

St Stephen the Martyr Anglican Church, Burnaby

Sunday, March 8, 2026 - 10:00 AM
The Third Sunday in Lent



Christ and the Samaritan Woman - Rembrandt

Holy Eucharist Service with Zoom Option

The Zoom codes for **all** our worship services are:

Meeting ID: 83846564281 Passcode: 244245

<https://us06web.zoom.us/j/83846564281?pwd=DxZqcFXDEK6Fi7uS7Srv906FS7Xd3l.1>

Thank you for joining us for worship this morning! This document provides a guide for our time together. You are invited to join in saying the words in **bold**. Bookmarks to pre-mark the hymnals are available where you picked up this guide. Hymns today are in the blue "Common Praise" hymnals.

The Gathering of the Community

Words of Welcome and a Territorial Acknowledgment

🎵 Opening Hymn "Many and Great"

CP 407

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

All **And also with you.**

Bless the Lord who forgives all our sins.

All **His mercy endures for ever.**

Almighty God,

All **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.**

Seek the Lord while he wills to be found, call upon him when he draws near; let the wicked forsake their ways, and the evil ones their thoughts; and let them return to the Lord, and he will have compassion, and to our God, for he will richly pardon.

Isaiah 55.6, 7

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God, who is faithful and just, will forgive us our sins and cleanse us from all unrighteousness.

1 John 1:8-9

Let us confess our sins against God and our neighbour.

Silence is kept

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 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.

All: **Amen.**

🎵 **Kyrie Eleison** “*Kyrie Eleison*”

CP-703

Lord, have mercy. Lord, have mercy.
Christ, have mercy. Christ, have mercy.
Lord, have mercy, Lord, have mercy.

The children and their teachers move to Sunday School.

The Collect of the Day

Let us pray.

All **Lord of the wellspring, source of life and truth:
give us the courage of the Samaritan woman,
so that we may receive living water,
and worship you in spirit and in truth;
through Jesus Christ who quenches our thirst with eternal life. Amen.**ⁱⁱ

The Proclamation of the Wordⁱⁱⁱ

First Reading

Exodus 17:1-7

read by John K

The Israelites have escaped from Egypt and are now wandering in the desert. Earlier they grumbled that they had no food, so God gave them the gift of manna. Now they begin to grumble again.

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 for 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?”

Hear what the Spirit is saying to God’s people.

All **Thanks be to God.**

🎵 **Psalm 95**^{iv}

Our cantor today is Pauline

The cantor sings the refrain first, then everyone repeats it the second time. The cantor sings the verses.



Refrain: Our God reigns; let the earth rejoice.

Come, let us sing to our God; let us shout for joy to the rock of our salvation.
Let us come before God's presence with thanksgiving and shout aloud with psalms of praise.

[Refrain]

For our God is a great God, and reigns above all gods.
God holds all the caverns of the earth, and cradles the heights of the mountains.
The sea belongs to the One who made it, whose hands also have shaped the dry land. **[Refrain]**

Come, let us bow down and bend the knee, and kneel before our Maker.
For you are our God, and we are the people of your pasture and the sheep of his hand.
Oh, that today we would hearken to your voice. **[Refrain]**

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. **[Refrain]**

Forty years long I was grieved with 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." **[Refrain]**

Second Reading

Romans 5:1-11

Read by Roxie

Paul has argued that it was Abraham's faith that led God to find him worthy, rather than his obedience to a law. Now Paul tells of the results of the justification that comes through faith in Christ.

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 afflictions, knowing that affliction produces endurance, and endurance produces character, and character produces hope, and 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.

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, therefore, since we have now 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.

All Hear what the Spirit is saying to God's People.
Thanks be to God.

 **Gospel Acclamation "Glory and Praise to You"**
Glory and praise to you, Lord Jesus Christ!
Glory and praise to you, Lord Jesus Christ!

CP-716

The Gospel Reading

John 4:5-42

Reader The Lord be with you.
All And also with you.
Reader The Holy Gospel of our Lord Jesus Christ according to John.
All Glory to you Lord Jesus Christ.

Jesus has left Judea to return to Galilee. His route takes him through the land of the Samaritans, with whom the Jews never enjoyed good relations.

So he 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."

The Gospel of Christ.

All: Praise to You, Lord Jesus Christ.

