



ST. PAUL'S

ANGLICAN CHURCH

Connecting people with God and each other

Sunday, March 8, 2026: Third Sunday in Lent

*Lord, you are indeed the Saviour of the world.
Give us living water, that we may not thirst.*



WELCOME TO ST. PAUL'S!

VISITING TODAY?

We want to get to know you! Please join us in the Hall for coffee and conversation after the service. The greeters are available to answer any of your questions. Please fill out a welcome card in the back of the pew and put it in the offering basket, or give to any volunteer, staff, or vestry member.



ABOUT ST PAUL'S ANGLICAN

Services:

- Eucharist services: **Sundays at 10:00am**
- **Morning & Evening Prayer** Services:
Mon–Sat at **8:00am on Zoom**
Daily at **9:15pm on Zoom**.
- Sermons are available on our Website
- We also have small groups

Office Hours:

- Tues. & Thurs., 9:00am to 12:00pm
- Office is closed: Fri–Mon (and Holidays)

Serving St. Paul's: Email office@stpauls-anglican.ca

- Join a Ministry Team (Service Team, Music, Altar Guild, Sound/Video, etc.)

Giving to St. Paul's: One-Time or Recurring

- Giving can be done by Cash, Cheque, Automatic Debit/Credit, or E-Transfer to office@stpauls-anglican.ca
- We can also receive donations through our Website or the Tithely App.

PRAYER

For the Prayer Chain, email or phone:
prayer@stpauls-anglican.ca – 780-455-0771

For pastoral emergencies call:
(780) 446-3751

ACCESSIBILITY

We have accessible washrooms and lifts available for anyone who needs them. If you need help, please speak to a greeter.

PLEASE SILENCE YOUR PHONE ☺

LARGE PRINT MATERIALS

Large print Bibles and BAS (Book of Alternative Services) are available at the main door.



ASSISTED LISTENING DEVICES



**Assisted Listening is available.
Please ask a greeter for assistance.**



St. Paul's Anglican Church

10127 145 Street, Edmonton, T5N 2X6 — 780-455-0771
www.stpauls-anglican.ca — office@stpauls-anglican.ca



Our Narrative Statement of Identity: We love to be together, persevere, and practice the ways of Jesus together. Even though we're at different places on our journey, we share a guiding story as given through the Bible, and we all look for Jesus in each other and in the world we live in. We share faith, we share music, we share differences, and above all we share God's love of us in Jesus. We all give, we all receive. We are a diverse family who laughs, cries, and prays together, and is learning how to love and care for each other. Our greatest ambition is to share this love with everyone around us – in our neighbourhoods and around the world.

Opening Song: Our God

Water You turned into wine
Opened the eyes of the blind
There's no one like You
None like You

Into the darkness You shine
Out of the ashes we rise
There's no one like You
None like You

(Chorus) Our God is greater
Our God is stronger
God You are higher than any other
Our God is healer
Awesome in power our God, our God *(To V1)*

And if our God is for us
Then who could ever stop us
And if our God is with us
Then what could stand against *(Repeat)*
What could stand against *(To Ch.)*

The Gathering of the Community

Celebrant: *(BAS pg. 185)* The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

People: **And also with you.**

Celebrant: 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.

Celebrant: *(pg. 289)* 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.**

Lectionary Question

The Proclamation of the Word (← [Click to read online](#))

Exodus 17:1-7 *(pg. 52 in the red pew Bible)*

Reader: *The Word of the Lord.*

People: **Thanks be to God.**

Psalms 95 *(Sung Together)*

Refrain:



Come, let us sing to the Lord;

Let us shout for joy to the rock of our salvation.

Let us come before his presence with thanksgiving
and raise a loud shout to him with psalms. **Refrain**

If to - day you hear his voice, hard - en not your hearts.

Refrain:



For the Lord is a great God,
 and a great king above all gods.
 In his hand are the caverns of the earth,
 and the heights of the hills are his also. **Refrain**

The sea is his for he made it,
 and his hands have molded the dry land.
 Come, let us bow down and bend the knee,
 and kneel before the Lord our Maker. **Refrain**

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! **Refrain**

Romans 5:1-11 (pg. 798 in the red pew Bible)

Reader: The Word of the Lord.

People: Thanks be to God.

Gospel Processional: Kyrie Eleison

Lord have mercy, Christ have mercy,
 Lord have mercy on me.

Lord have mercy, Christ have mercy,
 Lord have mercy on me.

The Gospel Reading:

Reader: The Lord be with you.

