



St. Mary the Virgin Anglican Church

The Third Sunday in Lent – March 8, 2026

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

Welcome

We are delighted that you have joined us for worship.

The Parish of St. Mary the Virgin is a member of the Diocese of British Columbia and the Anglican Church of Canada. We are an inclusive and welcoming parish: the sacraments of the church (baptism, communion and marriage) are available to all people on equal terms. Christ welcomes you, and so do we. As a parish we acknowledge with gratitude that we live, work and play on the traditional lands of the Lekwungen peoples. We commit ourselves, as a settler church and people, to continue with our First Nations hosts on the journey of truth-telling, healing, and reconciliation.

The Collection Plate *has been placed at the back of the church for use as you arrive. It will be moved to the front of the church during the Offertory hymn and placed in a location where you may place your gifts as you come to receive Communion. Please also consider one of the other available means of giving regularly: electronic donations on our website via CanadaHelps, or monthly direct debit donations via the PAR (Pre-Authorized Remittance program - details are available in a brochure at the entrance, or on the website: www.stmarysoakbay.ca/donate).*

Flower Dedications

At St Mary's it is our tradition to refrain from displaying memorial flowers during Lent and Advent. If you would like to schedule a memorial arrangement at the next opportunity, contact Anne Underhill, 250-370-5027

10:00am Service

Minister of Welcome:	Mary Lawrence	Organ:	Marianne Robinson
Presider & President:	The Ven Craig Hiebert	Music:	St. Mary Singers
Lay Eucharistic Ministers:	Tony Barlow John McCann	Livestream:	Gillian Barlow

Please note that this service is being broadcast live on the Internet. By attending in person, you are acknowledging and consent to the fact that the video images of you may appear online.

*In the service order, words set in **bold italic type** are said by the congregation.*

THE COMMUNITY GATHERS BEFORE GOD

WELCOME

PRELUDE

PROCESSION

The congregation stands as the Choir & Clergy enter in silence.

CALL TO CONFESSION

*Note: Especially during Lent, but also at other times of the year, we say or sing the prayer 'Lord, have mercy. Christ, have mercy. Lord, have mercy'—or in its most ancient Greek form, 'Kyrie eleison' (pronounced **key-ree-ay el-lay-ee-zon**). This prayer is a recurring theme in both the Old and New Testaments of the Bible, which expresses our confidence in a merciful and transforming God.*

Eternal Spirit, Living God, you know the secrets of our hearts.

Cantor: Congregation:



Ky - ri - e: **ky - ri - e e - le - i - son.**

We recognize our brokenness.

Cantor: Congregation:



Chri - ste: **Chri - ste e - lei - i - son.**

We trust in your merciful love.

Cantor: Congregation:

Ky - ri - e: ky - ri - e e - le - i - son.

CONFESSON AND ASSURANCE OF PARDON

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.

TRISAGION

(707)

Repeated three times.

Ho - ly God, ho - ly and migh - ty,
ho - ly im - mor - tal one, have mer - cy up - on us.

The Bishop reminds us of God's healing and forgiveness

CENTRING STILLNESS

Silence is kept.

COLLECT OF THE DAY

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.

Propers Working Group (2016)

The congregation sits.

THE STORY OF FAITH IS PROCLAIMED

READING FROM THE HEBREW SCRIPTURES

Exodus 17. 1-7, Jackie Hiebert

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. ²The 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?" ³But 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?" ⁴So Moses cried out to the Lord, "What shall I do for this people? They are almost ready to stone me." ⁵The 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. ⁶I 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. ⁷He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Holy word, holy wisdom.

Thanks be to God.

PSALM 95

Come, let us sing to the Lord;
let us shout for joy to the rock of our salvation.

***Let us come before the presence of the Lord with thanksgiving
and raise a loud shout to God with psalms.***

For you, O Lord, are a great God,
and a great sovereign above all gods.

***In your hand are the caverns of the earth,
and the heights of the hills are yours also.***

The sea is yours, for you made it,
and your hands have moulded the dry land.

***Come, let us bow down, and bend the knee,
and kneel before the Lord our Maker.***

For you are our God,
and we are the people of your pasture and the sheep of your hand.
Oh, that today we would hearken to your 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.”

