St. Thomas Episcopal Church



Third Sunday in Lent

March 8, 2026
2201 Dexter St., Denver, CO
saintthomasdenver.org

Welcoming Statement

St Thomas Episcopal Church offers sanctuary and spiritual renewal to everyone regardless of age, ethnicity, sexual orientation, gender identity, religious background, social or economic circumstance, political affiliation or where you are on your spiritual journey. We welcome all who desire deep relationships and value our relationships with others over the differences that separate us.

Our Commitment

We believe all people are beloved of God and we strive to live and proclaim God's love through all our actions and words. As a community and as individuals, we **Lead with Love**, shine light in the darkness, create safe spaces and offer hope, courage, peace and strength for the journey. We are here for each other and for those in need of any kind. St. Thomas is a place of refuge for those who are wearied by the world and desire nourishment for the spirit and the soul. We welcome you to come as you are and to join us in the sacred task of loving a new world into being.

Lent 2026

This year we are embracing the Eastern Orthodox tradition of observing Lent as a season of preparation for the paschal feast rather a penitential season. It is a time to prepare to meet the risen Christ, to receive the fullness of light and love, to embody the vision of Shalom and to be able to see the glory all around us. From this perspective, Lent offers us an opportunity an opportunity to return to God, to rest in the heart of love, to allow God to nourish us, restore us, strengthen and inspire us. This is a time to open ourselves in love, steep ourselves in mercy and live in light and beauty if God so that we are equipped to resist the evil at work in the world around us. Our Lenten Theme this year is **RESISTANCE.** Our sermons will explore the importance of sabbath in sustaining resistance and explore biblical forms of resistance including sabbath, joy, creativity, hope.

Learn More About St. Thomas

If you would like to learn more about St. Thomas, we invite you to visit our website (www.saintthomasdenver.org), subscribe to our weekly newsletter (link is on website), or schedule a conversation with our priest by emailing office@saintthomasdenver.org.

Inclusive Language:

At St. Thomas, we support and encourage the use of inclusive language. Towards that end we often choose more contemporary prayers and hymns for our worship service. However, we recognize that many parishioners also appreciate and love our traditional prayers and hymns that employ more patriarchal language. When such prayers or hymns are included in our worship, we encourage you to substitute the word or pronoun that most resonates with you when you pray or sing.

Preaching and Presiding this Week: The Rev. Terri Hobart

Music Leaders
Brandon Bennett
Kari Miles
Angela Pleasants
Geoff Wodell

Godly Play and Nursery
Maria Perez
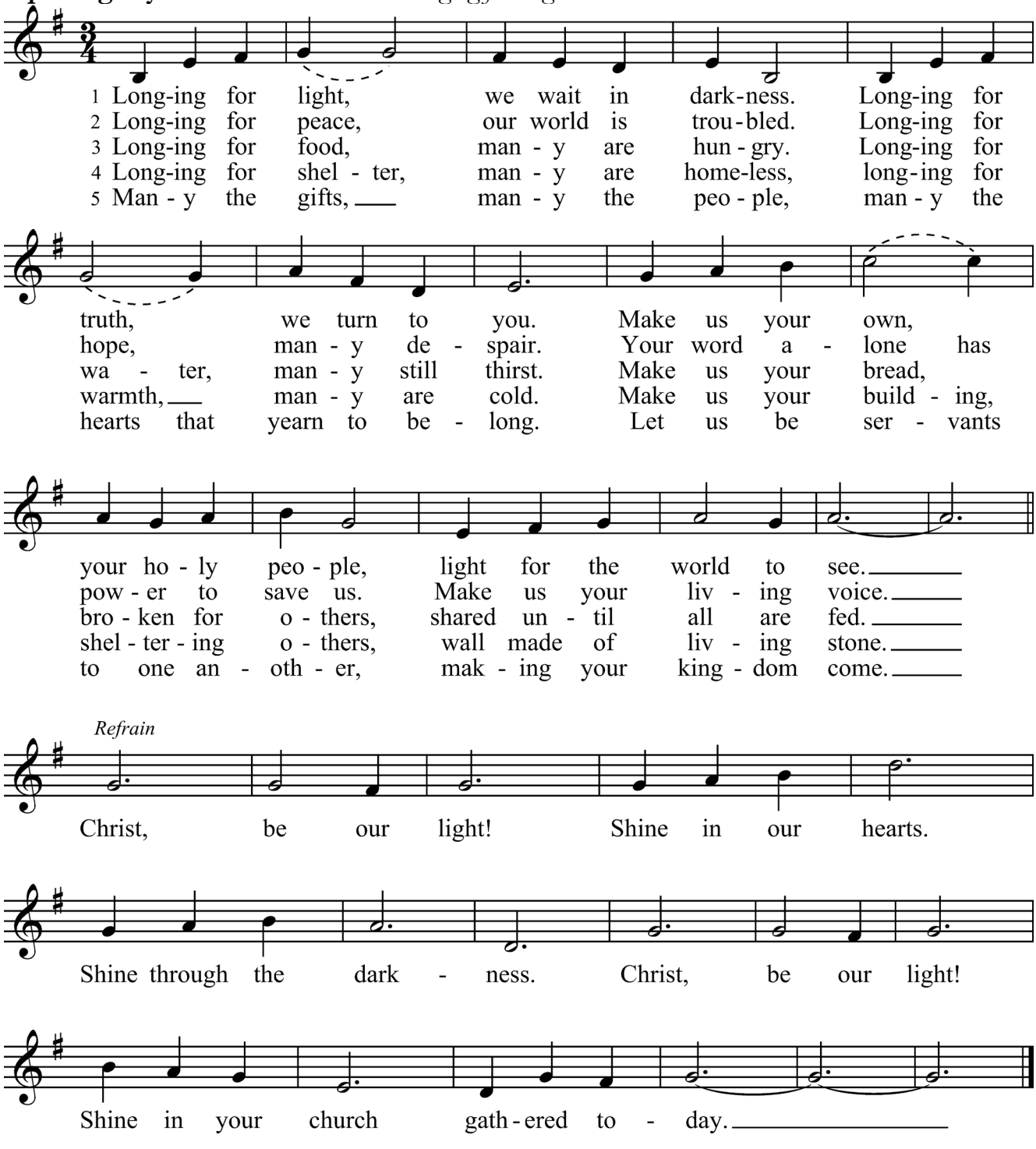
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Prelude

