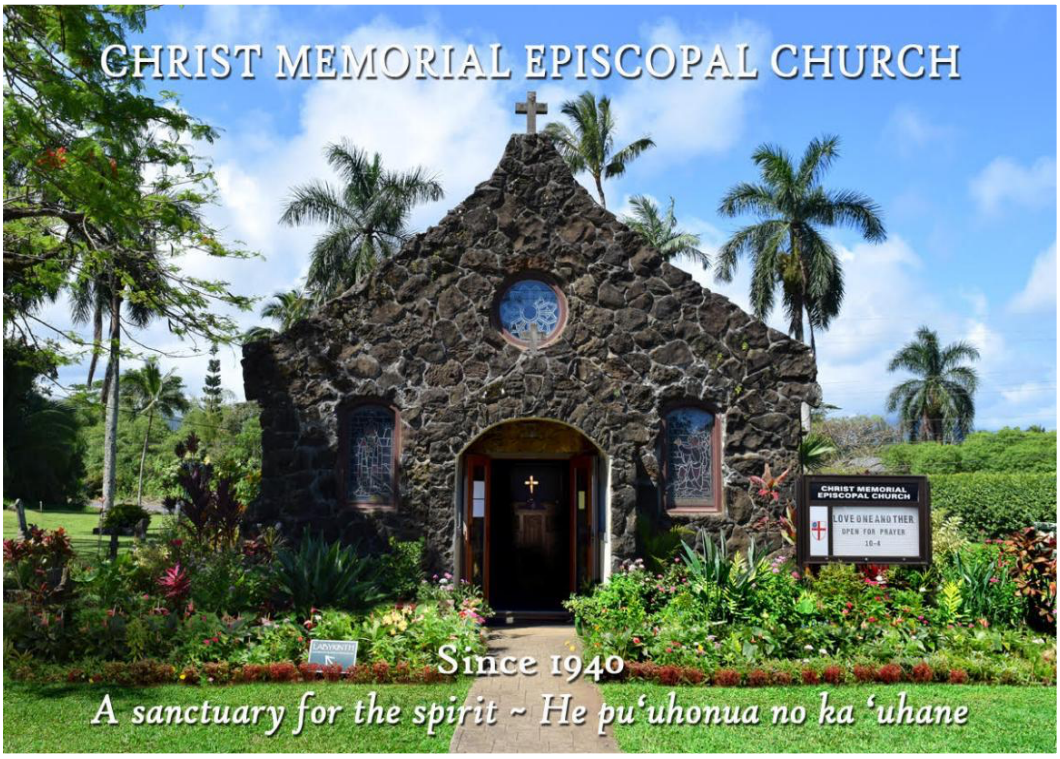


The Third Sunday in Lent

March 12, 2023

8:00 a.m. in the Sanctuary • 9:30 a.m. Online

•Opening Hymn • [see insert] • Come to the water •

Opening Acclamation

Celebrant: Bless the Lord who forgives all our sins;

People: **His mercy endures for ever.**

The Collect for Purity

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by

the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

The 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 First 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?"

Lector: Hear what the Spirit is saying to God's people.
People: **Thanks be to God.**

Psalm 95

1 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 Reading **Romans 5:1-11**

A reading from Paul's letter to the Romans.

