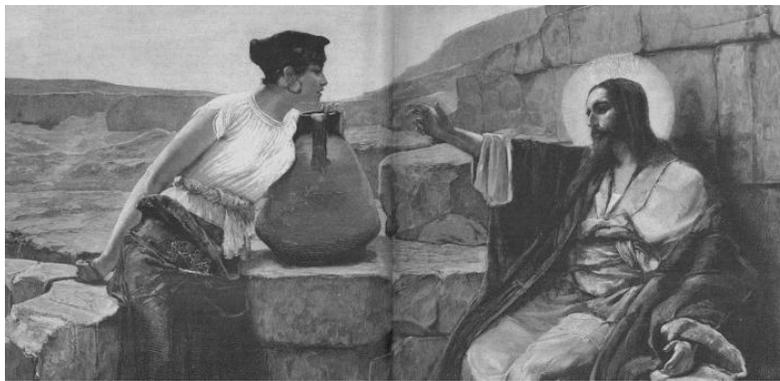


# ORDER OF SERVICE

## THE HOLY EUCHARIST



**THIRD SUNDAY IN LENT**

**10:00AM**  
**MARCH 8, 2026**

**St.Thomas**  
THE APOSTLE

2345 Alta Vista Dr.  
Ottawa, ON K1H 7M6  
613.733.0336  
[www.stthomasaltavista.ca](http://www.stthomasaltavista.ca)

# **THE GATHERING OF THE COMMUNITY**

**Prelude:** Meditation for Lent - G. Bentivoglio

## **Welcome**

### **Introit: Ubi Caritas (Hymn 553)**

Text 1 John 4:16b; Eng. para. Taizé community (France); Music Jacques Berthier © 1991 Les Presses de Taizé CCLI License #1826689

Ubi caritas et amor ;  
Ubi caritas, Deus ibi est.

Live in charity and steadfast love,  
Live in charity; God will dwell with you.

## **Land Acknowledgement**

Dear friends, we gather on traditional Anishinaabe Algonquin territory.

**May we dwell on this land with respect and peace.**

May we always seek to respect the histories, spiritualities and cultures of  
First Nations, Metis and Inuit.

**May we walk together the path of reconciliation and right relations.**

### **Opening Hymn: 465 Here in This Place New Light is Streaming**

Text and music Marty Haugen © 1982 G.I.A. Publications, Inc.  
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1 Here in this place new light is streaming  
now is the darkness vanished away  
See in this space our fears and our dreamings  
brought here to you in the light of this day  
Gather us in, the lost and forsaken  
Gather us in, the blind and the lame  
call to us now and we shall awaken  
we shall arise at the sound of our name

2 We are the young, our lives are a mystery  
we are the old who yearn for your face  
We have been sung throughout all of history  
called to be light to the whole human race  
Gather us in, the rich and the haughty  
gather us in, the proud and the strong  
Give us a heart so meek and so lowly  
give us the courage to enter the song

3 Here we will take the wine and the water  
here we will take the bread of new birth  
Here you shall call your sons and your daughters  
call us anew to be salt for the earth  
Give us to drink the wine of compassion  
give us to eat the bread that is you  
nourish us well and teach us to fashion  
lives that are holy and hearts that are true.

4 Not in the dark of buildings confining  
not in some heaven light years away  
but here in this place the new light is shining  
now is the kingdom, now is the day  
Gather us in and hold us forever  
gather us in and make us your own  
gather us in, all peoples together  
fire of love in our flesh and our bone.

### **Apostolic Greeting**

The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit, be with you all.

**And also with you.**

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

## **Collect for Purity**

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 (Hymn #678)**

Lord, have mercy upon us.  
Christ have mercy upon us.  
Lord, have mercy upon us.