Introit *Be Still and Know That I Am God*

Opening Hymn *Longing for Light* MHSO 59



Words and Music: Bernadette Farrell © 1994 OCP Publications, 5536 NE Hassalo, Portland, OR 97213 [www.ocp.org].
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Opening Acclamation

Presider Bless the Lord who redeems and restores

People **His mercy endures forever. Amen.**

Presider Jesus said, "The first commandment is this: Hear, O Israel: The Lord your 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 commandment greater than these." *Mark 12:29-31*

The Confession
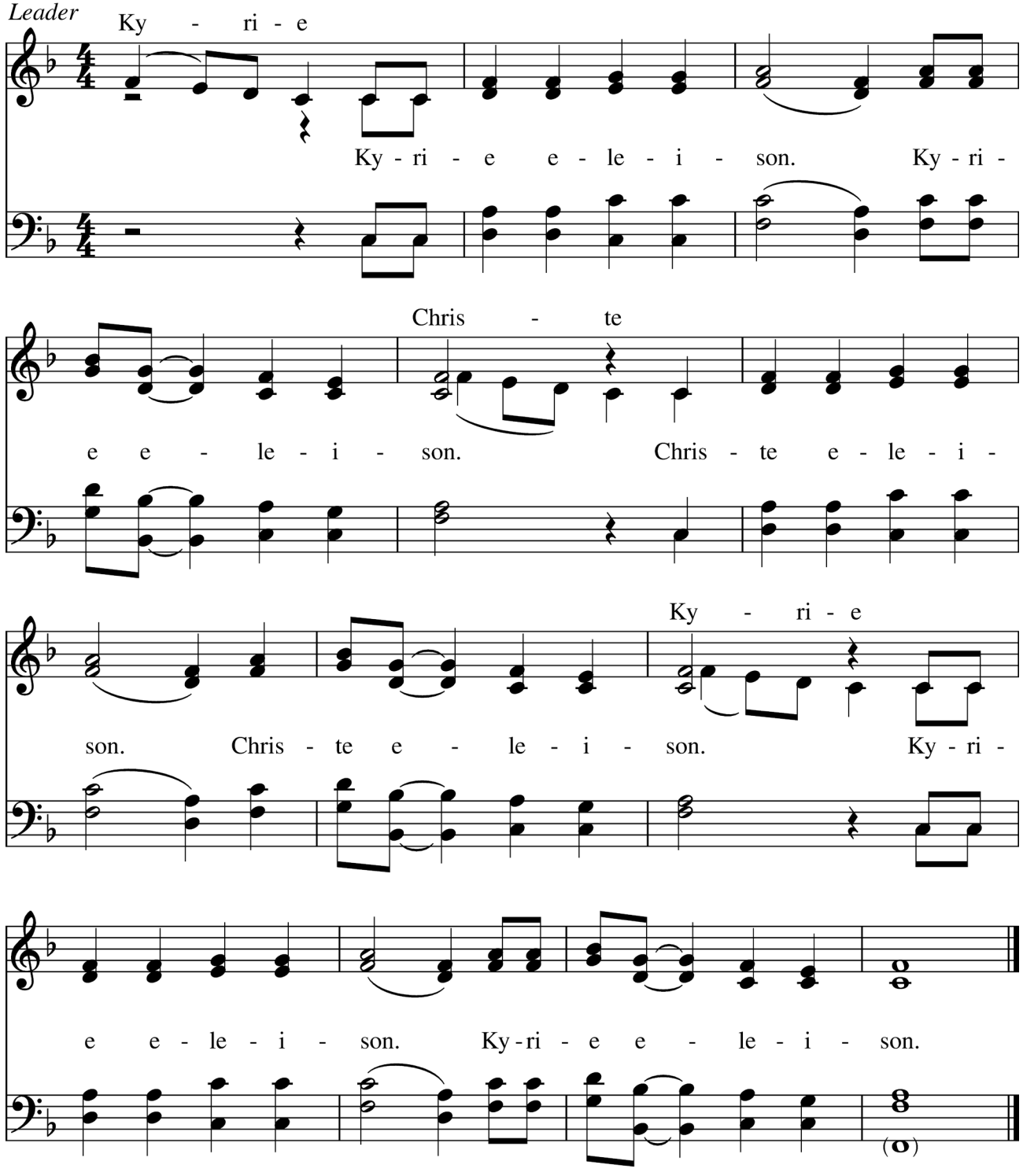
Please kneel as you are able.

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.

The Absolution

Kyrie WLP 840

Please stand as you are able.



Music: Betty Carr Pulkingham (b. 1928), from *Freedom Mass*, based on traditional African melodies. Copyright © 1989 Celebration, Aliquippa, PA 15001. All rights reserved. International copyright secured. Used by permission.

THE LITURGY OF THE WORD

Please sit as you are able.

A Rading from Exodus Exodus 17:1-7

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.*

After the Reading:

Reader The Word of the Lord

People **Thanks be to God.**

Psalm 95

Read antiphonally from side to side by whole verse.

Come, let us sing to the Holy One; *
let us shout for joy to the Rock of our salvation.

**Let us come before God's presence with thanksgiving, *
and raise a loud shout with psalms.**

For you, O God, are a great God; *
you are great above all gods.

**In your hand are the caverns of the earth, *
and the heights of the hills are yours also.**

The sea is yours, for you made it, *
and your hands have molded the dry land.

**Come, let us bow down and bend the knee, *
and kneel before God, our Maker,**

For you are our God,
and we are the people of your pasture and the sheep of your hand, *
Oh, that today we would hearken to your 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."

A Reading from Romans **Romans 5:1-5**

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

.After the Reading:

Reader The Word of the Lord.

People **Thanks be to God.**

Sequence Hymn *Return to the Land of Your Soul*

Please stand.

Return again, return again
return to the Land of your Soul
Return again, return again,
return to the Land of your Soul.

Return to what you are.
Return to who you are,
return to where you are born
and reborn again

Return to what you are,
Return to who you are,
return to where you are born
and reborn again
Return to the Land of your Soul.

The Gospel John 4:5-42

Presider 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."

After the Gospel:

Presider The Gospel of the Lord.

People **Praise to you, Lord Christ.**

Dismissal Of Children for Godly Play Story

Sung after final gradual verse as children leave the church.

Go now in peace
Go now in peace
May the love of God surround you
Everywhere, everywhere you may go.

