

St. Thomas Episcopal Church
The Third Sunday in Lent
March 12, 2023



The Holy Eucharist, Rite I

7:30am & 10:00am

*Children are always welcome in the church.
Please be sure your cell phone is inaudible.*

Prelude

Opening Hymn #343 Shepherd of Souls *St. Agnes*

Opening Acclamation Book of Common Prayer, page 323

The Collect for Purity page 323

Decalogue page 317

Lord, Have Mercy (*S91 or insert- 10:00 a.m. only*) page 324

The Collect

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

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?"

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

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.

Sequence Hymn # 345 (*10:00 a.m.*) Saviour Again to Thy Dear Name we Raise *Ellers*

The Gospel

John 4:5-42

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.”

Sermon

The Rev. Canon Lisa Fry

Nicene Creed

page 327

Prayers of the People, Form IV

page 388

Confession and Absolution

page 330

The Peace	page 332
Announcements and Birthdays	
Birthday Prayer	
<p>Watch over thy children, O Lord, as their days increase. Bless and guide them wherever they may be. Strengthen them when they stand, comfort them when discouraged or sorrowful, raise them up if they fall. And in their hearts, may thy peace which passes understanding abide all the days of their life, through Jesus Christ our Lord. Amen.</p>	
Offertory	
Offertory Hymn 380 (v.3)	<i>Old 100th</i>
The Great Thanksgiving Rite 1: Eucharistic Prayer II	page 340
Holy, Holy, Holy (S114/Insert 10:00 a.m. only)	page 341
The Lord's Prayer	page 336
The Breaking of the Bread – Fraction	page 337
Agnus Dei (S158/Insert 10:00 a.m. only)	page 337
The Communion	
Communion Voluntary	
Postcommunion Prayer	page 339
Blessing	
Dismissal Hymn #699	Jesus Lover of My Soul <i>Aberystwyth</i>
The Dismissal	
Postlude	



Our Diocese requests that during the pandemic we no longer dip the wafer into the wine (intinct). Here are our choices:

- Receiving communion in “one kind”—bread only or wine only. In the Episcopal church, receiving in one kind is considered receiving in both.
- Drink from the common cup
- Cross hands over chest after receiving the bread and the Chalice Bearer will say, “the blood of Christ” but will not distribute the wine.

Help the Lay Eucharistic Ministers by choosing one of these three options. Please do not intinct.

The Bible texts of the Old Testament, Epistle and Gospel lessons are from the New Revised Standard Version Bible, copyright 1989 by the Division of Christian Education of the National Council of the Church of Christ in the USA and used by permission. The Collects, Psalms and Canticles are from the Book of Common Prayer, 1979. Permission to stream music in this Service obtained from ONE LICENSE: License #A-712382. All rights reserved.

Restrooms are located down the right aisle, past the Chapel, at the end of the corridor on the left side. Additional restrooms are located in the basement (down the same corridor, via the stairway on the left).

Liturgical Ministers

Celebrant & Preacher:
Deacon:
Organist:

The Rev. Canon Lisa Fry
The Rev. Dr. Rosalee Glass
Clarissa Brown, Minister of Music

7:30 a.m. Liturgy

Lay Eucharistic Minister: Shirley Fierro
Lay Readers: Shirley Fierro, Edmund Hartt
Prayers of the People: Jan Lyle
Usher: Jan Lyle

10:00 a.m. Liturgy

Lay Eucharistic Minister: Dean Jackson
Acolytes: Charlotte Watkins, BC Lowry, Lucy Lowry
Lay Readers: Millie Crocker, Donovan Bowley
Prayers of the People: Benjy Lowry
Ushers: Chris Groman, Phil Groman

How to Reach Us:

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