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*The Right Rev. Anna Greenwood-Lee, Bishop*

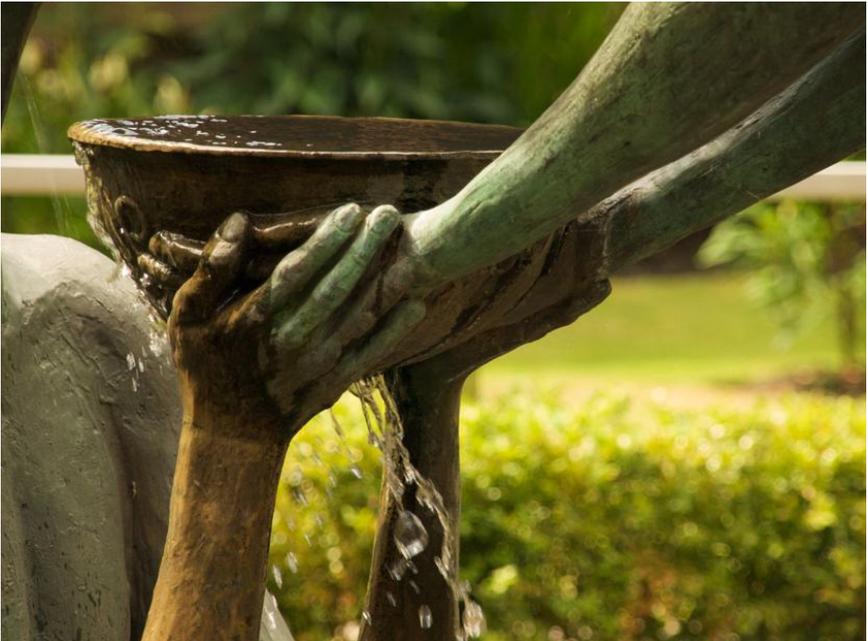
*Rev. Sr. Ingrid Andersen, Priest*

***“Together in Christ  
we seek to love God and  
to love and serve all others”***

**Third Sunday in Lent**

**10:00 a.m. Service**

**March 8, 2026**



Broadbent, Stephen, 1961-. Christ and the Samaritan Woman, from Art in the Christian Tradition.

**Sunday Services** are at 8:30 a.m. (Traditional Rite)

10:00 a.m. (Contemporary)

**Office Hours** Mon to Thurs 9:00-Noon

**Online Bible Study** Thursdays at 6:00 p.m.

## **WELCOME TO CHURCH OF THE ADVENT**

*If you are new to our parish, please identify yourself to the sidespersons or priest so we can welcome you and tell you about our church.*

*We recognize that we worship on the traditional lands of Coast Salish peoples. We commit ourselves to continue with our First Nations neighbours on the journey of healing, truth, and reconciliation.*

*The Rev. Sr. Ingrid Andersen preaches & presides.*

*This service is being broadcast live on the Internet. By attending this morning, you acknowledge and consent to the fact that video images of you may appear there.*

*Please have your electronic devices on silent mode during the service.*

**10:00 a.m. Holy Eucharist  
Book of Alternative Services, p. 185**

*Lay Eucharistic Minister is Paul Franceour  
Sidespeople are Rose Chandler & Mary Ellen Skinner  
Ministry of the Chalice – Carol Denton & Mike Armstrong  
Director of Music is Nell Howard*

***Flowers on the altar are to the Glory of God and in loving memory of  
Tony Harding, husband to Azeita and father to Adrian.***

## **THE GATHERING OF THE COMMUNITY**

**Leader:** As we meet today, we begin by remembering the Songhees and x<sup>w</sup>sepsəm nations, on whose traditional land we now gather in gratitude. We acknowledge their story and their stewardship of the land and water, the plants, and animals, through the many generations. As we meet today, we remember those who have called this place their home in recent years — the community of faith known as Church of the Advent. Let us greet one another with words and signs of welcome.

### **Opening Hymn: MV 87 Water Flowing from the Mountains (Living Water)**

© 2003 Jim Hannah; Arrangement © 2006 David Melhorn-Boe

Water flowing from the mountains. Water flowing o'er the earth.  
Water comes to us, so precious. Living water gives us birth.

**Refrain:** Drink deep this source of life. Drink deep and know.  
For living water sings, and living water brings  
the love that makes our spirit grow.

Water rushing down the rivers. Water rushing to the sea.  
Water comes to us, so precious. Living water makes us free. **[R]**

Water springing from the dry place. Water springing in the sun.  
Water comes to us, so precious. Living water for each one. **[R]**

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.**

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.**

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

**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.**

*(Please be seated)*

## THE STORY OF FAITH IS PROCLAIMED

### Chat at the Chancel:

#### Hymn: I Want Jesus to Walk with me

PD

I want Jesus to walk with me,  
I want Jesus to walk with me;  
All along my life-long journey,  
I want Jesus to walk with me.

#### First Reading: Exodus 17:1-7

Keith Denford

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 says to the Church.

**Thanks be to God.**

#### Psalm: 95

Paul Franceour

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.**

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.**

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.**

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!**

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.**

Forty years long I detested 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.”**

**Second Reading:** Romans 5:1-11

Lydia French

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 says to the Church.