Homily

Please sit.

Lenten Creed

Please stand in body or spirit.

We believe that our lives are held within the encircling love of God,
who knows our names and recognises our deepest needs.

We believe that Christ is the divine Child of the living God,
and that his grace is like living waters that can never be exhausted.

We believe in the birthing, renewing, enabling Spirit of God
who yearns over our welfare as a mother yearns for her child.

We believe that God is in the arid desert as well as in green pastures,
and that hard times and disciplines are also loving gifts.

We believe that our journey has a purpose and a destination,
and that our path leads to a human glory we cannot yet imagine.

We believe that in the church we are fellow pilgrims on the road,
and that we are called to love one another as God loves us.

This is our faith and we are humbled to profess in Jesus the Christ.
~ *Patmos Abbey—The Order of Saint Columba.*

The Prayers of The People
Please stand or kneel in body or spirit.

Leader Let us pray for the revealing of the reign of God in the world, now and always.
Creator of earth, sea, and sky, kindle the fire of your Spirit within us that we may be bold to heal the earth, and pour your blessing upon all who work for the good of the planet. God, Giver of life,

People **Hear our prayer**.

Breath of life, receive our thanks for the beauty of our local habitat and all who dwell in it, and grant us the wisdom and will to conserve it.
God, Giver of life,
Hear our prayer.

Source of life, heal and redeem the wounds of your creation, and visit the places and people who suffer from our indifference, neglect, and greed.
God, Giver of life,
Hear our prayer.
Author of the book of nature, receive our gratitude for places of restoration and healing, and continue to bless those places that feed our lives and spirits.
God, Giver of life,
Hear our prayer.

Wise Creator, whose works are full of mystery, give us wonder and appreciation for your creatures with whom we find ourselves in conflict.
God, Giver of life,
Hear our prayer.

Divine Physician, heal our communities, especially those where neglect, greed, or violence inflicts suffering upon people and other creatures.
God, Giver of life,
Hear our prayer.

Comforter of all the earth, sustain the people of this congregation who desire or need your presence and help especially …
God, Giver of life,
Hear our prayer.

Rock and refuge of all your creatures, receive into everlasting mercy all those who have died.
God, Giver of life,
Hear our prayer.

The Collect

Presider Eternal God, the light of all who know you, come and fill our hearts with your love. Help us stand for what is right when many sit in indifference. Increase our faith and charity, until your kingdom comes and heaven and earth rejoice in everlasting glory; through your Son, our Savior Jesus Christ. **Amen.**

The Peace

Presider May the peace of Christ be always with you.

People **And also with you.**

We greet one another in the name of Christ. Please remain at your seat and greet the people adjacent to you.

THE HOLY COMMUNION

Presider Let us with gladness present the offerings and oblations of our life and labor to the Lord.

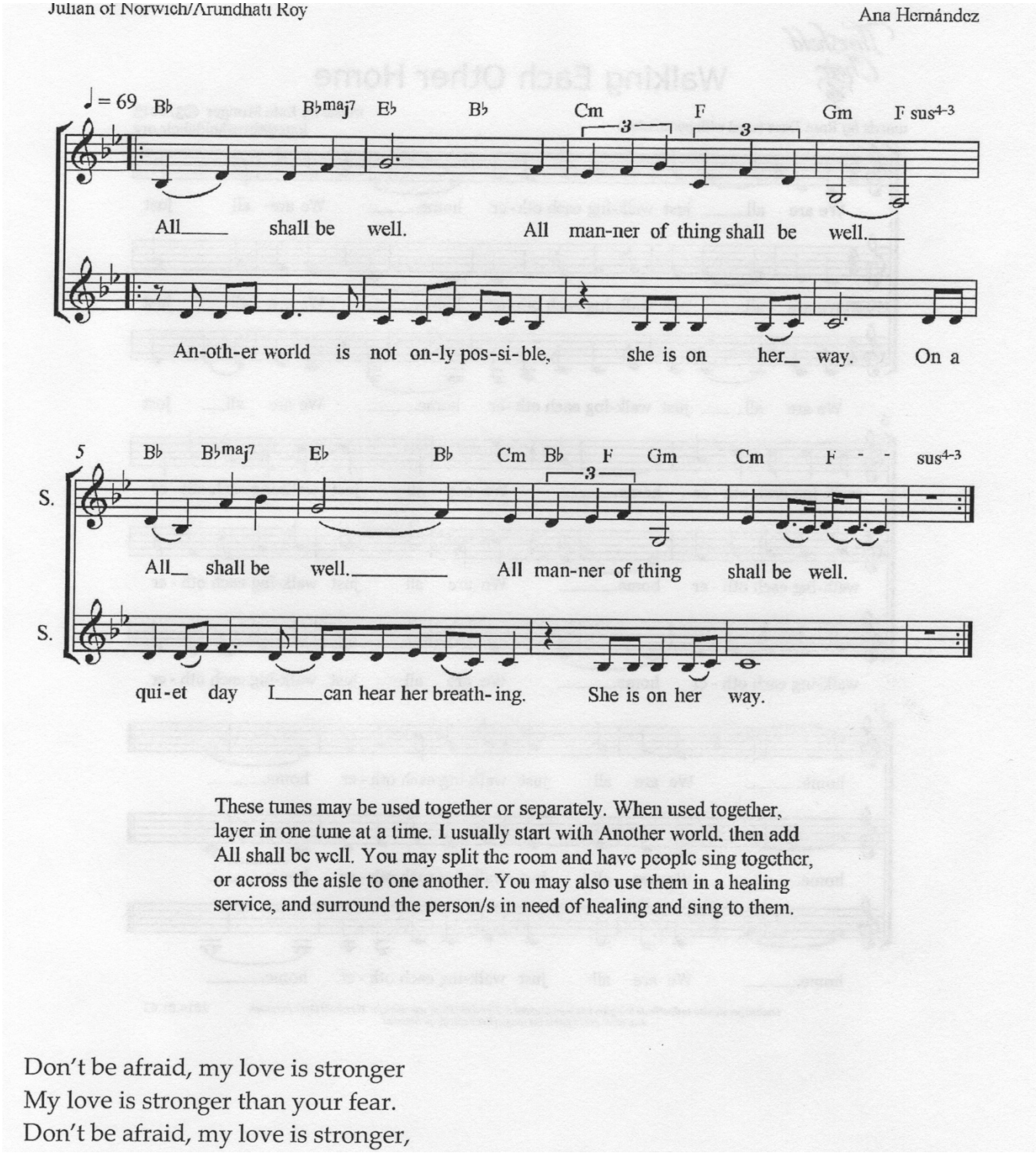
Each week we gather to proclaim God's love for all and to offer strength and courage for the journey.We are convinced that the hope, love and good news that we offer are exactly what people need to navigate these challenging times in which we live. If you share our conviction and values, we invite you to generously support St. Thomas and help us to continue to make a difference in our community and the lives of people that we serve.

