

Welcome!
to
***St. John the Evangelist
Anglican Church***

Liturgy for the Season of Lent



Sunday, March 8, 2026 – 11:00 am
Third Sunday in Lent – Holy Eucharist

Prelude

Welcome to Worship at St. John's

*May you sense God's presence and pleasure
as you worship with us today!*

The Gathering of the Community

Gathering Hymn *Tree of Life and Awesome Mystery* **179**
Verses 1-5 & 6D
As you are able, please stand.

The Greeting

Priest Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you.

All **And also with you.**

In this time and place, we gather on the ancestral and
unceded lands of the Neutral, the Mississauga and
Haudenosaunee peoples.

All **From many places and peoples we come to this
house of prayer.**

Prayer of Preparation

All **Almighty God,
to you all hearts are open,
all desires known,
and from you no secrets are hidden.
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.

Kyrie

(Tune: Dvorak)

Kyrie, Kyrie, eleison (2x)

Christe, Christe, eleison (2x)

Kyrie, Kyrie, eleison (2X)

The Collect of the Day

Priest Let us pray.

Silence is kept.

Almighty God,
whose Son Jesus Christ gives the water of eternal life,
may we always thirst for you,
the spring of life and source of goodness;
through him who lives and reigns with you
and the Holy Spirit,
one God, now and for ever.

All **Amen.**

Please be seated for the readings.

The Liturgy of the Word

The Readings

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. ²The 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?" ³But 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?" ⁴So Moses cried out to the LORD, "What shall I do for this people? They are almost ready to stone

me.”⁵ 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.”⁶ 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.⁷ He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, “Is the LORD among us or not?”

This is the word of the Lord.

All **Thanks be to God.**

Psalm 95

*The leader will read to the diamond ♦,
the people will respond with the words that follow.*

¹ O come, let us sing to the Lord; ♦
let us heartily rejoice in the rock of our salvation.

² Let us come into his presence with thanksgiving ♦
and be glad in him with psalms.

³ For the Lord is a great God ♦
and a great king above all gods.

⁴ In his hand are the depths of the earth ♦
and the heights of the mountains are his also.

⁵ The sea is his, for he made it, ♦
and his hands have moulded the dry land.

⁶ Come, let us worship and bow down ♦
and kneel before the Lord our Maker.

7 For he is our God; ♦
we are the people of his pasture and the sheep of his
hand.

8 O that today you would listen to his voice: ♦
‘Harden not your hearts as at Meribah,
on that day at Massah in the wilderness,

9 ‘When your forebears tested me, and put me to the
proof, ♦
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.””

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
And shall be forever. Amen**

Romans 5:1-11

¹Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand, and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our afflictions, knowing that affliction produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not put us to shame, because

God's love has been poured into our hearts through the Holy Spirit that has been given to us.

⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁷ Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸ But God proves his love for us in that while we still were sinners Christ died for us. ⁹ Much more surely, therefore, since we have now been justified by his blood, will we be saved through him from the wrath of God. ¹⁰ 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. ¹¹ But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

This is the word of the Lord.

All **Thanks be to God.**

*As you are able, please stand and remain standing
for the reading of the Gospel.*

Gradual Hymn *Lord, We Hear Your Word with Gladness* **447**
(Tune 486)

The Lord be with you.

All **And also with you.**

The Holy Gospel of our Lord Jesus Christ
according to John.

All **Glory to you, Lord Jesus Christ.**

John 4:5-42

⁵ So [Jesus] came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well

was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷ A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” ⁸ (His disciples had gone to the city to buy food.) ⁹ 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.) ¹⁰ 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.” ¹¹ The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? ¹² Are you greater than our ancestor Jacob, who gave us the well and with his sons and his flocks drank from it?” ¹³ Jesus said to her, “Everyone who drinks of this water will be thirsty again, ¹⁴ 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.” ¹⁵ 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.”