 **Gospel Acclamation “Glory and Praise to You”** CP-716
Glory and praise to you, Lord Jesus Christ!
Glory and praise to you, Lord Jesus Christ!

Homily The Venerable Ruth Monette

Opportunity for Contemplation with Musical Interlude Natan Bádue

 **Creed: “I Believe in God Almighty”** CP-44

Prayers of the People led by Elaine

The leader will name aloud our parish’s known prayer concerns and conclude with the following prayer:

Leader Let us offer our intercessions, petitions, and thanksgivings, saying,
“God of our ancestors, hear our prayer.”

For the mission of the Church, that in faithful witness it may preach the gospel
to the ends of the earth,

All God of our ancestors, hear our prayer.

Leader For peace in the world, that a spirit of respect and reconciliation may grow among
nations and peoples,

All God of our ancestors, hear our prayer.

Leader For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners,
and all in danger; that they may be relieved and protected,

All God of our ancestors, hear our prayer.

Leader For all whom we have injured or offended,

All God of our ancestors, hear our prayer.

Leader For grace to amend our lives and to further your reign,

All God of our ancestors, hear our prayer.

Additional intercessions, petitions and thanksgivings may be offered in silence or aloud.

After a period of silence, the following concluding prayer is said.

Leader Gracious God, you have heard the prayers of your faithful people; you know our
needs before we ask, and our ignorance in asking. Grant our requests as may be
best for us. This we ask in the name of your Son Jesus Christ our Lord.†

All Amen.

The Peace

*The Peace is an invitation for us to extend the blessing of God’s absolution of our sins to our neighbours.
You are invited to greet those sitting nearest to you with a wave, handshake, fist bump or other greeting.*

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*

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

The Celebration of the Eucharist

During the singing of the Offertory Hymn, the greeters will bring the offering plates through the congregation. Financial offerings may be placed in the plates at the entrances to the worship space or made online at www.ststephenburnaby.ca/pages/donate. St Stephen's depends on the generosity of our members and visitors to continue to offer Christ's light to our neighbours.

♪ **Offertory Hymn: "The Hidden Stream"**

CP-462

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 is here.

All His Spirit is with us.

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.

Almighty God, good Father to us all, your face is turned towards your world. In love you gave us Jesus your Son to rescue us from sin and death. Your Word goes out to call us home to the city where angels sing your praise.

We join with them in heaven's song:

♪ **Sanctus "Holy, Holy, Holy Lord"**

CP-694

**Holy, holy, holy, Lord, God of power and might,
heaven and earth are full of your glory. Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest, hosanna in the highest.**

Father of all, we give you thanks for every gift that comes from heaven.

To the darkness Jesus came as your light.

With signs of faith and words of hope he touched untouchables with love and washed the guilty clean.

The crowds came out to see your Son, yet at the end they turned on him.

On the night he was betrayed he came to table with his friends to celebrate the freedom of your people

Jesus blessed you, Father, for the food; he took bread, gave thanks, broke it and said: This is my body, given for you all.

Jesus then gave thanks for the wine; he took the cup, gave it and said:

This is my blood, shed for you all for the forgiveness of sins.

Do this in remembrance of me.

Therefore, Father, with this bread and this cup we celebrate the cross on which he died to set us free.

Defying death he rose again and is alive with you to plead for us and all the world.

Send your Spirit on us now, that by these gifts we may feed on Christ with opened eyes and hearts on fire.
May we and all who share this food offer ourselves to live for you and be welcomed at your feast in heaven where all creation worships you, Father, Son and Holy Spirit:

All Blessing and honour and glory and power be yours for ever and ever. Amen.

 **The Lord's Prayer** *"The Lord's Prayer"* SGP-12

**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as in heaven.
Give us today our daily bread. Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial and deliver us from evil.
For the kingdom, the power, and the glory
are yours, now and forever. Amen.**

The Breaking the Bread

We break this bread,
All Communion in Christ's body once broken.

Let your church be the wheat which bears its fruit in dying.
**All If we have died with him, we shall live with him;
if we hold firm, we shall reign with him.**

 **Agnus Dei** *"Lamb of God"* CP-701

**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 gifts of God for the people of God.
All Thanks be to God.

The table of bread and wine is now made ready.
So come to this table, you who have much faith
and you who would like to have more;
you who have been here often, and you who have not been for a while
you who have tried to follow Jesus, and you who have failed;
Come.
It is Christ who invites us to meet him here.^{vi}

To Receive Communion:

Please come forward to the step before the Altar to receive. We begin with the choir, the tech team, and the pews behind them and then move to the other side. Be attentive to physical distancing as you move within the space. To receive, extend both hands, one on top of the other so that the wafer may be placed on your palm. For the wine, you may take a sip from the chalice. We do not dip the wafer into the wine.