People: **And also with you.**

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

People: **Glory to you, Lord Jesus Christ**

The Gospel Reading: John 4:5-42 (pg. 752 in the red pew Bible)

Reader: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Worship Through Song

Living Waters

Are you thirsty, are you empty?
 Come and drink these living waters
 Tired and broken, peace unspoken
 Rest beside these living waters

Christ is calling, Find refreshing
 At the cross of living waters

Lay your life down, All the old gone
 Rise up in these living waters

(Chorus) There's a river that flows
 With mercy and love
 Bringing joy to the city of our God
 There our hope is secure
 Do not fear anymore
 Praise the Lord of living waters

Spirit moving, Mercy washing
Healing in these living waters
Lead your children to the shoreline
Life is in these living waters *(To Ch.)*

Are you thirsty? Are you empty?
Come and drink these living waters
Love forgiveness, vast and boundless
Christ He is our living waters *(To Ch.)*

All Who Are Thirsty

All who are thirsty, all who are weak
Come to the fountain
Dip your heart in the stream of life
Let the pain and the sorrow be washed away

In the waves of His mercy
As deep cries out to deep (we sing)
(Chorus 1) Come Lord Jesus come
Come Lord Jesus come *(Repeat)*.

Listening Time

Sermon: *Rev. Eric Kregel*

(A page for notes is available separately)

Affirmation of Faith: *The Apostle's Creed*

Celebrant: *(pg. 188)* Let us confess our faith of our baptism, 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. 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

(See BAS pgs. 110-123)

Confession of Sin

Celebrant: *(pg. 191)* Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

Silent Confession

Celebrant: Most merciful God,

All: 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.

Absolution

People: Amen.

The Peace

Celebrant: (pg. 192) The peace of the Lord be always with you.

People: **And also with you.**

The Celebration of the Eucharist

The Preparation of the Gifts

Song: *It Is Well With My Soul*

When peace like a river attendeth my way
When sorrows like sea billows roll
Whatever my lot, Thou hast taught me to say
It is well, it is well with my soul

(Chorus) It is well with my soul
It is well, It is well with my soul

My sin, O the bliss, of this glorious tho't
My sin not in part but the whole

Is nailed to the cross and I bear it no more
Praise the Lord, praise the Lord O my soul
(To Ch.)

And Lord haste the day
When the faith shall be sight
The clouds be rolled back as a scroll
The trump shall resound
And the Lord shall descend
Even so it is well with my soul *(To Ch.)*

The Prayer over the Gifts

Celebrant: (pg. 290) Spring of life and Source of goodness,

All: receive all we offer you this day, and bring us to the living water, Jesus Christ, your Son our Lord. Amen.

Celebrant: (pg. 198) The Lord be with you.

(Eucharistic Prayer #3)

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 our thanks and praise.**

Celebrant: (pg. 220) Blessed are you, gracious God, creator of heaven and earth, because you bid your faithful people to cleanse their hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism and renewed in the Eucharistic mystery, we may be more fervent in prayer and more generous in the works of love. Therefore we raise our voices to you in praise to proclaim the glory of your name.

All: *(Spoken)* 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.

Celebrant: (pg. 198) We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin

Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life. On the night he was handed over to suffering and death, a death he freely accepted, 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." Therefore, Father, according to his command,

All: we remember his death, we proclaim his resurrection, we await his coming in glory.

Celebrant: *(pg. 199)* and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour & glory are yours, almighty Father, now & for ever. **Amen.**

Celebrant: *(pg. 211)* As our Saviour taught us, let us pray,

All: *(Spoken)* **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 for ever. Amen.**

Celebrant: *(pg. 213)* We break this bread,

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

Celebrant: 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.**

Celebrant: The gifts of God for the People of God.

People: **Thanks be to God.**

You are welcome to receive communion or come forward for a blessing. If you prefer to receive a blessing, please fold your arms over your chest. Gluten-free wafers are available upon request. Receiving only one kind includes the fullness of the sacrament. You may also receive prayer in the Chapel during this time.