**Thanks be to God.**

*(Please stand as you are able for the Gradual Hymn.)*

**Gradual Hymn: PoP 112 When Our Lives Are Ruled by Fear (Vs 1 & 3)**

Text: David Bjorlin, b.1984; © 2020 GIA Publications, Inc

When our lives are ruled by fear and our churches choked by greed,  
when success becomes our goal and security our creed:

**Refrain:** Let us brave the wilderness, dare to walk where few have trod,  
leaving safety's easy path, risking doubt, and finding God.

When our families exclude and our doctrines still divide,  
when our tables feed the full and the hungry starve outside: **[R]**

*(Please remain standing for the Gospel reading)*

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.**

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

Rev. Sr. Ingrid Andersen

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:** Rev. Sr. Ingrid Andersen

## RESPONDING TO THE WORD

### Prayers of the People:

Janet Denford

*(Please be seated for the prayers)*

Each petition will end with – Lord, in your mercy.  
Please respond with – **Hear our prayer.**

### Confession & Absolution:

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.

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.**

*(Please stand as you are able for the Peace)*

### The Peace:

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

*All are warmly welcome to join us at the Lord's Table. If you prefer not to receive communion but to receive a blessing, please cross your arms over your chest. Gluten-free bread is available upon request. Please leave your communion glasses in the bowls on the left and right as you return to your seat.*

## THE SACRED MEAL IS SHARED

### **Offertory Hymn: MV 117 By the Well, a Thirsty Woman**

© 2005 by Beth Stilborn © 2006 Diana Wilcox

By the well, a thirsty woman found the life that you could give,  
we, too, thirst like empty vessels – fill us full that we may live.  
Jesus, source of living water, wellspring bubbling deep within,  
by the waters of our baptism wisdom purpose life begin.

Plant us firm, like trees by water, send our roots down deep in you,  
quench our parched and thirsty spirits with your water, pure and true.  
Jesus, source of living water, nourisher of all on earth,  
by the waters of our baptism quicken growth and give new birth.

May we be your streams of justice, as the water, may we move  
through your people – by your Spirit showing mercy, sharing love.  
Jesus, source of living water, groundswell forcing truth to view,  
by the waters of our baptism set us free to live for you.

**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.**

### **Eucharistic Prayer #3 (BAS Pg. 198):**

**The Sanctus:** VU 951 Santo, Santo, Santo (Anon., Argentina)

**Santo, santo, santo. Mi Corazón te Adora!  
Mi Corazón te sabe decir; Santo eres Dios!  
Holy, holy, holy, my heart, my heart adores you!  
My heart is glad to say the words: You are holy, God!**

## **Lord's Prayer:**

© 2015 Jason D. Locke

Our Father in Heaven, **Hallowed be your name, your kingdom come, your will be done, on earth as it is 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 pow'r and the glory are yours now and forever. Amen.**

## **The Breaking of the Bread:**

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.**

## **The Communion:**

**Communion Anthem: The Servant**      *Sung by Choir*

Words and arrangement ©1988 The Iona Community GIA Publications

*(Please stand as you are able for the Prayer after Communion)*

**Prayer after Communion:** 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. Amen.**

**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.**

## SENDING FORTH

### Shared Ministry:

### Birthdays & Anniversaries:

### Sending out of Lay Eucharistic Visitors:

In the name of God and of this congregation, we send you forth bearing these holy gifts, that those to whom you go may share with us in Christ's body and blood.

**We being many, are one body, because we all share in the one bread.**

May those who receive it from you be strengthened and encouraged in the community we have together in our Lord Jesus Christ. **Amen.**

### Blessing:

Commissioning Hymn: CP 482 Come & Journey with a Saviour

### Commissioning:

Go in peace to love and serve the Lord.

**In the name of Christ!**

*We ask everyone to kindly please return the Lord's Prayer sheet music insert to the sidespeople before leaving church. Thank you.*

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## **INTERCESSIONS**

### **TODAY WE PRAY**

*We pray for The Episcopal Church in Jerusalem & the Middle East.*

*We pray for our Primate Shane, John our Metropolitan,  
Anna our Bishop, and Ingrid our Priest.*

*In the Western Peninsula & Gulf Islands region for The Very Reverend Ansley Tucker, priest in charge, and the Parish of St Michael and All Angels, Royal Oak.*

### **FOR THOSE WHO HAVE ASKED US TO PRAY FOR THEM**

*We pray for those who have asked for our prayers and for those we know and love, especially Agnes, Cena, Andrew, Steve, Alan, Linda, Jim, John, Tina, Jenny, Barb, Jim, Wayne, and Neil, and the residents and staff of Sunset Lodge.*

### **For Those Who are Mourning**

*We pray for the family and friends of Agnes Richardson, especially for her sons Wayne, David, and Ian.*

### **READINGS FOR NEXT WEEK**

Exodus 17:1-7; Psalm 95; Romans 5:1-11; John 4:5-42

## SHARED MINISTRY

**Don't forget to vote** – The new Church of the Advent Logo design is now on display in the Narthex, presented to you in three versions. Which one is your favourite? Please take a moment to choose one of the three (and pick A or B) and write your name and sign on the corresponding sheet. Online voting is also an option. Check your weekly newsletter!