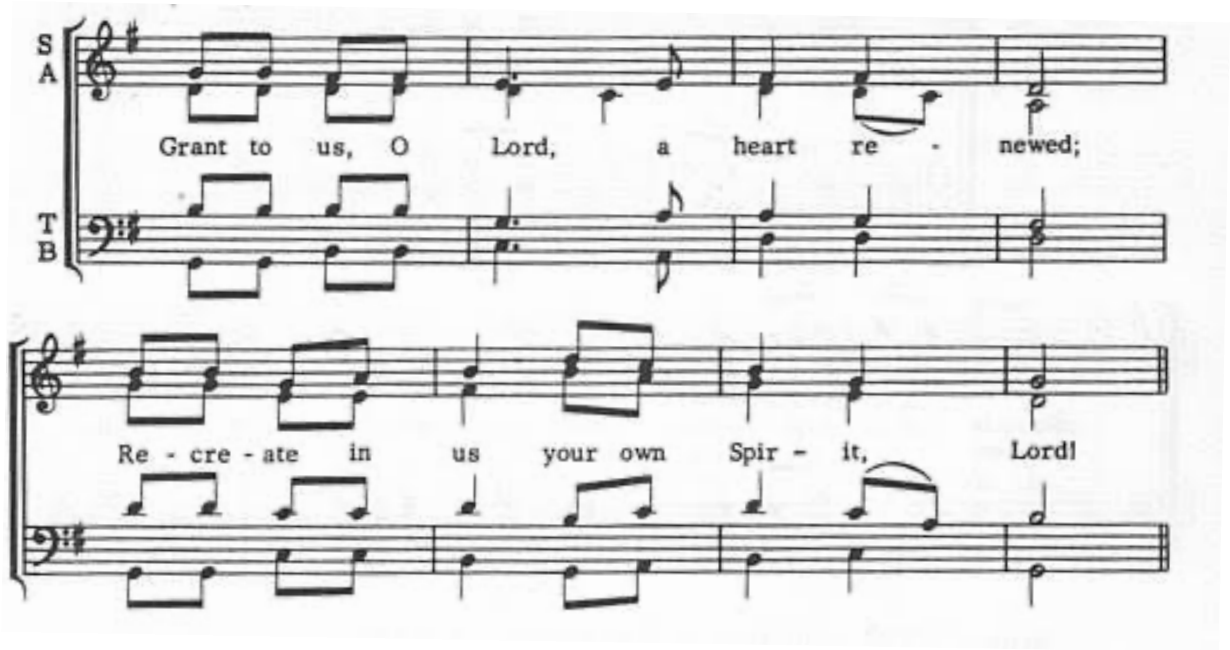
Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, 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.

Lector: Hear what the Spirit is saying to God's people.
People: Thanks be to God.

Gospel Gradual Hymn • Grant us, O Lord•



The Gospel **John 4:5-42**

Celebrant: 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."

Celebrant: The Gospel of the Lord.
People: Praise to you, Lord Christ.

The Sermon The Rev. Lowell E. Grisham

The Nicene Creed *(Stand as you are able)*

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

Presider: Loving God, we are the people of your pasture and the sheep of your hand: Hear our prayers as we call upon you, for you are a great God; you are great above all gods. Let us come before God's presence with thanksgiving, and raise a loud shout with psalms.

Litanist: Gracious One, your Church has been justified by faith, and we have peace with you through Jesus Christ: Nourish us with the water of eternal life and feed us with the bread of Christ, that the Church's food may be to do the will of God and to complete Christ's work.
Let us come before God's presence with thanksgiving,
and raise a loud shout with psalms.

Eternal One, give to our leaders the wisdom of Moses and let everyone who holds authority in the world grow in faith, that they may use their power to speak hope to the outcast and marginal and to bring drink to all who thirst.
Let us come before God's presence with thanksgiving,
and raise a loud shout with psalms.

God of Peace and Compassion, let your spirit and truth go forth into the world to uphold and protect vulnerable women, the poor, and those who live in places of strife and conflict.
Let us come before God's presence with thanksgiving,
and raise a loud shout with psalms.

Nurturing One, let your harvest of righteousness abound in our community that we may be a spring of water gushing to eternal life, bringing comfort, hospitality and relief to all who are near us.
Let us come before God's presence with thanksgiving,
and raise a loud shout with psalms.