¹⁶ Jesus said to her, “Go, call your husband, and come back.” ¹⁷ The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband,’ ¹⁸ for you have had five husbands, and the one you have now is not your husband. What you have said is true!” ¹⁹ The woman said to him, “Sir, I see that you are a prophet. ²⁰ Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” ²¹ Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ 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. ²⁴ God is spirit, and those who worship him

must worship in spirit and truth.”²⁵ 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.”²⁶ Jesus said to her, “I am he, the one who is speaking to you.”

²⁷ 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?”²⁸ Then the woman left her water jar and went back to the city. She said to the people,²⁹ “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?”³⁰ They left the city and were on their way to him.

³¹ Meanwhile the disciples were urging him, “Rabbi, eat something.”³² But he said to them, “I have food to eat that you do not know about.”³³ So the disciples said to one another, “Surely no one has brought him something to eat?”³⁴ Jesus said to them, “My food is to do the will of him who sent me and to complete his work.”³⁵ 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.³⁶ The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together.³⁷ For here the saying holds true, ‘One sows and another reaps.’³⁸ I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.”

³⁹ Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.”⁴⁰ So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days.⁴¹ And many more believed because of his word.⁴² 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 Saviour of the world.”

The Gospel of Christ.
All **Praise to you, Lord Jesus Christ.**

Sermon **Rev. Rob Duncan**

After the Sermon, silence is kept for reflection.

Swahili Hymn *Sioshwi dhambi zangu*
(My Sins Are Not Washed Away)

*1. Sioshwi dhambi zangu,
Bila damu yake Yesu.
Hapendezewi Mungu,
Bila damu yake Yesu.*

*Hakuna kabisa
Dawa ya makosa
Ya kututakasa,
Ila damu yake Yesu.*

*2. La kunisafi sina
Ila damu yake Yesu.
Wala udhuru tena,
Ila damu yake Yesu.*

*3. Sipati patanishwa,
Bila damu yake Yesu.
Hukumu yanitisha,
Bila damu yake Yesu.*

*4. Sipati tumaini,
Bila damu yake Yesu.
Wema wala amani,
Bila damu yake Yesu.*

5. *Yashinda ulimwengu,
Hiyo damu yake Yesu.
Na kutufikisha juu,
Hiyo damu yake Yesu.*

6. *Twaimba: Utukufu
Una damu yake Yesu.
Milele twaisifu,
Hiyo damu yake Yesu.*

The Apostles' Creed

As you are able, please stand for the Creed.

Let us confess the faith of our baptism together,
as we say,

**All I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,**

and the life everlasting.

Amen.

*Please remain standing, be seated, or kneel
for the Prayers, as you prefer.*

The Prayers of the People

With confidence and trust let us pray to the Holy One.

In our Anglican cycle of prayer, we pray for The Episcopal Church in Jerusalem and The Middle East; For all the Bishops and leaders of our Church. In the Diocese of Niagara, we pray for Grace Church, Milton, the clergy, and the people of that parish. For Rev. Allison, and all the clergy and people who share in the ministry of this place. In our parish cycle of prayer, we pray for the following people and their families:

For the one holy catholic and apostolic Church,
let us pray to the Holy One.

God of compassion,

All in your mercy hear us.

For the mission of the Church,
that in faithful witness it may preach the gospel
to the ends of the earth, in our community giving thanks for
those who volunteer and offer leadership to the Kidney
Foundation,

let us pray to the Holy One.

God of compassion,

All in your mercy hear us.

For those preparing for baptism,
and for their teachers and sponsors,
let us pray to the Holy One.

God of compassion,
All in your mercy hear us.

For peace in the world, remembering the people of Ukraine,
Gaza and the West Bank, East Africa, Kashechewan, Iran,
and all others caught in conflict, violence, and disaster. We
pray for the people of Cuba now facing shortages of energy
impacting all aspects of their lives. That a spirit of respect
and reconciliation may grow
among nations and peoples,
let us pray to the Holy One.
God of compassion,
All in your mercy hear us.