If you are not receiving wine, you may stay until the chalice is offered to you or return to your seat immediately.

If you would prefer a blessing instead, please ask for one.

If you need Communion brought to you, please alert a greeter or wave at the priest when everyone else has received.

Those on Zoom can say this prayer together.

If you are attending in-person, but are not receiving communion at this time, you may also wish to say the following prayer.

In union, O God, with all your faithful people gathered wherever the eucharist is celebrated this day, we offer you praise and thanksgiving for creation and all the blessings of this life, for the redemption given to us through the life, death and resurrection of Christ, and for the means of grace and the hope of glory.

We pray that we may know you in heart, and soul and mind. Let nothing separate us from you. May we serve you in this life until, by your grace, we come to your promised reign of justice and peace; through Christ and in the unity of the Spirit. Amen.



Communion Hymns

“Eat This Bread”

CP-63

“Jesus the Joy of Loving Hearts”

CP-70

The Sending Forth of the Community

Prayer after Communion

Let us pray:

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.

Announcements

+ Blessing

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing of the One God: Creator, Redeemer, and Sustainer be upon you this day and always.^{vi}

All

Amen.



Closing Hymn *“What Wondrous Love is This”*

CP-400

Dismissal

Go forth in the name of Christ.

All

Thanks be to God.



You are invited to join us in the Parish Hall after the service for a time of fellowship, tea and coffee.

ST STEPHEN THE MARTYR ANGLICAN CHURCH

CONTACT INFORMATION

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Curate: The Reverend Neil Jongbloed

Music Director: Natan Bádue

Parish Administrator: Lois Holmlund

Rentals: rentals@ststephenburnaby.ca

Wardens: Val Krause and Sara Shaw

Associate Warden: Sandra Sutherland

THANK YOU to all our choir members; our readers; our tech support: Shin; and to our other volunteer servers this Sunday: our Zoom host: Barb; Parish host: Pat N; our Greeters: Pat H and Man; Prayer leader: Elaine; Lay Administrator: Janet; Sacristan: Elaine; our Offering caretaker: Bob R; Altar Guild: Lisa and Sonia; Sunday School: Ruth Z. Coffee: Man and Rick

TERRITORIAL ACKNOWLEDGEMENT: WE ACKNOWLEDGE THAT ST. STEPHEN THE MARTYR IS LOCATED ON THE UNCEDED LANDS OF THE COAST SALISH PEOPLES, ON THE SHARED TRADITIONAL TERRITORY OF SK̓WX̓WÚ7MESH (SQUAMISH), səliiwətaʔ (TSLEIL-WAUTUTH), X̓wMƏŌKwƏYƏM (MUSQUEAM) AND kwikwəʔəm KWIKWETLEM (COQUITLAM) FIRST NATIONS.

Liturgical Notes

- In the context of Christian worship, Israel does not refer to the current political state but either to the historic Hebrews of the ancient Near East, or in Christian theology, to all people who put their faith and trust in Jesus Christ.
- *Elements of this liturgy without an endnote come from the "Supplementary Eucharistic Prayers, Services of the Word and Night Prayer" (2001)*
- *Hymns, unless noted otherwise, are from the "Common Praise" hymnal of the Anglican Church of Canada. All other hymns are licenced via: OneLicence Church Music copyright permission.*

Endnotes

ⁱ https://commons.wikimedia.org/wiki/File:Christ_and_the_Samaritan_Woman_among_Ruins.jpg

ⁱⁱ Collect from "Prayers for an Inclusive Church (2009) alt

ⁱⁱⁱ The introductions to the scripture readings are from [Commentaries on the Revised Common Lectionary](#)

^{iv} The Psalms are taken from the George Black Psalter at the Church of the Redeemer website, Anglican Church of Canada. <https://theredeemer.ca/music/george-black-psalter/>

^v The Prayers of the People are from "Pray without Ceasing."

^{vi} Invitation words from Iota.

^{vii} The blessing is from "Times and Seasons"