## **Confession and Absolution**

Dear friends in Christ,  
as we prepare for the Paschal Feast,  
continuing in the apostles' teaching and fellowship,  
in the breaking of bread, and in the prayers,  
let us make ready our hearts  
to renew the covenant of our baptism.  
Let us kneel or sit humbly before our Creator and Redeemer.  
*(All kneel)*

Let us ask God to bring to light  
the things now hidden in darkness,  
and to disclose to us the secret purposes of our hearts.  
And most especially,  
let us remember the covenant of our baptism  
and test our hearts and conscience  
to know how faithfully...  
we have sought and served Christ in all persons,  
loving our neighbours as ourselves.  
*Silence*

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 neighbours 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.**

Almighty God have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in eternal life;  
through Jesus Christ our Lord.  
**Amen.**

### **The Collect of the Day**

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. **Amen.**

## **THE PROCLAMATION OF THE WORD**

**First Reading:** Exodus 17:1-7 (Nicholas Grabstas)

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 quarrelled 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."

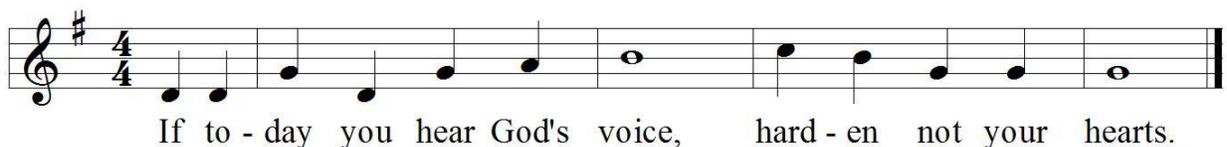
The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## Psalm 95

*Setting: Gordon Johnston*



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. **R**

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. **R**

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. **R**

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! **R**

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. **R**

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.” **R**

**Epistle:** Romans 5:1-11 (Karen Gravelle)

A reading from the letter of Paul to the Romans

Therefore, 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.

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**Gradual Hymn: 179 Tree of Life vs 1 & 6d**

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1 Tree of Life and awesome mystery, in your death we are reborn;  
Though you die in all of history, still you rise with every morn,  
still you rise with every morn.

6d Living Water of salvation, be the fountain of each soul;  
springing up in the creation, flow in us and make us whole,  
flow in us and make us whole.

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

The Lord be with you.

**And also with you.**

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

**Glory to you, Lord Jesus 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 worshipped 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 worshippers 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 labour. Others have laboured, and you have entered into their labour." 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 Saviour of the world."

The Gospel of Christ.

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

**Sermon**

**The Apostles' Creed**

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

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

**I believe in Jesus Christ, his only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.  
He 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,  
and is seated at the right hand of the Father.  
He will come again  
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.**

**Prayers of the People:** (Michael Walker)

God, in your mercy, **Attend to our prayer.**

*The spoken response for each of the petitions to “God, in your mercy” is  
“Attend to our prayer.” Before the prayers and after all the petitions we  
will sing “Hear Our Prayer”.*

**Sing:** Hear Our Prayer

*After concluding prayer (sung):*

**Hear our prayer, hear our prayer.**

**Lord, make us whole:**

**Peace to all people, hope for each soul.**

**God of grace, in this place,**

**Hear now our prayer.**

From *Sing a New Creation*; Text and music Paul Address © 2006 Augsburg Fortress CCLI License #1826689

## **The Peace**

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

# **THE CELEBRATION OF THE EUCHARIST**

## **The Preparation of the Gifts**

### **Hymn: 508 I Heard the Voice of Jesus Say**

Words by Horatius Bonar, Music coll. Lucy Broadwood, adapt. Ralph Vaughan Williams © Public Domain CCLI License #1826689

1 I heard the voice of Jesus say,  
“Come unto me and rest.  
Lay down, thou weary one,  
lay down your head upon my breast.”  
I came to Jesus as I was,  
so weary, worn, and sad;  
I found in him a resting place,  
and he has made me glad.

