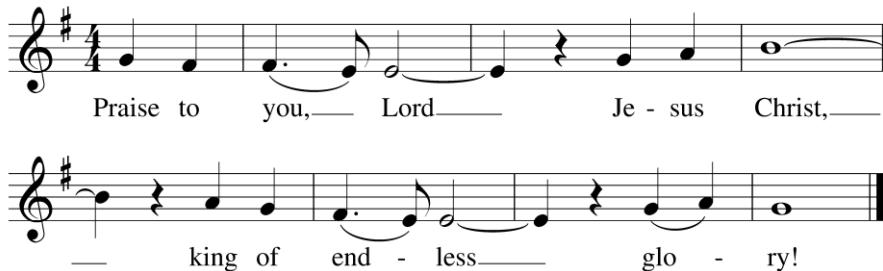
Reader The Word of the Lord.
People **Thanks be to God.**

All may stand for the Sequence Hymn and Holy Gospel.

SEQUENCE HYMN

J. Mattingly

REFRAIN



Praise to you, Lord Je - sus Christ,
king of end - less glo - ry!

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HOLY GOSPEL John 4:5-42

Gospeller ✕ The Holy Gospel of our Lord Jesus Christ according to John.
People **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.”

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

All may stand for the Creed.

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.

PRAYERS OF THE PEOPLE

Our sung response will be

Lord in your mercy, hear our prayer.

F. McKendree

PEACE

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

Greet one another with a sign of God's peace.

THE HOLY COMMUNION

OFFERTORY HYMN 671 Amazing Grace

New Britain

1 A - maz - ing grace! how sweet the sound, that
 2 'Twas grace that taught my heart to fear, and
 3 The Lord has prom - ised good to me, his
 4 Through man - y dan - gers, toils, and snares, I
 *5 When we've been there ten thou - sand years, bright

1 saved a wretch like me! I once was lost but
 2 grace my fears re - lieved; how pre - cious did that
 3 word my hope se - cures; he will my shield and
 4 have al - rea - dy come; 'tis grace that brought me
 5 shin - ing as the sun, we've no less days to

1 now am found, was blind but now I see.
 2 grace ap - pear the hour I first be - lieved!
 3 por - tion be as long as life en - dures.
 4 safe thus far, and grace will lead me home.
 5 sing God's praise than when we'd first be - gun.

The melody may be sung in canon at distances of either two or three beats.

Words: John Newton (1725-1807), alt.; st. 5, John Rees (19th cent.) Music: *New Britain*, from *Virginia Harmony*, 1831; adapt. att. Edwin Othello Excell (1851-1921); harm. Austin Cole Lovelace (b. 1919) Copyright ©1974 by Abingdon Press. All rights reserved. Used with permission.

The People may stand as the gifts are brought forward.

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

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

Celebrant Let us give thanks to the Lord our God.

People **It is right to give him 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:

Ho - ly, ho - ly, ho - ly Lord, God of power and might,

Ho - ly, ho - ly, ho - ly Lord,

God of power and might,

heav - en and earth are

full,____ full of your glo - ry. Ho -

san - na in the high - est. 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. Ho - san - na in the high - est.

The celebrant continues...

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.**

THE LORD'S PRAYER

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

**Our Father, who art in heaven, hallowed be thy Name,
thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread.**

**And forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
for ever and ever. Amen.**

BREAKING OF THE BREAD

A period of silence is kept.

FRACTION ANTHEM S-161

New Plainsong

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.

Music: *New Plainsong III*, David Hurd, © 1981, 2018 GIA Publications, Inc.

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Please come forward at the invitation: "The gifts of God for the people of God . . ."

COMMUNION HYMN

343 Shepherd of souls, refresh and bless

St. Agnes

1 Shep - herd of souls, re - fresh and bless thy cho - sen
 2 We would not live by bread a - lone, but by thy
 3 Be known to us in break - ing bread, and do not
 4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in the word of grace, in strength of which we then de - part; Sa - vior, a - bide with and thy Blood, that liv - ing bread, that

wil - der - ness, with wa - ter from the rock.
 trav - el on to our a - bid - ing place.
 us, and spread thy ta - ble in our heart.
 heaven - ly wine, be our im - mor - tal food.

Words: James Montgomery (1771-1854), alt. Music: *St. Agnes*, melody John Bacchus Dykes (1823-1876); harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876) Copyright ©1985, G.I.A. Publications, Inc. All rights reserved. Used with permission.

POSTCOMMUNION PRAYER

Celebrant Let us pray.

Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.

SOLEMN PRAYER OVER THE PEOPLE

Celebrant Bow down before the Lord.

All may bow as they are able.

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

DISMISSAL

Celebrant Let us go forth in the name of Christ.
People **Thanks be to God.**

RECESSATIONAL HYMN

690 Guide me, O thou great Jehovah

Cwm Rhondda


1 Guide me, O thou great Jehovah, pil - grim through this
 2 O - pen now the crys - tal foun-tain, whence the heal - ing
 3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;
 stream doth flow; let the fire and cloud - y pil - lar
 fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,
 lead me all my jour - ney through; strong de - liv - erer,
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -
 strong de - liv - erer, be thou still my strength and
 songs of prais - es, I will ev - er give to

Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: *Cwm Rhondda*, John Hughes (1873-1932)

Bible Study Today @ 10:15 in St. George's Chapel
The Book of Exodus- Part II

Liturgical Ministers

Altar Guild: Carol Brierley, Sheila Benevides

Celebrant: The Rev. Jennifer Pedrick

Preacher: The Rev. Canon Meaghan Brower

Organist: David Warfield

Musicians: Michael Templeton, Julie Zecher, Brooke Huminski, Elisabeth Ripley & The St. Mary's Choir

Greeters: Lee Ferreira, Murry Edwards

Lector and Intercessor: David Brierley

Acolytes: Leo Barker, Samuel Brower, Isaac Nestlerode

Crucifer/Servers: Steve Downing

Audio Visual: David Brierley

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Karen Laroche, Parish Administrator
Michael Templeton, Pastoral Musician
Jon Walker, Property Manager