**Jazz Vespers – March 15<sup>th</sup>** - Church of the Advent is thrilled to welcome vocalist Stephanie Greaves to our Jazz Vespers stage. Stephanie has performed all over the world. With an untiring commitment to her craft, she's become a household name at public events and private functions across Victoria and Vancouver Island. Be it at intimate solo shows, dinner theatre at the Oak Bay Beach Hotel, or singing Canada's national anthem for international dignitaries or tens of thousands of cheering Vancouver Canucks and BC Lions fans, Stephanie displays the versatility and grace of a natural performer. Stephanie will be accompanied by one of our favorite performers, award-winning jazz pianist Attila Fias.

**Save Your Treasures!** - Our annual **Garage Sale** is happening soon, on **Saturday, May 2<sup>nd</sup>**. This has always been a major event in the life of our church family and our Westshore community and, as in the past, we'll need lots of donated items! Please remember the Garage Sale when you and/or your neighbours are doing your spring cleaning and sorting. Note that we are **not accepting** clothing, TVs, computers, large furniture, mattresses, carpets, cribs and car seats, travel mugs and water bottles or books, records and movies (you can save these last three for the Book Sale in October).

**We will be accepting donations the week of April 27 – May 1.** Any questions? Contact Linda Van Sickle at 778 265 5347, or [lindavs51@gmail.com](mailto:lindavs51@gmail.com).

**Weekly Newsletters** – Everyone who is subscribed to our website should be receiving a weekly newsletter on Thursdays. If you have not received one for a while, please notify the parish office. Several newsletters sent to parishioners over a period were being bounced back by their providers' filters, unbeknownst to them. This problem can be resolved, so please let the office know if you notice that you haven't received anything in a while. **Another remedy is to add [admin@colwoodanglican.ca](mailto:admin@colwoodanglican.ca) to your email contact list.** And lastly, please add the church number (250-474-3031) to your Phone Contact list so the church is identified on your display should we call.

**From the Parish Library** – It's not too late to find a good book for Lent: there are several displayed on the top shelf of the small bookcase in the narthex, and hundreds to choose from on the main bookshelves. To borrow one, fill out a green slip from the shelf below the display, and put it in the box labelled Library.

### **MARK YOUR CALENDARS**

**Mar 11** Ladies Guild Mtg, 1:30 pm

**Mar 14** Parish Movie Night, 6 pm, Hall

**Mar 15** Jazz Vespers feat. Stephanie Greaves, 7 pm

**Mar 17** Book Club, 10 am, St. John's Room

**Mar 25** LG Community Lunch, 12 pm, Hall

**Mar 28** Spanish Service (Oscar Romero) & Potluck, 6 pm

**Mar 29** 8:30 Breakfast, Room C

**Apr 1** Community Coffee Social, 9:30-11 am

**Apr 2** Agape Meal & Maundy Thursday, 6 pm, Hall

**Apr 3** Good Friday Service, 10 am

**Apr 4** Bilingual Easter Vigil Service & potluck, 6 pm

**Apr 5** Easter Sunrise Service, 6:15 am, Esquimalt Lagoon  
Easter morning services, 8:30 & 10 am

**Apr 6** Easter Monday, Parish office closed

**Apr 8** LG Meeting, 1:30 pm

**Apr 6-12** Sr Ingrid on Vacation

**Apr 13-16** Sr Ingrid at Clergy Conference

**Apr 21** Book Club (all welcome), St. John's Rm, 10 am  
Parish Council Mtg, 7 pm

**Apr 22** LG Community Lunch, noon

**Apr 25** Spanish Service, 5:30 pm, & Parish Spring Potluck, 6:30 pm

**Apr 26** 8:30 Breakfast, Rm C

**Apr 27-May 1-** GARAGE SALE PREP WEEK

**May 2** GARAGE SALE DAY; Taize Service, 5 pm

# Anglican Church of the Advent Holy Week and Easter Services

- Sunday Mar 29 Palm Sunday & Passion of the Cross 10 AM
- Monday Mar 30 Meditation & Prayer Service, Chapel, 6 PM
- Tuesday Mar 31 Meditation & Prayer Service, Chapel, 6 PM
- Wednesday April 1 Meditation & Prayer Service, Chapel, 6 PM
- Thursday April 2 Maundy Thursday Agape Meal and Eucharist Service at 6 PM
- Friday April 3 Good Friday, Church, 10 AM  
(Meditation on the final words of Jesus)
- Saturday April 4 Easter Vigil (Spanish & English language), @ 6 PM (followed by potluck dinner)
- Sunday April 5 Easter Sunrise Service, 6:30 AM Esquimalt Lagoon  
Easter, 8:30 AM Service  
Easter 10 AM Service  
(followed by children's Easter Egg hunt)

We'd love you to join us - you are welcome at all of our services.  
Come just as you are, you're great ♥

510 Mount View Ave, Colwood <https://www.colwoodanglican.ca>