2 I heard the voice of Jesus say,  
“Behold, I freely give  
the living water, thirsty one;  
stoop down and drink and live.”  
I came to Jesus, and I drank  
of that life-giving stream;  
my thirst was quenched, my soul revived,  
and now I live in him.

3 I heard the voice of Jesus say,  
“I am the dark world's light;  
look unto me, thy morn shall rise,  
and all your day be bright.”  
I looked to Jesus, and I found  
in him my star, my sun;

and in that light of life I'll walk  
till travelling days are done.

## **Blessing of the Prayer Shawls**

### **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. **Amen**

### **The Great Thanksgiving** (Supplementary Eucharistic Prayer 1)

May God be with you.

**And also with you.**

Lift up your hearts.

**We lift them up to God.**

Let us give thanks to God our Creator.

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

Holy God, Lover of creation,  
we give you thanks and praise  
for in the ocean of your steadfast love you bear us  
and place the song of your Spirit in our hearts.  
When we turn from your love and defile the earth,  
you do not abandon us.  
Your Spirit speaks through Huldah and Micah,  
through prophets, sages, and saints in every age,  
to confront our sin  
and reveal the vision of your new creation.  
Joining in the song of the universe  
we proclaim your glory singing:

**(Hymn 689) Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.  
Blessed is the One  
who comes in the name of the Lord.  
Hosanna in the highest.**

Gracious God,  
in the fullness of time you sent Jesus the Christ  
to share our fragile humanity.  
Through Jesus' life, death, and resurrection  
you open the path from brokenness to health,  
from fear to trust, from pride and conceit  
to reverence for you.

Rejected by a world  
that could not bear the Gospel of life,  
Jesus knew death was near.  
His head anointed for burial  
by an unknown woman,  
Jesus gathered together those who loved him.  
He took bread, gave thanks to you, broke it  
and gave it to his friends,  
saying, "Take and eat:  
this is my body which is given for you.  
Do this for the remembrance of me."

After supper, Jesus took the cup of wine,  
gave you thanks,  
and said "Drink this all of you,  
this is my blood of the new covenant  
which is shed for you and for many.  
Whenever you drink it,  
do this for the remembrance of me."  
And now we gather at this table  
in response to his commandment,  
to share the bread and cup of Christ's undying love,

and to proclaim our faith.

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

Breathe your Holy Spirit,  
the wisdom of the universe,  
upon these gifts that we bring to you:  
this bread, this cup,  
ourselves, our souls and bodies,  
that we may be signs of your love for all the world  
and ministers of your transforming purpose.

Through Christ, with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all glory is yours, Creator of all,  
and we bless your holy name for ever. **Amen.**

### **The Lord's Prayer**

Believing in the promises of God  
and gathering our prayers and praises into one,  
let us pray as our Saviour taught us,  
**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,**  
**the power, and the glory,**

**for ever and ever. Amen.**

### **Breaking of Bread #7**

We break this bread,

**Communion in Christ's body once broken.**

Let your Church be the wheat  
which bears its fruit in dying.

**If we have died with him,**

**we shall live with him;**

**if we hold firm,**

**we shall reign with him.**

### **Invitation to Communion**

The gifts of God for the People of God.

**Thanks be to God.**

### **Lamb of God (Hymn 690)**

**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.**

### **Holy Communion**

*For gluten-free wafer, simply indicate to the priest when you come forward.*

*If you prefer a blessing, just fold your arms across your chest.*

### **Communion Hymn: 43 From All the Wind's Wide Quarters**

Words by Timothy Dudley-Smith, Music by Memmingen MS © 1988 Hope Publishing Co. CCLI License #1826689

1 From all the wind's wide quarters

come, see the feast is spread,

of soul-sustaining waters,

of true and living bread;

of sorrows long-departed,

and joys beyond compare--  
come, poor and humble-hearted,  
the feast of life to share!