Glory to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now, and will be forever. Amen.

READING FROM THE NEW TESTAMENT LETTERS

Romans 5. 1-11, David Stewart

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand, and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our afflictions, knowing that affliction produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and 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.

⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸But God proves his love for us in that while we still were sinners Christ died for us. ⁹Much more surely, therefore, since we have now been justified by his blood, will we be saved through him from the wrath of God. ¹⁰For 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. ¹¹But 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.

GOSPEL HYMN

Tree of Life and Awesome Mystery (179)

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.
2. Seed that dies to rise in glory,
may we see ourselves in you;
if we learn to live your story
we may die to rise anew,
we may die to rise anew.
3. We remember truth once spoken,
love passed on through act and word;
every person lost and broken
wears the body of our Lord,
wears the body of our Lord.
4. Gentle Jesus, mighty Spirit,
come inflame our hearts anew.
We may all your joy inherit
if we bear the cross with you,
if we bear the cross with you.
5. Christ, you lead and we shall follow,
stumbling though our steps may be;
one with you in joy and sorrow,
we the river, you the sea,
we the river, you the sea.
6. Living Water of salvation,
be the fountain of each soul;
springing up in new creation,
flow in us and make us whole,
flow in us and make us whole.

GOSPEL

John 4. 5-42

Before the Gospel is read, the reader says:

God is with you.

And also with you.

The Good News of Jesus according to John.

Glory to you, Lord Jesus Christ.

⁵So Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." ⁸(His disciples had gone to the city to buy food.) ⁹The 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.) ¹⁰Jesus 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." ¹¹The woman said to him, "Sir, you have no bucket, and the well is deep.

Where do you get that living water? ¹² Are you greater than our ancestor Jacob, who gave us the well and with his sons and his flocks drank from it?" ¹³ Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴ 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." ¹⁵ 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."

¹⁶ Jesus said to her, "Go, call your husband, and come back." ¹⁷ The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband,' ¹⁸ for you have had five husbands, and the one you have now is not your husband. What you have said is true!" ¹⁹ The woman said to him, "Sir, I see that you are a prophet. ²⁰ Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." ²¹ Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ 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. ²⁴ God is spirit, and those who worship him must worship in spirit and truth." ²⁵ 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." ²⁶ Jesus said to her, "I am he, the one who is speaking to you."

²⁷ 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?" ²⁸ Then the woman left her water jar and went back to the city. She said to the people, ²⁹ "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" ³⁰ They left the city and were on their way to him.

³¹ Meanwhile the disciples were urging him, "Rabbi, eat something." ³² But he said to them, "I have food to eat that you do not know about." ³³ So the disciples said to one another, "Surely no one has brought him something to eat?" ³⁴ Jesus said to them, "My food is to do the will of him who sent me and to complete his work. ³⁵ 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. ³⁶ The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, 'One sows and

another reaps.’ ³⁸ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

³⁹ Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” ⁴⁰ So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days. ⁴¹ And many more believed because of his word. ⁴² 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

Praise to you, Lord Jesus Christ.

RESPONDING TO THE WORD

SERMON

ANTHEM

Never Weather-Beaten Sail, Thomas Campion

AFFIRMING OUR FAITH

The Apostles’ Creed

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 FOR OURSELVES AND THE WORLD

Jackie Hiebert

The congregation stands, sits, or kneels.

Good and gracious Lord,
give us the water of life.

In your prayers this week remember the following: Those in need of healing and care, including Alex, Colin, Frances, and Joan. In our diocese of islands and inlets pray for Anna, our Bishop; John, our Metropolitan; Chris, our National Indigenous Anglican Archbishop; and Shane, our Primate; and for the Parish of St Matthias, Victoria, and their clergy Colleen Lissamer. In our province, pray the Diocese of the Yukon, and in the Anglican Communion the Episcopal Church in Jerusalem & The Middle East. We pray also for the Staff of the Canadian College of Performing Arts, and for the Teachers of the Oak Bay Preschool.