If you give electronically, please place a giving card from the pew in the offering plate in lieu of your gift. Scan to donate:

venmo
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Credit Card

Offertory Anthem *All Shall be Well / Another World*
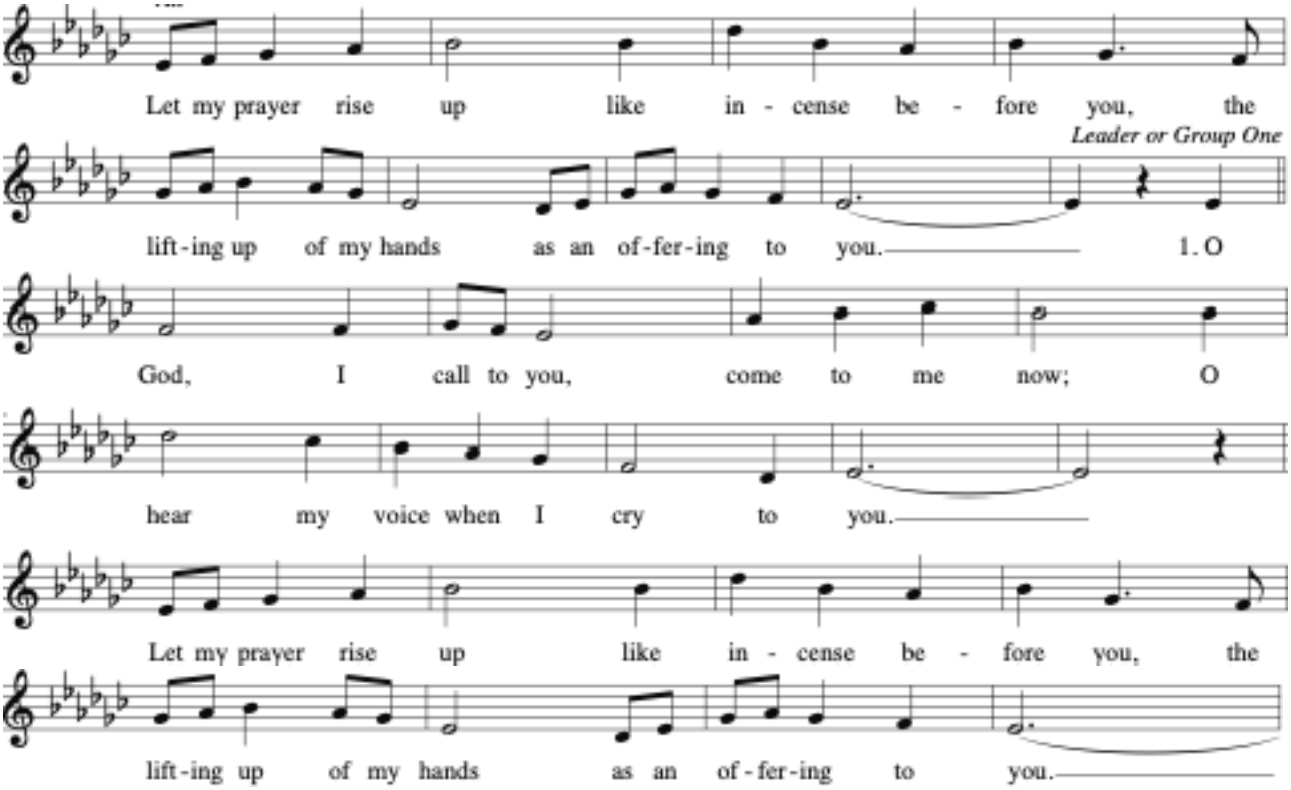


These tunes may be used together or separately. When used together, layer in one tune at a time. I usually start with Another world, then add All shall be well. You may split the room and have people sing together, or across the aisle to one another. You may also use them in a healing service, and surround the person/s in need of healing and sing to them.

Don't be afraid, my love is stronger
My love is stronger than your fear.
Don't be afraid, my love is stronger,

Presentation Hymn *Let My Prayers Rise Up* Haugen

Please stand as you are able. During the hymn an offering is presented at the altar along with the oblations of bread and wine.



The Great Thanksgiving

Presider The Lord be with you.

People **And also with you.**

Presider Lift up your hearts.