2 With mercy all-prevailing  
God bids the wanderer come;  
in grace and peace unfailing  
invites the children home.  
With loving-kindness tender,  
God frees us from our sins--  
in glory and in splendour  
the feast of life begins!

3 Come, claim the promise spoken!  
God's purpose stands secure.  
The fruitful word unbroken  
shall evermore endure.  
All ancient bondage ended  
to sin's corrupting powers--  
forgiven, freed, befriended,  
the feast of life is ours!

**Anthem:** Spirit Open Our Hearts (trad. Scottish/Irish, Text Ruth Dick)

### **Prayer after Communion**

Compassionate God,  
you have fed us with the bread of heaven.  
Sustain us in our Lenten pilgrimage;  
may our fasting be hunger for justice;  
our alms, a making of peace;  
and our prayer, the song of grateful hearts;  
through Jesus Christ, our Saviour and Lord. **Amen.**

Evangelical Lutheran Worship (2006) alt

# **THE SENDING OF THE COMMUNITY**

## **Children's Talk**

## **Announcements**

## **Doxology**

Glory to God,  
**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.**

## **Blessing**

## **Closing Hymn: Praise to the Living God**

Text Curtis Beach © 1966 the Estate of Curtis Beach, Music George Elvey. CCLI License #1826689

1 Praise to the living God, the God of love and light,  
Whose word brought forth the myriad suns and set the worlds in flight;  
Whose infinite design, which we but dimly see,  
Pervades all nature, making all a cosmic unity.

2 Praise to the living God, from whom all things derive,  
Whose Spirit formed upon this sphere the first faint seeds of life;  
Who caused them to evolve, unwitting, toward God's goal,  
Till humankind stood on the earth, as living, thinking souls.

3 Praise to the living God, who knows our joy and pain,  
Who shares with us our common life, the sacred and profane.  
God toils where'er we toil, in home and mart and mill;  
And deep within the human heart God leads us forward still.

4 Praise to the living God, around, within, above,  
Beyond the grasp of human mind, but whom we know as love.  
In these tumultuous days, so full of hope and strife,  
May we bear witness to the Way, O Source and Goal of life.

**Dismissal**

Go in peace to love and serve the Lord.

**Thanks be to God.**

**Postlude:** Sunburst - Andrew York

*Thank you to Charlie Edholm and Rochelle Garner (both from St Albans)  
for sharing the gift of music with us today.*

*~~ Everyone is invited to stay for Fellowship Hour after Service ~~*

## 8:00 A.M. HOLY EUCHARIST

**Presider:** Rev Tim Kehoe  
**Preacher:** Rev Michael Garner  
**Greeter:** Andrea Teekasingh  
**Reader/Intercessor:** Babs Dunstan

## 10:00 A.M. HOLY EUCHARIST (BOOK OF ALTERNATIVE SERVICES)

**Presiders:** Rev Tim Kehoe, Rev Maria Nightingale  
**Preacher:** Rev Michael Garner  
**Duty Warden:** Karen Scott  
**Server:** Katie Perry  
**Sidespersons:** Wendy Wharton, Bev Muma  
**Readers:** Nicholas Grabstas, Karen Gravelle  
**Intercessor:** Michael Walker  
**Lay Administrators:** Babs Dunstan, Ryan Benjamin  
**Altar Guild:** Renee Premakanthan, Marlyne Zawadi  
**Fellowship Hour:** Sue and Dave Huddleston

## CONTACT LIST

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**Organist:** Denise Hawkins  
**Assistant Organist:** Richard Frith  
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**Donation Options:** <https://www.stthomasaltavista.ca/pages/donate-online>  
**Parish Directory Coordinator:** Els Salisbury 613-828-6828 [els.salisbury@rogers.com](mailto:els.salisbury@rogers.com)

In the event of a **pastoral emergency** please contact Fr Tim or Rev Maria. For other enquiries, please call Wendy at the office.