Healing God, guide all who suffer through the wilderness of their pain, especially Lowell, Justin, Thomas, Jessica, Sherry, Webb, David, Linda, David, Helen, Mary, Sandy, Bev, Jeanne, Chris, Carole, Elizabeth, Robert, Justin, Mike, Tony, Anthony, Penny, Betsy, the Duncan family, the leadership and people of Ukraine, and those affected in Turkey and Syria.
May their suffering produce endurance, and endurance produce character, and character produce hope that does not disappoint because God's love has been poured into our hearts through the Holy Spirit that has been given to us.
Come let us sing to the Holy One; let us shout for joy to the Rock of our salvation, offering grateful thanksgivings, especially for The Helen Mitsui Shared Blessings Thrift Shop.

While we were sinners, Christ died for us, reconciling all humanity to God: Give your water of eternal life to all who have died.
Let us come before God's presence with thanksgiving,
and raise a loud shout with psalms.

Presider: Guide your Church to draw comfort from the deep wells of your refreshing presence, O God, that we may share in Christ's work of reconciliation and give unto others the living water of your Spirit, through Jesus Christ our Savior, who with you and the Holy Spirit, lives and reigns, One God, in glory everlasting. **Amen.**
(Silence)

The Prayer of Confession	**The Queen's prayer**
`O kou aloha no	**Your loving mercy**
Aia i ka lani	**Is as high as heaven**
A `o kou `oia `i`o	**And your truth**
He hemolele ho`i.	**So perfect.**
Ko`u noho mihi `ana	**I live in sorrow**
A pa`ahao `ia	**Imprisoned**
`O `oe ku`u lama	**You are my light**
Kou nani ko`u ko`o.	**Your glory, my support.**
Mai nana `ino`ino	**Behold not with malevolence**
Na hewa o kanaka	**The sins of man**
Aka e huikala	**But forgive**
A ma`ema`e no.	**And cleanse.**
No laila e ka Haku	**And so, o Lord**
Ma lalo o kou `eheu	**Protect us beneath your wings**
Ko makou maluhia	**And let peace be our portion**
A mau loa aku no.	**Now and forever more.**
`Amene	**Amen**

Absolution: 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 Peace

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

The Holy Communion

Offertory Hymn • Music •

Doxology *(Hawaiian)*

Ho'o-na-ni I ka Ma-ku-a mau,
Ke kei-ki me ka U-ha-ne no,
Ke Aku-a mau Ho'o-mai-ka'I pu,
Ko ke-ia ao, ko ke-la ao. `Amene.

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 God thanks and praise.**

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

People: **Glory to you for ever and ever.**

Celebrant: 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.

People: **By your will they were created and have their being.**

Celebrant: 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.

People: **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.

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

Celebrant: 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:

Celebrant and People:

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.

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,

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

Celebrant: 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.

People: **Risen Lord, be known to us in the breaking of the bread.**

Celebrant: 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,

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.

E ko mākou Makua i loko o ka lani, E ho'āno 'ia Kou inoa, E hiki mai Kou aupuni, E

mālama 'ia Kou makemake ma ka honua nei.

E like me 'ia i mālama'ia ma ka lani lā. E kala mai ho'i iā mākou i kā mākou lawehala 'ana, Me mākou e kala nei i ka po'e i lawehala i kā mākou.

Mai ho'oku'u 'oe iā mākou i ka ho'owalewale 'ia mai, E ho'opakele nō na'e iā mākou i ka 'ino. No ka mea,
No uke apuni, a me ka mana, a me ka ho'onani 'ia a mau loa aku.
AMENE.

The Breaking of the Bread

Celebrant: Christ our Passover is sacrificed for us;
People: **Therefore let us keep the feast.**

Celebrant: The Gifts of God for the People of God.

Communion

Post Communion Prayer

Celebrant: Let us pray.
People: **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 Blessing

May God's love, which has been poured into your hearts, well up within you as the living water of eternal life.
May your food be to do God's will as you share in the labor of Jesus. May you worship in Spirit and truth, and know the goodness of God's generous love. And the blessing of our refreshing God, Father, Son and Holy Spirit, be with you and satisfy you, now and for ever. **Amen.**

•Closing Hymn • 149 • Eternal Lord of love •

The Dismissal

Celebrant: Let us bless the Lord.

People: **Thanks be to God.**