



CHURCH OF
OUR SAVIOUR
圣公会救主堂

THE THIRD SUNDAY IN LENT

HOLY EUCHARIST: RITE TWO

MARCH 8, 2026 | 10:00 AM



A PENITENTIAL ORDER

At 9:55, the gathering Tower Bell rings.

Welcome

Prelude

I Wonder as I Wander – Appalachian folk melody (Performed by Bell Choir)

arr. by Sandra Eithun (b. 1963)

I wonder as I wander out under the sky,
How Jesus the Savior did come for to die.
For poor on'ry [ordinary] people like you and like I..
I wonder as I wander out under the sky.

The final Tower Bell rings. All stand, as they are able, to sing the following hymn:

Hymn in Procession

Hymnal 692 – I heard the voice of Jesus say

The third tune

Opening Acclamation

Celebrant Bless the Lord who forgives all our sins.
People **His mercy endures for ever.**

The Celebrant continues

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*

Confession of Sin

The Celebrant says the following.

Let us confess our sins against God and our neighbor.

Minister 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.**

Absolution

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.**

During the Trisagion, we invite all children ages 4 years through 5th grade to follow the cross and process out of the historic sanctuary and into the Atwill Children's Chapel to have their own worship experience. There is nursery care available in our Tiny Twos Room for children under 4 – please see an usher for help!

While everyone ages 4 years through 5th grade is invited, they certainly are not expected or required to go to Children's Church. We hope to give you a variety of ways to worship and encourage you to engage in a way that feels life giving for you and your family.

Trisagion

Hymnal S-101 – Holy God

John Rutter (b. 1945)

Ho - ly God, Ho - ly and Might - y, Ho - ly Im - mor - tal
One, Have mer - cy up - on us. Ho - ly God,
Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have
mer - cy up - on us. Ho - ly God, Ho - ly and Might - y,
Ho - ly Im - mor - tal One, Have mer - cy up - on us.

The Collect of the Day

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 LESSONS

The 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

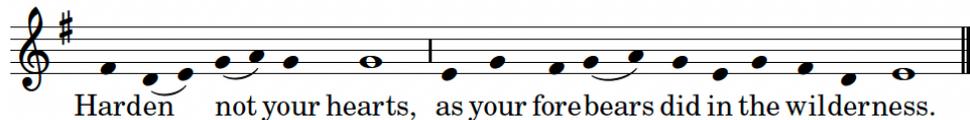
me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready 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.**

The Psalm *Psalm 95 Venite, exultemus*

sung by the choir with congregational antiphon



- | | |
|--|--|
| <p>1 Come, let us sing to the LORD; *
let us shout for joy to the Rock of our salvation.</p> <p>2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.</p> <p>3 For the LORD is a great God, *
and a great King above all gods. <i>Antiphon</i></p> <p>4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.</p> <p>5 The sea is his, for he made it, *
and his hands have molded the dry land.</p> <p>6 Come, let us bow down, and bend the knee, *
and kneel before the LORD our Maker. <i>Antiphon</i></p> | <p>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!</p> <p>8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me. <i>Antiphon</i></p> <p>9 They put me to the test, *
though they had seen my works.</p> <p>10 Forty years long I detested that generation and
said, *
"This people are wayward in their hearts;
they do not know my ways."</p> <p>11 So I swore in my wrath, *
"They shall not enter into my rest." <i>Antiphon</i></p> |
|--|--|

All stand, as they are able.

Sequence Hymn

Hymnal 522 (vv. 1-2) – Glorious things of thee are spoken

Austria

The Holy Gospel

John 4:5-42

Gospeler 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."

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

Sequence Hymn

Hymnal 522 (vv. 3-4) – Glorious things of thee are spoken

Austria

The Sermon

Mrs. Ashley Hengst, *Diocesan Discerner*

After a brief silence for reflection, the people stand, as they are able.

The Nicene Creed

Celebrant and People

**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

When the Intercessor invites us by saying "Let us pray to the Lord," please join in saying "Lord, have mercy."