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

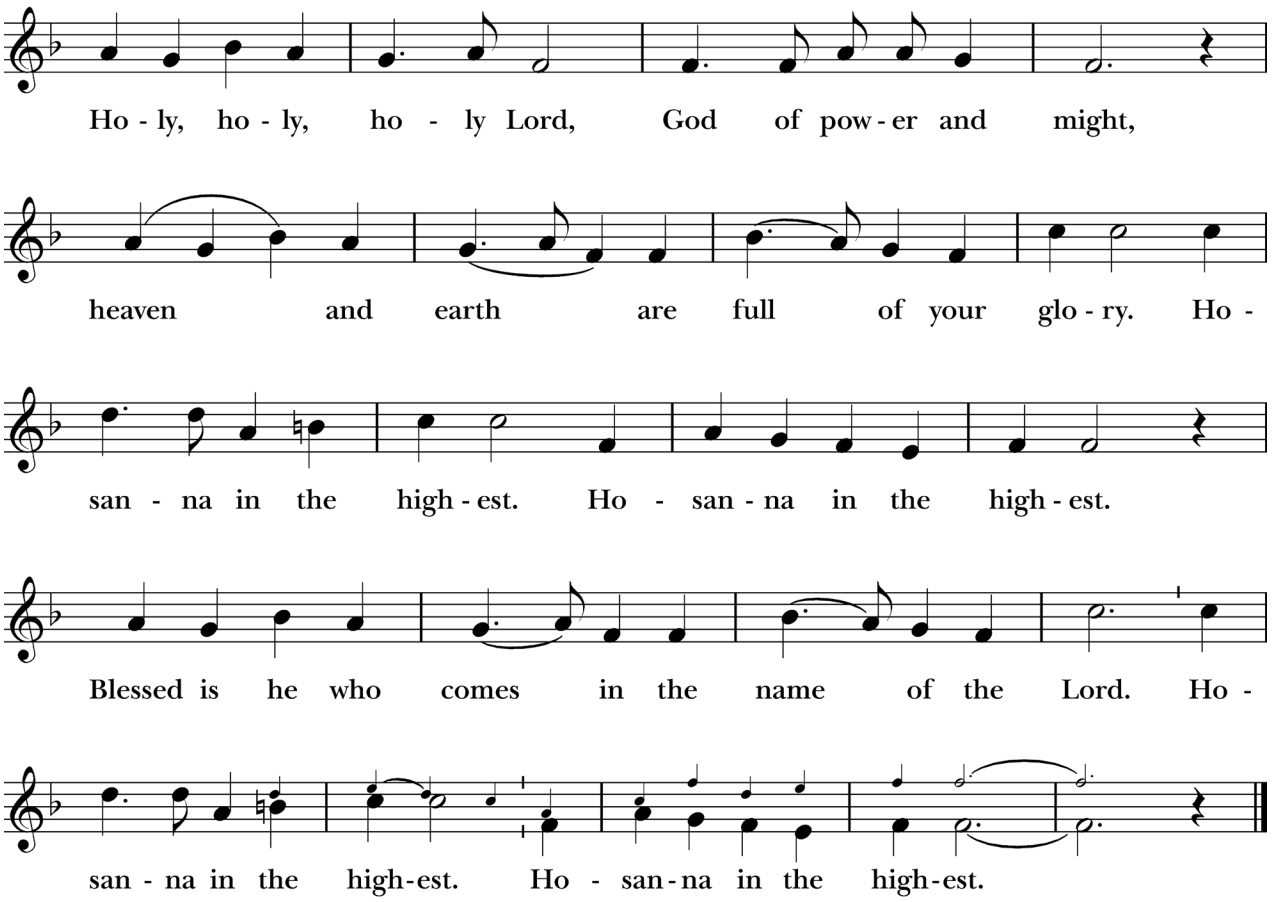
Presider Let us give thanks to the Lord our God.

People **It is right to give God thanks and praise.**

Presider

It is right to give God thanks and praise. It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing.

Sanctus



Music: From *A Community Mass*; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc.

Please stand or kneel as you are able.

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."
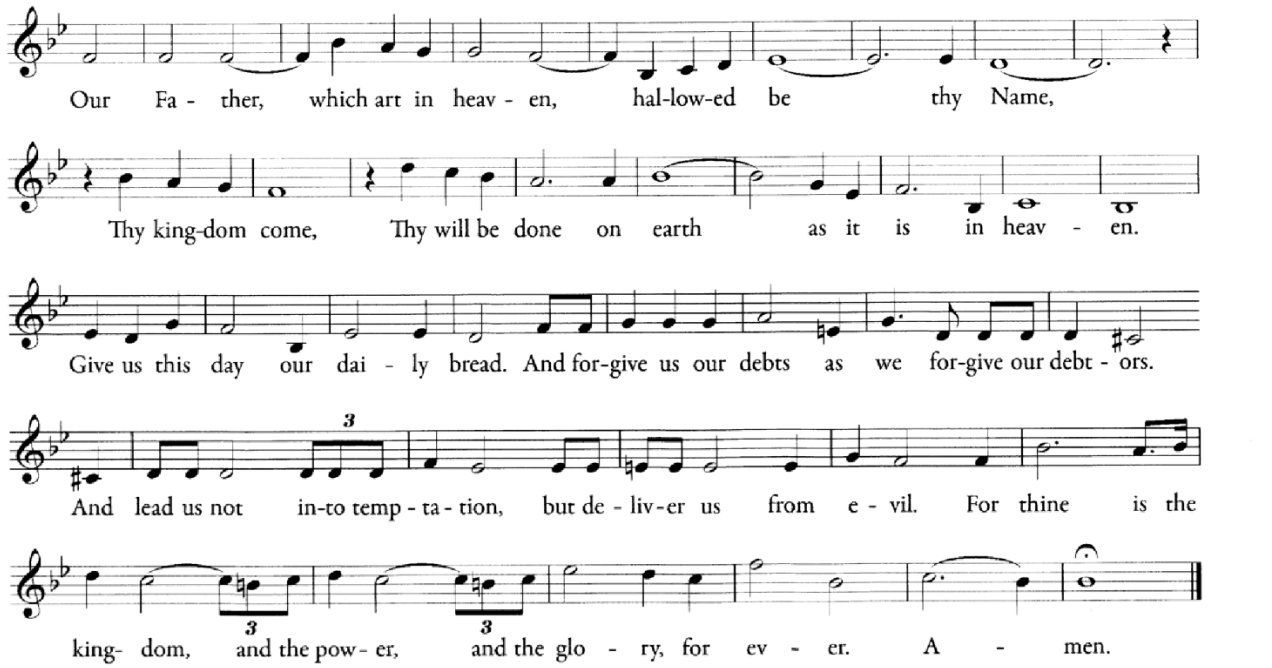
As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the

forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made. In the fullness of time bring us, with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