A Note About Our Prayer Ministry: *If you wish to request prayers for yourself or for someone else, please send the information to the office: admin@stmarysoakbay.ca. Requests received by end of day Wednesdays will be included in the leaflet for the following Sunday and for three weeks following. Prayers will also be included by the members of the Angel Wings Prayer Team. A new request may be made if you wish specific prayers to be continued. We require only a first name, but it is helpful if an area of need is included, eg, in need of prayer; sickness; awaiting surgery; recovering from surgery; ongoing treatment; death; grieving.*

PEACE

The congregation stands

The peace of Christ be always with you.

And also with you.

We share signs of Peace with those around us.

THE SACRED MEAL IS SHARED

For safety, the Collection Plate has been placed at the back of the church for use as you arrive. It will be moved to the front of the church during the Offertory hymn and placed in a location where you may place your gifts as you come to receive Communion. Please also consider one of the other means of giving that do not require our volunteers and staff to handle cash and cheques: electronic donations on our website via CanadaHelps, or bi-weekly or monthly direct debit donations via our diocesan Electronic Collection Plate (details are available in a brochure at the entrance, or on the website: www.stmarysoakbay.ca/donate).

OFFERTORY HYMN

Glorious Things of Thee Are Spoken (388)

1. Glorious things of thee are spoken,
Zion, city of our God;
he whose word cannot be broken
formed thee for his own abode.
On the rock of ages founded,
what can shake thy sure repose?
With salvation's walls surrounded,
thou mayest smile at all thy foes.
2. See! The streams of living waters,
springing from eternal love,
well supply thy sons and daughters
and all fear of want remove.
Who can faint, when such a river
ever flows their thirst to assuage?
Grace, which like the Lord, the giver,
never fails from age to age?
3. Round each habitation hovering,
see the cloud and fire appear
for a glory and a covering –
showing that the Lord is near.
Thus they march, the pillar leading,
light by night and shade by day;
daily on the manna feeding
which God gives them when they pray.
4. Saviour, if of Zion's city
I through grace a member am,
let the world deride or pity,
I will glory in thy name.
Fading is the world's best pleasure,
all its boasted pomp and show:
solid joys and lasting treasure
none but Zion's children know.

PRAYER OVER THE GIFTS

God our provider, you have not fed us with bread alone, but with words of grace and life. Bless us and these your gifts, which we receive from your bounty, through Jesus Christ our Lord. **Amen.**

Evangelical Lutheran Worship (2006)

THE CELEBRATION OF THE EUCHARIST

The Book of Alternative Services, Prayer 5

The congregation remains standing, as they are able

The Lord is with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

We give you thanks and praise, almighty God, for the gift of a world full of wonder, and for our life which comes from you. By your power you sustain the universe.

Glory to you for ever and ever.

(730)

You created us to love you with all our heart, and to love each other as ourselves, but we rebel against you by the evil that we do.

In Jesus, your Son, you bring healing to our world and gather us into one great family.

Therefore, with all who serve you on earth and in heaven, we praise your wonderful name, as we sing,

Cantor: Holy, holy, holy Lord

(726)

God of power and might,

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.

We give you thanks and praise, loving Father, because in sending Jesus, your Son, to us you showed us how much you love us. He cares for the poor and the hungry. He suffers with the sick and the rejected.

Betrayed and forsaken, he did not strike back but overcame hatred with love. On the cross he defeated the power of sin and death. By raising him from the dead you show us the power of your love to bring new life to all your people.

Glory to you for ever and ever.

On the night before he gave up his life for us, Jesus, at supper with his friends, took bread, gave thanks to you, broke it, and gave it to them, saying, "Take this, all of you, and eat it: this is my body which is given for you."

After supper, Jesus took the cup of wine, said the blessing, gave it to his friends, and said, "Drink this, all of you: this is the cup of my blood, the blood of the new and eternal covenant, which is shed for you and for many, so that sins may be forgiven. Do this in memory of me."

Glory to you for ever and ever.

Gracious God, with this bread and wine we celebrate the death and resurrection of Jesus, and we offer ourselves to you in him.

Send your Holy Spirit on us and on these gifts, that we may know the presence of Jesus in the breaking of bread, and share in the life of the family of your children.