For the poor, the persecuted, the sick, and all who suffer,
remembering those who are close to us, and those who are
ill: those on the parish prayer list at St. John's, as well as
those on the parish prayer list at Holy Trinity Chippawa.
Especially in these winter months, we remember our
neighbours in need of shelter, warmth and food. For all in
need experience of God's comfort and strength this day,
let us pray to the Holy One.
God of compassion,
All in your mercy hear us.

For refugees, prisoners, and all in danger;
that they may be relieved and protected,
let us pray to the Holy One.
God of compassion,
All in your mercy hear us.

For those whom we have injured or offended,
let us pray to the Holy One.
God of compassion,
All in your mercy hear us.

For grace to amend our lives and to further the reign of
God,

let us pray to the Holy One.

God of compassion,

All in your mercy hear us.

In communion with all those who have walked in the way of
holiness ...

let us pray to the Holy One.

God of compassion,

All in your mercy hear us.

Loving God,

in your goodness

you have taught us to come close to you in penitence

with prayer, fasting and generosity;

accept our Lenten discipline,

and when we fall by our weakness,

raise us up by your unfailing mercy;

through Jesus Christ our Lord.

Amen.

Prayers of Penitence

Jesus, full of the Holy Spirit, returned from the Jordan and
was led by the Spirit into the wilderness, where for forty
days he was tempted. Let us confess our sins
remembering before God the times when we have fallen
from temptation into sin.

Silence is kept.

Wash away all my iniquity

and cleanse me from my sin:

Lord, have mercy.

All Lord, have mercy.

Against you, you only have I sinned
and done what is evil in your sight:
Christ, have mercy.

All Christ, have mercy.

Create in me a pure heart, O God,
and renew a steadfast spirit within me:
Lord, have mercy.

cf Psalm 51

All Lord, have mercy.

Priest May almighty God have mercy on you,
forgive you your sins,
and bring you to everlasting life.

All Amen.

As you are able, please stand.

The Peace

Priest Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

Romans 5:1,2

The peace of the Lord be always with you.

All And also with you.

Let us offer one another a sign of peace.

*Please greet one another with a sign of peace
in the name of the Lord.*

The Liturgy of the Sacrament

The Preparation of the Gifts

Offertory Hymn *O Christ Was a Good Guest*
As you are able, please stand.

57

The Prayer over the Gifts

Spring of life and Source of goodness,
receive all we offer you this day,
and bring us to the living water,
Jesus Christ, your Son our Lord.

All **Amen.**

The Great Thanksgiving

The Lord be with you.

All **And also with you.**

Lift up your hearts.

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

Let us give thanks to the Lord our God.

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

It is indeed right and good...

The celebrant continues.

...for ever praising you and saying:

All **Holy, holy, holy Lord,** **Hymn 722**
Lord God of power and might,
heav'n and earth are full, full of your glory.
Hosanna, hosanna, hosanna,
hosanna in the highest.
Blessed is he who comes,
who comes in the name of the Lord.
Hosanna, hosanna, hosanna,
hosanna in the highest.

Please be seated or kneel, as you prefer.

We give thanks to you, Lord our God,...

The celebrant continues.

...Therefore, Father, according to his command,

**All we remember his death,
we proclaim his resurrection,
we await his coming in glory;**

Hymn 724

The celebrant continues.

...by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory are yours, almighty God,
now and for ever.

All Amen.

The Lord's Prayer

Let's pray together now as Jesus taught us:

Our Fa-ther in heav-en, hal-low-ed be your
name, your king-dom come, your will be done on
earth as in heav-en. Give us to-day our
dai-ly bread. For-give us our sins as we for-give
those who sin a-gainst us. Save us from the
time of trial and de-liv-er us from e-vil, for the
king-dom, the pow'r and the glo-ry are yours,
now and for ev-er.

David Haas ©1986

Silence is kept.

The Breaking of the Bread

This is the Body of Christ:
Behold what you are,
become what you receive.

All **Amen.**

Agnus Dei

All **Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
grant us peace.**

The Communion

The celebrant invites the people to share in communion.