Lamb of God: *(Spoken together)*

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

Communion Music

Special Piano Song

Behold the Lamb

Behold the Lamb who bears our sins away
Slain for us and we remember
The promise made that all who come in faith
Find forgiveness at the cross
So we share in this Bread of Life
And we drink of His sacrifice
As a sign of our bonds of peace
Around the table of the King

The body of our Saviour Jesus Christ
Torn for you, eat and remember
The wounds that heal
The death that brings us life
Paid the price to make us one
So we share in this Bread of Life
And we drink of His sacrifice
As a sign of our bonds of love
Around the table of the King

The blood that cleanses every stain of sin
Shed for you drink and remember
He drained death's cup that all may enter in
To receive the life of God
So we share in this Bread of Life
And we drink of His sacrifice
As a sign of our bonds of grace
Around the table of the King

And so with thankfulness and faith we rise
To respond and to remember
Our call to follow in the steps of Christ
As His body here on earth
As we share in His suffering
We proclaim Christ will come again
And we'll join in the feast of heaven
Around the table of the King.

Come Let Us Worship and Bow Down

For He is our God
And we are the people of His pasture
And the sheep of His hand
Just the sheep of His hand.

(Chorus) Come let us worship and bow down
Let us kneel before the Lord
Our God our Maker
Come let us worship and bow down
Let us kneel before the Lord
Our God our Maker.

Prayers After Communion

Celebrant: *(pg. 290)* God of our pilgrimage,

All: 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. Amen.

Celebrant: *(pg. 214)* 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.

Blessing

Lectionary Discussion *(Please share aloud your thoughts from hearing the Word of God)*

Congregational Announcements *(Gay G.)*

Closing Song: *The River is Here*

Down the mountain the river flows
And it brings refreshing wherever it goes
Through the valleys and over the fields
The river is rushing and the river is here

(Chorus) The river of God
Sets our feet to dancing
The river of God fills our hearts with cheer
Th river of God fills our mouths with laughter
And we rejoice for the river is here

The river of God is teeming with life
And all who touch it can be revived
And all who linger on this river's shore
Will come back thirsting for more of the Lord
(To Ch.)

Up to the mountain we love to go
To find the presence of the Lord
Along the banks of the river we run
We dance with laughter
Giving praise to the Son *(To Ch.)*

Dismissal

Celebrant: *(pg. 215)* Let us bless the Lord.

All: **Thanks be to God.**

*Please join us for coffee and fellowship in the Hall after the service!
We also invite you to bring your own refillable mug to reduce waste*

Daylight Savings Time Change – This Sunday!

This Sunday, March 8, 2025, Daylight Savings Time begins. Clocks move forward by 1 hour.

St. Paul's Is Seeking An Office Administrator

St. Paul's is seeking an Office Administrator. The full posting can be found in this week's newsletter and on our website at www.stpauls-anglican.ca/jobs. Interested applicants may apply by submitting materials to office@stpauls-anglican.ca. This posting will remain active until the position has been filled.

Community Corner Highlights

The **SkirtsAFire Festival** is Edmonton's only theatre and multidisciplinary arts organization featuring women and non-binary artists. In conjunction with **International Women's Day**, this festival runs **March 5-15, 2026**. For more information please visit skirtsafire.com/the-festival.

Edmonton's Seedy Sunday is coming up on Sunday, March 22 at Alberta Avenue Hall from 10:00 am to 4:00 pm. Whether you are a beginner gardener or a savvy seed saver, there is something for you! This event in partnership with EPL. Please visit www.edmontonseedysunday.org.

We often hear about human rights in popular media, but are you familiar with your responsibilities as a Canadian Citizen? These include obeying the law, voting in each election (municipal, provincial and federal), participating in jury duty (if selected), being responsible for oneself and one's family, helping others in the community, and protecting and enjoying our heritage and environment. To learn more, visit www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/discover-canada/read-online/rights-responsibilities-citizenship.html.

Spiritual Health Highlight

Lent 3 emphasizes spiritual thirst and honest questioning, as seen in the encounter with the Samaritan woman at the well. Moral injury often feels similar — a deep, challenging confrontation with what we value most. It can arise when we witness, participate in, or feel powerless to prevent actions — our own or others' — that conflict with what we deeply believe is right. This kind of moral pain can shake how we see ourselves, our community, and the world, leaving grief, shame, or a quiet fracture in trust and meaning. Some moments feel overwhelming, while others linger subtly, reminding us that living in a complex world can strain our conscience in ways that are neither simple nor easily resolved.

Conversation point: Can you recall a moment when your values or sense of integrity were deeply challenged, either by your own actions or by what you witnessed in others?

Windswept Meditations: Deep Calls to Deep – This Week!

You are invited to launch your small, fragile raft through the breakers and into the deep ocean swells in a curated creative meditation, seeking the Unknown All Knowing that can only be found amongst the large waves. It is an anxious adventure, and to cast off our moorings cries danger. But my heart is eager to learn. Perhaps yours is too. And we have a Good Helmsman.