Glory to you for ever and ever.

Father, you call us to be your servants; fill us with the courage and love of Jesus, that all the world may gather in joy at the table of your kingdom.

We sing your praise, almighty Father, through Jesus, our Lord, in the power of the Holy Spirit, now and for ever.

Glory to you for ever and ever. Amen.

THE LORD'S PRAYER

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.*

Silence is held

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 gifts of God, for the People of God.
Thanks be to God.

AGNUS DEI

Orthodox Chant

The musical notation consists of two systems, each with a Cantor part and an All part. Both systems are in a single melodic line with a key signature of one flat (B-flat) and a common time signature. The lyrics are: "Lamb of God, you take a - way the sins of the world, have mer - cy on us." The first system ends with a double bar line and repeat dots. The second system follows the same structure but ends with the word "peace." instead of "us".

THE COMMUNION

All are invited to receive Communion.

The sacrament will be offered in both kinds (bread and the common cup) but be assured that in the Anglican Church of Canada it has always been our tradition that receiving only one of the elements is considered full Communion. Gluten-free wafers for communion are available. Please request it from the person who is distributing the bread.

If you do not wish to receive Communion, you are also welcome to come forward to receive a blessing. This is signified by folding your hands across your chest as you approach the presider.

COMMUNION HYMNS

Jesus, the Very Thought of Thee (617)

1. Jesu, the very thought of thee,
with sweetness fills the breast;
but sweeter far thy face to see,
and in thy presence rest.
2. No voice can sing, no heart can frame,
nor can the mind recall
a sweeter sound than Jesus' name,
the Saviour of us all.
3. O hope of every contrite heart,
O joy of all the meek;
to those who ask, how kind thou art,
how good to those who seek!
4. But what to those who find? Ah, this
nor tongue nor pen can show;
the love of Jesus, what it is
none but his loved ones know.
5. Jesu, our only joy be thou,
as thou our prize wilt be;
in thee be all our glory now,
and through eternity.

Amazing Grace (352)

1. Amazing grace! How sweet the sound
that saved a wretch like me!
I once was lost, but now am found:
was blind, but now I see.
2. 'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!
3. The Lord has promised good to me,
his word my hope secures;
he will my shield and portion be
as long as life endures.
4. Through many dangers, toils, and snares
I have already come;
'tis grace that brought me safe thus far,
and grace will lead me home.
5. When we've been there ten thousand years,
bright shining as the sun,
we've no less days to sing God's praise
than when we'd first begun.

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.

COMMUNITY NOTES

DOXOLOGY

The congregation stands

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

HYMN

The Kingdom of God is Justice and Joy (631)

1. The kingdom of God is justice and joy,
for Jesus restores what sin would destroy.
God's power and glory in Jesus we know,
and here and hereafter the kingdom shall
grow.
2. The kingdom of God is mercy and grace;
the captives are freed, the sinners find place.
The outcasts are welcomed God's banquet
to share,
and hope is a awakened in place of despair.
3. The kingdom of God is challenge and choice:
believe the good news, repent and rejoice!
His love for us sinners brought Christ to
his cross,
our crisis of judgement for gain and for loss.
4. God's kingdom is come, the gift and the goal,
in Jesus begun, in heaven made whole.
The heirs of the kingdom shall answer his call,
and all things cry "Glory!" to God All-in-All.

DISMISSAL

Go in the peace of Christ.

Thanks be to God.

POSTLUDE

The musical postlude is a part of worship, extending the beauty of holiness so that the congregation can remember and give thanks for our encounter with God's Word as it has been experienced this day. You are invited to use this time for reflection, remaining seated.

Lent Noon Hour Concert
March 11, 2026
11:30am – 12:30pm

*Please note the time change
for this concert.*



JOYCE TSAI
VIOLINIST

MAR 11,
11:30 AM-
12:30 PM

Jazz 
EVENSONG

a unique blend of exceptional jazz
rooted in Anglican meditation and prayer

Sunday, March 15, 4 pm

*featuring amazing local musicians
and stirring poetry,
surrounded by light and art*

suggested donation \$20



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