Presider And now as our Savior Christ has taught us we, are bold to pray.
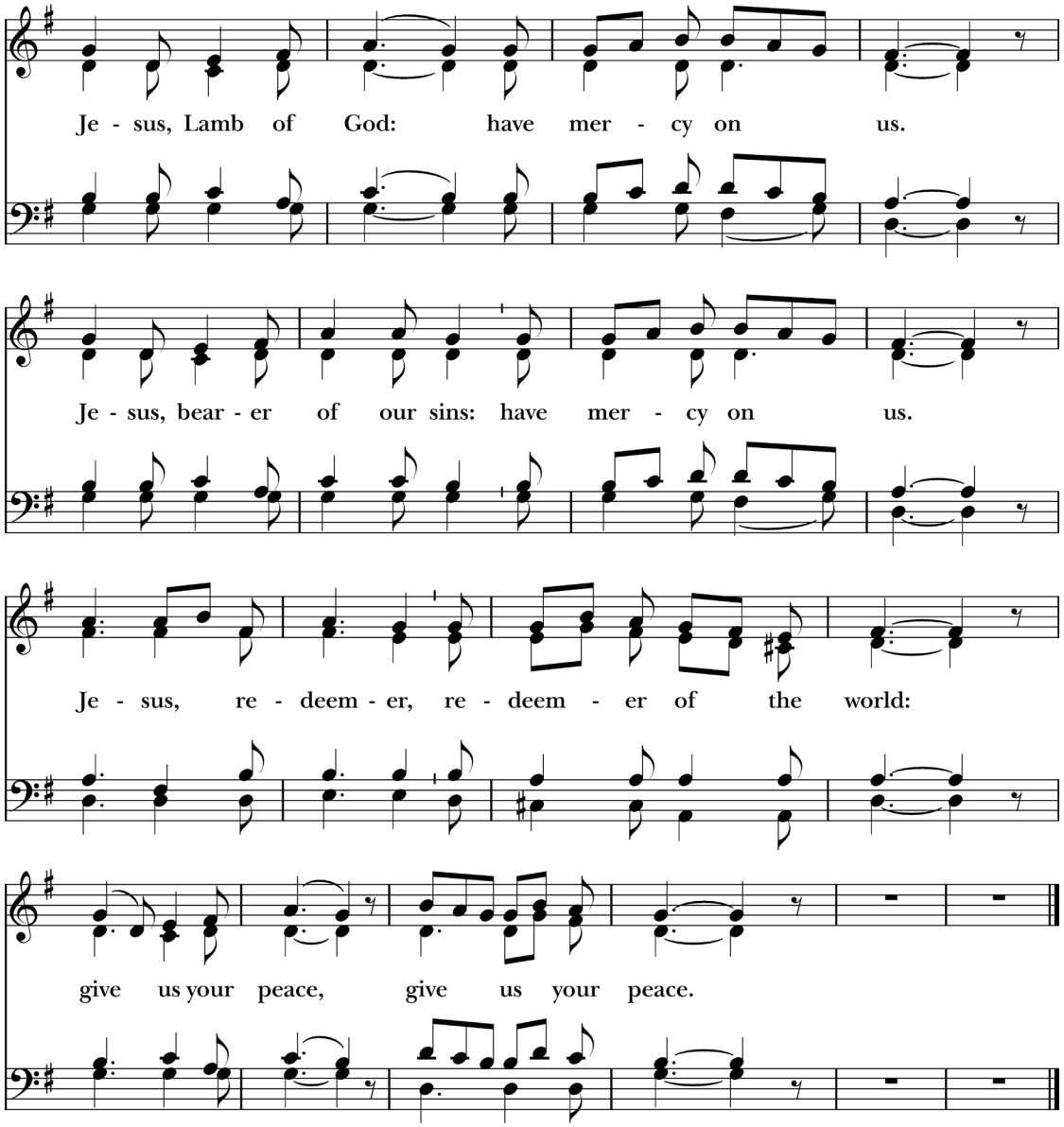
THE LORD'S PRAYER Albert Hay Malotte



The Breaking of The Bread

Fraction Hymn

Jesus Lamb of God
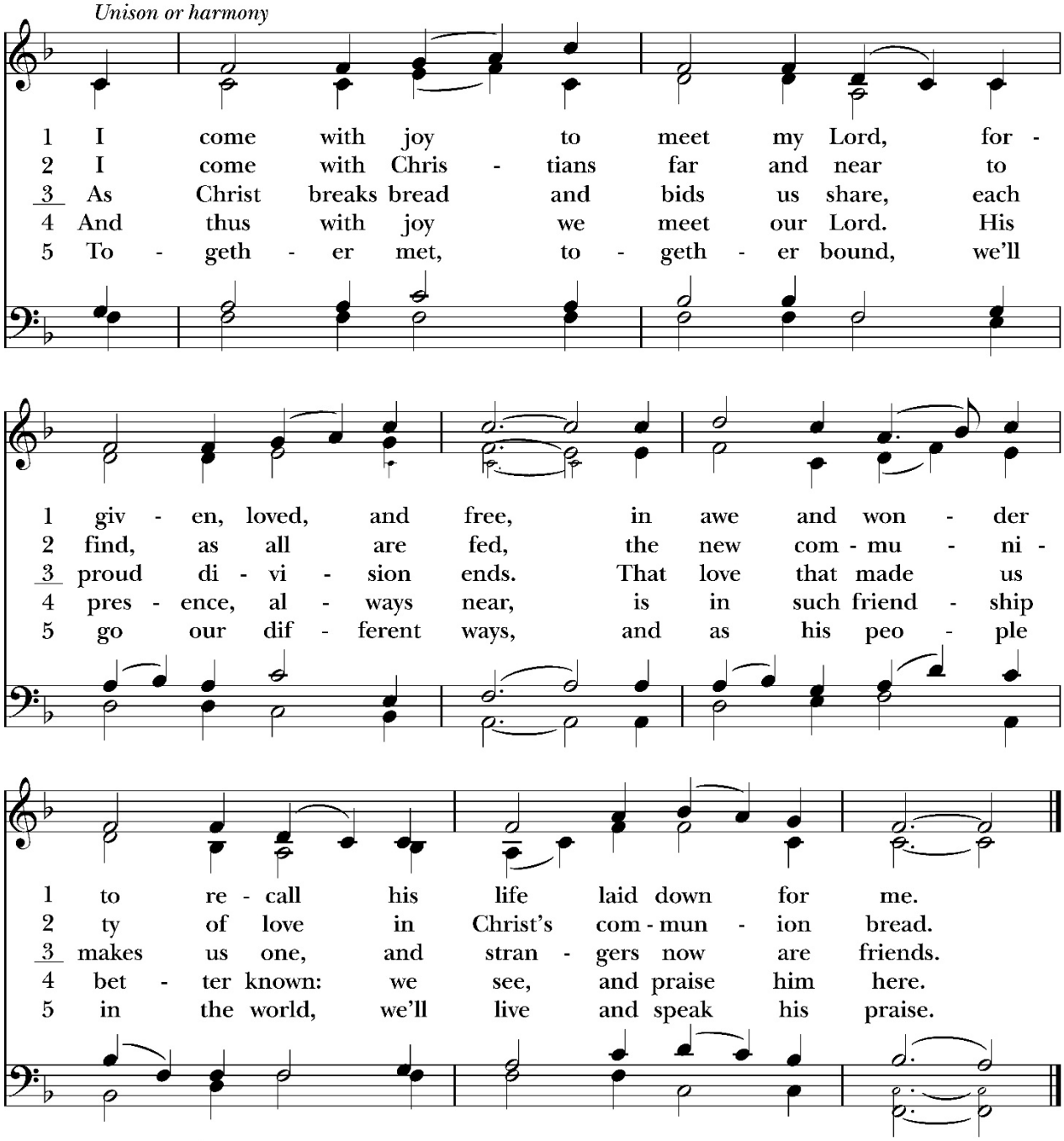


Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Adaptation: Copyright © 1985 GIA Publications, Inc.