During the silence, the people add their own prayers, either silently or aloud. (Please see page 2 of your Messenger for a complete prayer list).

The Celebrant concludes with a Collect.

The Peace

Celebrant The peace of the Lord be always with you.

People **And also with you.**

All greet one another in the name of the Lord.

Welcome and Announcements

THE HOLY COMMUNION

The Celebrant says the offertory sentence.

Offertory Music

If my people

Walter L. Pelz (b. 1926)

If my people, who are called by name,
humble themselves and turn from their wicked ways,
then will I hear from heaven, and heal their land.
For whatever is born of God overcomes the world.
And this is the victory that overcomes the world: even our faith.

The Great Thanksgiving *Eucharistic Prayer C*

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.**

The people remain standing, as they are able, and the Celebrant begins,

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

People **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.

People **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.

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.**

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:

The Celebrant and people sing together,

Holy, holy, holy Lord

Hymnal S-128 – Sanctus

William Mathias (1934-1992)

The musical score is written on five staves. The first staff begins with a treble clef and a key signature of one flat (B-flat). The melody starts with a half rest, followed by a quarter note G, a quarter note F, and a half note E. The lyrics 'Ho - ly, ho - ly,' are placed below the notes. The second staff continues the melody with a quarter note D, a quarter note C, a quarter note B, and a half note A. The lyrics 'ho - ly Lord, God of power and might,' are placed below. The third staff has a quarter note G, a quarter note F, a quarter note E, and a half note D. The lyrics 'heaven and earth are full of your glo - ry. Ho-san-na in the' are placed below. The fourth staff has a half note C, a half note B, a half note A, and a half note G. The lyrics 'high - est. Bless - ed is he who' are placed below. The fifth staff has a quarter note F, a quarter note E, a quarter note D, and a half note C. The lyrics 'comes in the name of the Lord. Ho-san-na in the high-est.' are placed below. The score ends with a double bar line.

The people remain standing, or kneel, as they are able. 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 before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, 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.**

Lord God of our Ancestors: God of Abraham and Sarah, Isaac and Rebecca, Jacob and Rachel; 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.**

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.

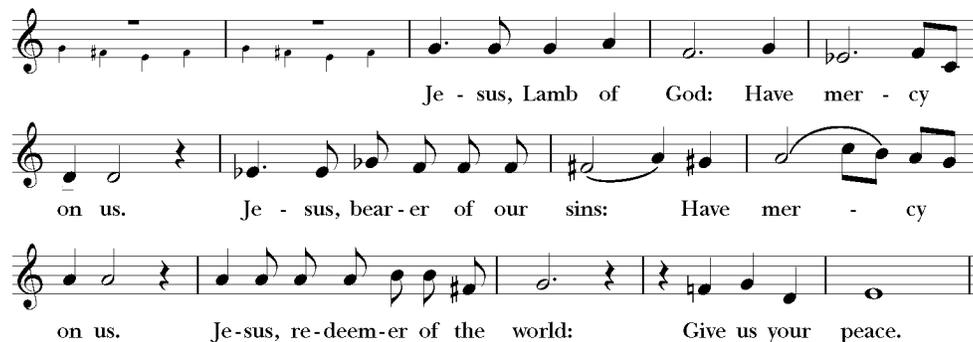
The Breaking of the Bread

A period of silence is kept.

Fraction Anthem

Hymnal S-165 – Agnus Dei

Mathias



Je - sus, Lamb of God: Have mer - cy
on us. Je - sus, bear - er of our sins: Have mer - cy
on us. Je - sus, re - deem - er of the world: Give us your peace.

The Celebrant says the Invitation to Communion.

Communion Anthem

A new heart

Melissa Dunphy (b. 1980)

I will give you a new heart, and put a new spirit within you.
I will take away your heart of stone, I will give you a heart of flesh.

Prayer for Spiritual Reception

(A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion).

The Celebrant says the following,

Let us pray.