This is the table, not merely of the church, but of Christ.
It is made ready for those who love him,
and for those who want to love him more.
So come, whether you have much faith or little;
have tried to follow, or are afraid you've failed.
Come, because it is His will
that those who want to meet him might meet him here.
These are the gifts of God for you, the people of God.

All **Thanks be to God.**

Please come forward now to be served Communion.

If you wish to receive communion, please put out your hands.

*If you prefer not to receive communion but would like to receive a
blessing, please cross and place your hands over your chest.*

*Please note that gluten-free wafers are available. Simply indicate that
when you open your hands to receive the host.*

The common cup will be offered but you are free to decline drinking from it. Those unable to come forward will be served in their pew.

Communion Hymn

Amazing Grace

352

Prayer after Communion

Please stand as you are able.

God of our pilgrimage,
we have found the living water.
Refresh and sustain us
as we go forth on our journey,
in the name of Jesus Christ the Lord.

All Amen.

Glory to God,
**All whose power, working in us,
can do infinitely more
than we can ask or imagine.
Glory to God from generation to generation,
in the Church and in Christ Jesus,
for ever and ever. Amen.**

The Dismissal

The Blessing

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

All Amen.

Please be seated for the Announcements

Announcements

The Dismissal

Go in the peace of Christ.

All Thanks be to God.

Postlude

Adapted from The Book of Alternative Services of the Anglican Church of Canada, © 1985 by the General Synod of the Anglican Church of Canada; and,

Common Worship: Services and Prayers for the Church of England, © The Archbishops' Council, 2000; and, Times and Seasons, © The Archbishops' Council, 2006.

All Scripture readings: *New Revised Standard Version Updated Edition (NRSVUE)* © 2021 NCCC

Music Copyright: One License A-716274

The Work of the People music/video license to display included with active group subscription.

Introduction to the Season of Lent

Lent may originally have followed Epiphany, just as Jesus' sojourn in the wilderness followed immediately on his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added.

*Now is the healing time decreed
for sins of heart and word and deed,
when we in humble fear record
the wrong that we have done the Lord.*

(Latin, before 12th century)

As the candidates for baptism were instructed in Christian faith, and as penitents prepared themselves, through fasting and penance, to be readmitted to communion, the whole Christian community was invited to join them in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan.

Ashes are an ancient sign of penitence; from the Middle Ages it became the custom to begin Lent by being marked in ash with the sign of the cross. The calculation of the forty days has varied considerably in Christian history. It is now usual in the West to count them continuously to the end of Holy Week (not including Sundays), so beginning Lent on the sixth Wednesday before Easter, Ash Wednesday. Liturgical dress is the simplest possible. Churches are kept bare of flowers and decoration. "Gloria in excelsis" is not used. The Fourth Sunday of Lent (Laetareor, Refreshment Sunday) was allowed as a day of relief from the rigour of Lent, and the Feast of the Annunciation almost always falls in Lent, providing another break from austerity.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday. There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy. The Stations of the Cross, made popular in the West by the Franciscans after they were granted custody of the Christian sites in the Holy Land, are the best known.

*Common Worship: Times and Seasons,
© The Archbishops' Council 2006, p. 211.*

St. John's News

"Listening to Discern" Gathering

Saturday, March 21st – 10:00 am to 1:45 pm

Please join us as we gather together, looking to God for direction into our future. This gathering will consist of four sessions facilitated by Rev. Rob. Our focus will be on listening to God as we attend to what we hear the Spirit say to us in Scripture, in conversation with one another and in prayer. Lunch will be provided. There is a sign-up sheet at the back of the church and in the parish hall during Coffee Hour.

St. John the Evangelist Anglican Church

3428 Portage Road,

Niagara Falls, ON

L2J 2K4

905-354-1227

Priest: Rev. Allison Courey

Office Administrator: Val Clarke

Email: stjohn@cogeco.net

Website : stjohnsniagarafalls.ca

Facebook : facebook.com/stjohnstamford