The Invitation to The Table

The Communion of the People

All who love God and seek Christ are welcome at the Lord's Table. Our bread is gluten free. To receive the bread, please place one hand over the other. If you choose not to receive communion, you are invited to come forward for a blessing, indicating your desire by crossing your arms over your chest. Simply, indicate your desire to the clergy. If you need to have communion brought to you, please alert an usher and the clergy will come to you. ***Please note: For reason of sanitation, we do not allow intinction.***

Communion Hymn *I Come with Joy to Meet my Lord* Hymnal 1982 #304



Words: Brian A. Wren (b. 1936), alt. Copyright © 1971 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983).

Post-Communion Prayer

Please stand or kneel.

Eternal God, you have graciously accepted us as living members of 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 Savior. Amen.

GOING OUT INTO THE WORLD

Birthdays, Anniversaries, Blessings

Welcoming Visitors

Announcements

Read Our Weekly Newsletter:
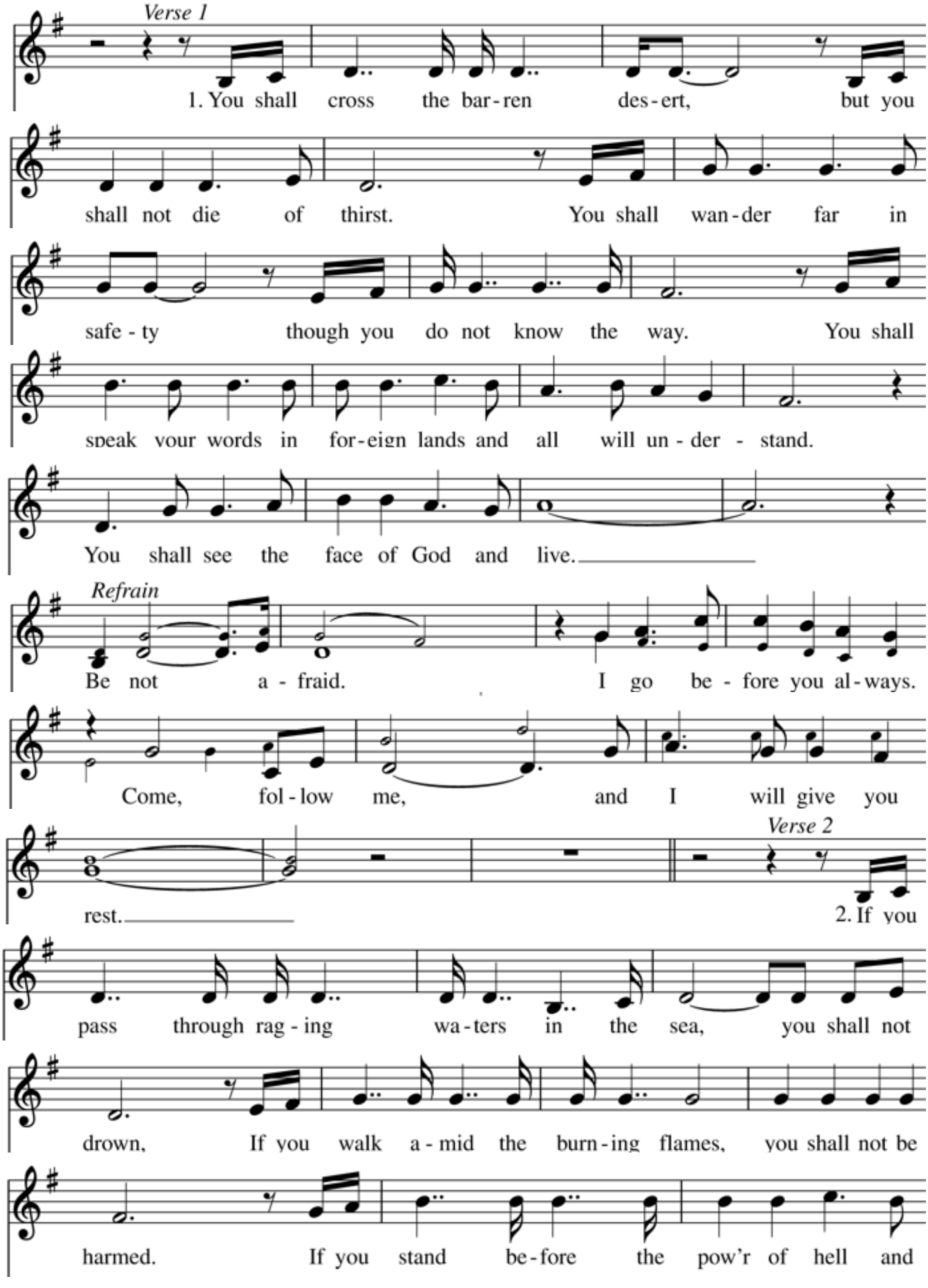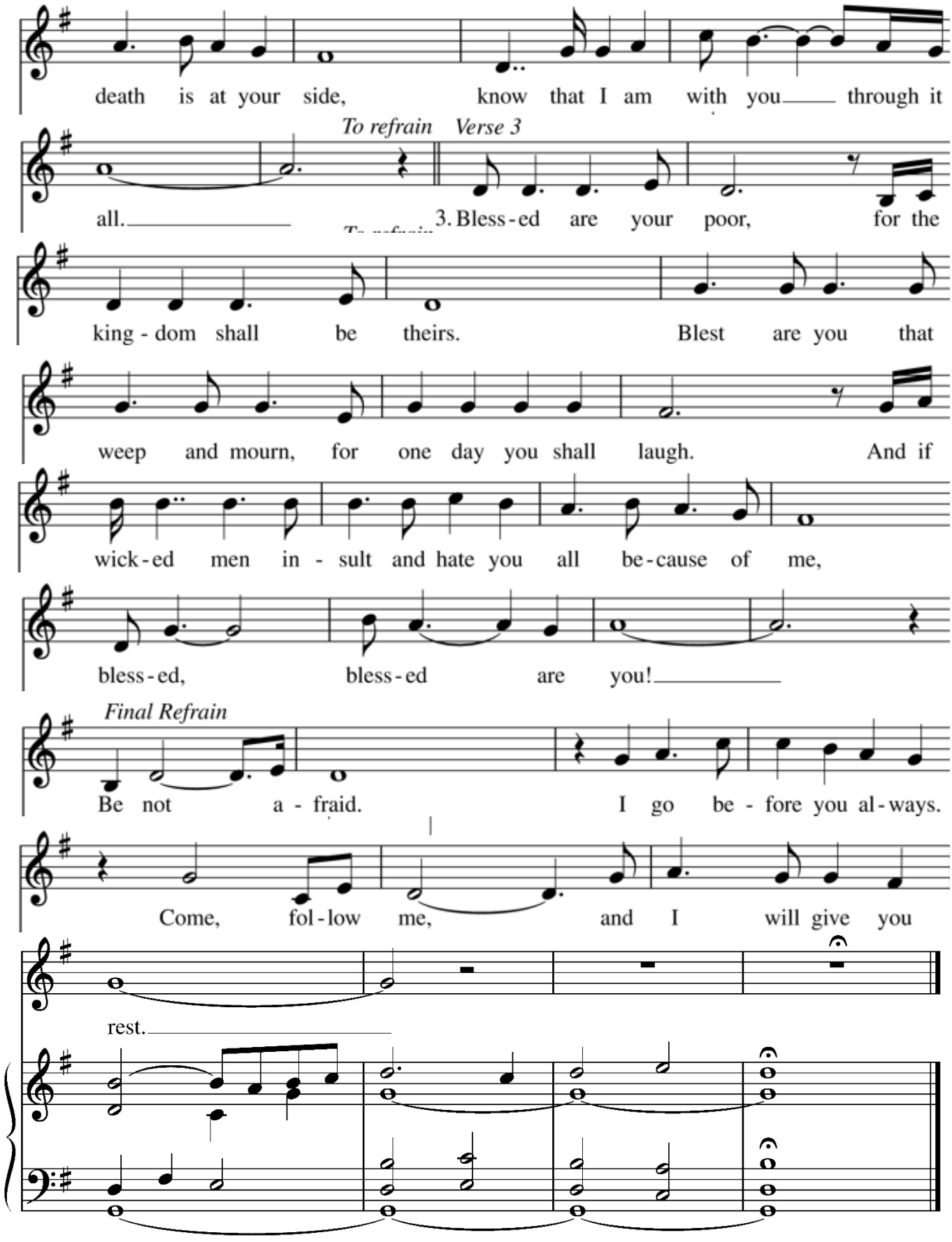