Celebrant and People

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen. (St. Alphonsus de Liguori, 1696-1787; from Bishop Curry)

The Sending Forth of Lay Eucharistic Visitor

Celebrant I send you forth bearing these holy gifts that those to whom you go may share with us in the communion of Christ's body and blood.

People **We who are many are one body, because we all share one bread and one cup.**

After Communion, the Celebrant says

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.

The Solemn Prayer over the People

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

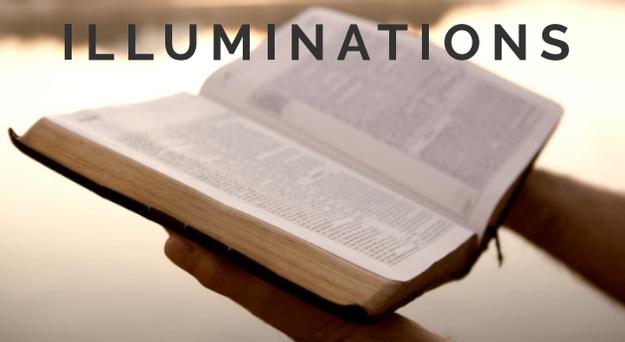
Dismissal

The Deacon dismisses the people.

People **Thanks be to God.**

The ministers depart in silence.

ILLUMINATIONS



PRAYER LIST

Lent 3, Year A

First reading: Exodus 17:1-7

The book of Exodus is a story of repeated deliverance. The Israelites repeatedly cry out, to the LORD and to Moses, and the LORD repeatedly delivers them. The Israelites cry out in slavery; God causes Pharaoh to release them. At the Red Sea, the Israelites cry out as Pharaoh's army pursues them; God lets the Israelites pass through the Red Sea. The water is brackish; God tells Moses how to purify it. There is no food; God provides manna and quails. In today's lesson, the journey into the Sinai peninsula continues, and the Israelites continue to feel abandoned.

Second reading: Romans 5:1-11

In the preceding chapters of Romans, Paul speaks, among other things, of boasting. He says that Jewish Christians boast in the special relationship they have with God because they have the Law: Paul says that that pride is misplaced if they do not keep the Law. In last week's lesson, Paul said that, if Abraham was justified by what he *did*, then he had cause to boast—but Abraham was justified by his faith in God, not in his works, *or* in the Law (which had not yet been given). Paul now gives new, and decidedly different, grounds for a kind of boasting.

-JAB

SHORT TERM

- Carol & Mike
- Carolyn
- Eddie
- Fred Garside
- Ric Gentry
- Bob Gibson
- Mike Goodrich
- Waylon James
- Rose Lamb
- Owen McCrary
- Nick
- Jim P.
- Dorinne Schiffman
- Vincent
- Correne Zenzola