Join us this Monday, March 9, at 7pm.

Piano Duet Concert

Pat S. and Jennifer B. will be presenting an hour of music at Pat's residence on Friday, March 13 at 2:00 PM. If this is something you'd enjoy we'd love to have you attend! It will be a mixture of classical, ragtime, show tunes, & "just silly" music. Our Parent's Home, 10112 119 St (14th floor).

Children's Ministry Meeting

We will be having a brief meeting about our Children's Ministry programming after our Sunday service on March 15th. Anyone interested in supporting this ministry or learning more, please join us in the Church Office, or you may contact Carol R. or Paul D.

Easter at St. Paul's

Here are the upcoming services at St. Paul's for Holy Week and Easter!

March 29 at 10:00am — Palm Sunday: Lessons and Songs

April 2 at 6:00pm — Maundy Thursday Potluck (no service)

April 3 at 11:00am — Good Friday Service

April 4 at 7:00pm — Windswept Worship Contemplative Service

April 5 at 10:00am — Easter Sunday Eucharist Service

Palm Sunday Choir

We will have a choir for our Palm Sunday service. If you would like to join the choir, please plan to join us for a rehearsal **after** our Sunday services on **March 15 and 22**. If you have any questions, please contact RJ at rj@chambersmusic.ca.

Making Palm Crosses

In preparation for Palm Sunday, our Altar Guild and other parishioners will be making palm crosses. This will happen at St. Paul's on Saturday, **March 28th at 9:30am**. No experience needed. Fellowship and refreshments are included.

Lenten Book Study: A Different Kind Of Fast

During the Lenten season we will be hosting a book study led by Yovella each Sunday morning at 9am. The book is *A Different Kind of Fast: Feeding Our True Hungers in Lent* by Christine Paintner. This book draws on the wisdom of the desert [fathers], offering practical practices like lectio divina, breath prayer, visio divina, contemplative walks, and more. As we fast from rushing, planning, being strong, holding it all together, seeking certainty, and control, we can softly reorient ourselves toward that which nourishes and fulfills us, for the reflective Lenten season and beyond.

Ramadan Prayer Booklets

Between February 18 and March 30, our Muslim neighbours will be observing Ramadan – a month of holy fasting. Please consider using this month to pray for Jesus Christ to be made known to the Muslim world. Once again, we've made "30 Days of Prayer" booklets available at each entranceway; please help yourself or download a pdf version at www.pray30days.org.

Tax Receipts Available

Tax receipts from donations throughout the year of 2025 are now available outside of the office. If you prefer to receive your receipt by email, please request it at office@stpauls-anglican.ca.

Synod Scene

Read our Diocese's Synod Scene newsletter at www.edmonton.anglican.ca/newsletters/latest.

This Week's Ministry Teams

Music/Sound/Tech: Chambers/John/Jacky
Service Team: Parker Team
Prayers of the People: Gay G.
Vestry-on-Duty: Gay G.
Chapel Prayer: Kjeryn and Joan
Kids Sanctuary.: Michelle Y./Jordan Y.

Next Week's Teams: Mar 15th

Music/Sound/Tech: Andrew/Chandra/Yohana
Service Team: Heritage Team
Prayers of the People: Terry B.
Vestry-on-Duty: Gay G.
Chapel Prayer: Laurier and Terry
Lead/Assistants/Sanctuary:
Ryan Y./Michelle Y. & Jordan Y./Junior S.

Cycle of Prayer for St. Paul's

Cara Roemmich
(Jasper, Keziah, Sebastian, Callie)
Jennifer Bosse
Julian and Joan Daniel

National Anglican Cycle of Prayer

Diocese of **Moosonee:**
the Rt. Rev. Rod BrantFrancis, Bishop.
St. Mark-Jieng, Edmonton:
Akon Lual Akon, Rector.
Chaplain at Buyé High School:
Jerome Rivuzimana.
Saddle Lake Cree Nation.

St. Paul's Staff

Pulpit Supply: [Rev. Dr. Eric Kregel](#)
Community Facilitator: [Michelle Schurek](#)
Office Administrator: [Asher Hebert](#)

St. Paul's Vestry

vestry@stpauls-anglican.ca

Rector's Warden: Paul Dowie
People's Warden: Gay Gering
Parish Treasurer: David Heritage
Vestry Members: Debbie Liska, Jim Egeto,
Ryan Young, Junior Stanley,
& Nancy Whistance-Smith.



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