Final Blessing

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Recessional Hymn *You Shall Cross the Bareen Desert*

Please stand in body or spirit.





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The Dismissal

Presider Let us go forth in the name of the Lord.
People **Thanks be to God!**

Postlude

COMMUNICATION COVENANT

1. If we have a concern or issue that involves someone, we will discuss it with that person privately.

2. If someone has a concern or issue with another person and comes to us, we will send them to that person.

3. If someone is reluctant to speak to the person with whom they have a concern, we will offer to accompany him or her to see that person.

4. We will not interpret what others say or mean. (We will ask them if we are unclear of their intentions.)

5. If something is confidential, we will not share it with anyone. Exception: If you are aware that a) someone is going to physically harm someone else; b) someone is going to harm herself/himself; c) a child has been physically or sexually abused, please consult with the clergy.

6. We will not read or react to unsigned letters or notes.

7. We will not act on anonymous complaints brought by others.

8. We will not manipulate; We will not be manipulated. We will not let others try to manipulate others through us.

9. When in doubt, we will just say what is on our minds. The only dumb questions are the ones that are not asked.

10. When in disagreement, we will say it. We cannot resolve issues that are left unspoken. We cannot work together without mutual understanding and trust.

11. Our relationships with each other are the most important asset in our community. So, if we have a concern, we will pray and then, if led, speak up.

ST. THOMAS
EPISCOPAL CHURCH

LEAD WITH LOVE

OUR WHY: To Lead With Love

We lead with love by:

- Being an inclusive, welcoming space for all.
- Seeking the holy in ourselves, each other, and the world
- Making a difference in our community

CORE VALUES

- ATTEND TO OUR SPIRITUAL LIVES
  Through prayer, spiritual practices and formation, we weave our relationship with the Holy into the fabric of our daily lives. Prayer and discernment guide ministries and worship. (Foundational)
- CHOOSE LOVE
  We act from love not fear; build bridges not walls. (Foundational)
- CREATE AND SUSTAIN COMMUNITY
  We gather and care for each other. We cultivate deep relationships. We will prioritize our relationships with each other over the differences that separate us. (Foundational)
- WELCOME ALL
  All means all and all are welcome. We promote an inclusive culture by 1) fostering the skills to shift our cultural perspectives and appropriately adapt our behavior to bridge cultural differences; 2) cultivating the self-awareness and empathy needed to value difference in working toward equity. (Missional)
- HONOR DIVERSITY
  All are welcome. Our leadership, worship, music and ministry initiatives will reflect our diversity. (Missional)
- PROMOTE THE DIGNITY OF ALL
  Through formation, lobbying and other initiatives we prayerfully engage in social justice activities that promote and protect the dignity of all people. (Missional)
- CARE FOR CREATION
  We value our interdependence with creation and recognize our role as stewards. We incorporate practices that protect, sustain, and nourish our fragile earth and her inhabitants.
- ENGAGE OUR NEIGHBORHOOD
  We open our hearts and doors to our individual and church neighbors, strive to understand their needs and support them.
  (Missional)
- NURTURE THE NEXT GENERATION
  We offer, support and staff worship and formation opportunities for families and children. (Missional)
- CULTIVATE BEAUTY
  We tend to the beauty of our space, worship and music that evokes a sacred sense of awe, stillness and joy. (Missional)

THANK YOU!

None of this would be possible without your financial support.
www.saintthomasdenver.org

Believe OUTLOUD