LONG TERM

- | | |
|-----------------------------|--------------------------|
| Maria Lucero Aguilar | Michael Lawler |
| Robert Aguilar | the Lee family |
| Wilma & Alistair Anderson | Tracey Lemon |
| Anne & family | Charlene Liebau |
| Annamarie Arnold | Linda & Sarah |
| David Arnt | Greg M. |
| Bettina Ayers | the MacDonald family |
| Freya Baldwin | Angel Manuelos, Jr. |
| Virginia Barger | Dewey Martin |
| Mary Betancourt | Mary McConnell-Garside |
| Bill & Dina | Elizabeth Meek |
| Gary & Peg Bradley | Meredith |
| Shirley Brown | Jerry Messing |
| Travis Burgdorf | Mike & Barb |
| Nancy Bushnell | the Moss family |
| Kathy Buskirk | Marion N. |
| Ron C. | Laurie Norman |
| Andrew Cairns-Berteau | Octavia |
| Carl | Trevor Orme |
| Maria Clement | Sally Padilla |
| Margaret Coombe | Susan R. |
| Karen Cranston | Erin and Josh Rehard |
| Lenny Dalrymple | Lorraine Richter |
| Saraswathi Dasu | Diana Davis Rieger |
| John De Modena | Jeanne Roberts |
| Sara Dooley | Nicholas Ruggiero |
| Gail Downs | Bo S. |
| Will Dumain | the Schlichter family |
| Eliza and family | Sheryl Schreiner |
| Sherri Enz | Sylvia Seitz |
| Thomas Ewig | Gigi Sherman |
| Brennan Feidler | Nicholas Pinkerton Smith |
| Sheri Ferguson | Paul Stapp |
| Bill Ferry | Sterling |
| Trevor Fox | Amanda Stringer |
| Alaine Gill | Natasha Suter |
| Fabian Gonzalez | Patti Teele |
| Michael & Stephen Gutierrez | Vicki Thompson |
| Renee Guy | Rebecca Trouber |
| Ursula Hawkins | Lillian Turner |
| Heidi | Victoria |
| Blanca Hidalgo | Jason Vine |
| Jerry Hoff | Marnee W. |
| Terri Hoff | Michael W. |
| Ian and David Jackson | Cathy Wetzell |
| Jessica | Ashley Whitehead |
| John | Claire Hornsby Windham |
| Maria Juarez | Marnee Woodruff |
| Kathleen | Jacob Wright |
| Jaimi Keller | Liliana Eileen Wysocki |
| Tom Kibler | Sherry Xiao |
| Joanna Kinsley | Milana Zotovich |

Departed

We pray for the dying and the dead, Gordon Schiffman.

Memorials & Thanksgivings

The flowers this Sunday are given in loving memory of John C. Mitchell, Jean A. Mitchell, and Penelope Mitchell Howard.

Law Enforcement & Military

We pray for all those serving in our law enforcement and military, especially:

- | | |
|--|-----------------------------------|
| Los Angeles Police Sergeant Louie Origel | Captain K. C. Chase |
| Captain Thomas Matthews | Major J. W. Hammond |
| Lieutenant Commander Ross Cooper | USMC First Class Michael Yeast |
| 1st Class Petty Officer Kevin Rossini | Captain William Cooper |
| Air Force Captain Daniel McAllister | Private First Class Vito He |
| Lieutenant Jonathan Moss | Private First Class James Zhang |
| Staff Sergeant Adam Briceno | Officer Dylan Bartley (Upland PD) |



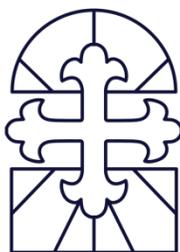
*The flowers today are given in
loving memory of ...*

John C. Mitchell,
Jean A. Mitchell, and
Penelope Mitchell Howard

Clergy The Rev. Jeff D. S. Thornberg, *Rector* • The Rev. Tim Hartley • The Rev. Dr. Thomas Ni •
The Rev. Brian O'Rourke • The Rev. Anne Thornberg • The Rev. Marilyn Omernick • The Rev. Reese Riley •
The Rev. Bill Doulos, *Deacon*

Church Staff Bob Crocker, *Music Director/Choirmaster* • Alice Rucker, *Organist* •
Hannah Riley, *Congregational Life* • Kevin Quach, *Sexton* • Maria Quach, *Sexton* • Raul Barrera, *Sexton* •
Rose Gonzalez, *Development* • Anh Nguyen, *Accountant* • Lucero San Lucas, *Preschool Director* •
David Waller, *Treasurer* • Deacon Bill Doulos II and Bp. Michael Purry, *Church Cats*

Vestry Ann Seitz, *Senior Warden* • Clyde Beswick • Myron Castro • Rosemary Choate • Sara Dooley •
Chris Hunt • Brenda Maceo • Sarah Elizabeth McCandless • Amanda Montoya • Brent Schindele • Esther Siu



CHURCH OF
OUR SAVIOUR
圣公会救主堂

535 West Roses Road, San Gabriel, CA 91775

The Rev. Jeff Thornberg, *Rector*

www.COSEpiscopal.org