



Christ Church
Cathedral
Ottawa

Third Sunday in Lent

Sunday | March 8th | 2026

10.30 am | Choral Eucharist | BAS

Mass of St. Bridget and St. Bride | John Bell

Welcome

Children are welcome to fully participate in the service
and activity sheets are available at the entrance to the Cathedral.
Sidespeople can provide headsets for those who need hearing assistance.
Please turn off or set mobile devices to silent mode.

*Our diocese was founded on the homeland of the Anishinaabe Algonquins.
May we dwell on this land with respect and peace.*

The Gathering of the Community

Prelude | *Schmücke dich, o liebe Seele (BWV 654) | J.S. Bach*

Introit | *Lent Prose | Tone V*

Hear us, O Lord, have mercy upon us, for we have sinned against thee. God, we implore thee, in thy glory seated bow down and hearken to thy weeping children; pity and pardon all our grievous trespasses.

Greeting

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

And also with you.

A Penitential Order

Sentence

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

Bless the Lord who forgives all our sins.

God's mercy endures for ever.

Invitation to Confession

Dear friends in Christ, God is steadfast in love and infinite in mercy; God welcomes sinners and invites us to this table. Let us confess our sins, confident in God's forgiveness.

Silence.

Kyrie Eleison

Kyrie eleison, Christe eleison, Kyrie eleison. | Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Confession and Absolution

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.**

Prayer for the Bishop-Elect

Almighty God, in your divine providence you have appointed various orders in your Church. Give grace to your servant Kathryn, who has been called to the office and ministry of Bishop for your people in our Diocese; fill her with the truth of your doctrine and holiness of life, that she may faithfully serve you, to the glory of your name and for the benefit of your Church; through Jesus Christ our Lord. **Amen.**

Collect of the Day

Almighty God, whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Proclamation of the Word

First Reading | *Exodus 17:1-7*

A reading from the book of Exodus.

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?"

But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

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.'"

Second Reading | Romans 5:1-11

A reading from the letter of Paul to the Romans.

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly.

Indeed, rarely will anyone die for a righteous person – though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Holy Word. Holy Wisdom.

Thanks be to God.

Gradual | *Wash me thoroughly* | G.F. Handel

Wash me thoroughly from my wickedness and cleanse me from my sin.

Holy Gospel | *John 4:5-42*

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is

not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you." Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him. Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour." Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

The Dean's Charge to Vestry

Hymn 177 | *A spendthrift lover is the Lord*

Apostles' Creed

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

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

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Prayers

Let us pray.

Gracious and holy God, we pray for your blessing to rest upon Shane, our Primate, Anne, our Metropolitan, our diocese and cathedral. Let your presence be made known in all that we do and all that we say. In this holy season of Lent, draw us more deeply into prayer, into humility, and into love, that your joy and compassion may flow through us and touch all whom we meet.

Lord, in your mercy,

hear our prayer.

Creator and Redeemer God, drive away the shadows of despair that linger over our politics and public life. Revive in us the longing for justice and truth; restore our courage to seek what is good and right. Establish your just and gentle reign throughout the world—especially in places torn by violence and war, where peace feels distant and where so many have lost homes, loved ones, and hope itself. Make us instruments of your peace and servants of reconciliation.

Lord, in your mercy,

hear our prayer.

Compassionate and healing God, stretch out your tender hand upon all who are ill in body, mind, or spirit. We remember before you those known to us who suffer in pain, those burdened by anxiety or grief, and those whose hearts are broken by personal or family struggles. Surround them with your mercy, uphold them with your strength, and grant them the comfort of your presence.

Silence.

Lord, in your mercy,
hear our prayer.

God of all consolation, be near to those who mourn. Give courage and quiet faith to the bereaved, that, casting their cares upon you, they may find strength for each new day and hope in the promise of resurrection life.

Silence.

Lord, in your mercy,
hear our prayer.

Faithful and everlasting God, renew us through this Lenten journey. Cleanse our hearts, strengthen our fellowship, and send us into the world as witnesses to the Gospel of your Son. May we walk the way of the cross with humility and love, bringing healing where there is hurt, welcome where there is loneliness, and reconciliation to this wounded world.

Lord, in your mercy,
hear our prayer.

Holy God, receive these prayers, spoken and unspoken, for the sake of your Son, our Saviour Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Peace

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

Offertory Hymn 352 | *Amazing grace*



Thank you for donating to the ministry of our Cathedral! You may also make an offering via the collection plate or tip-tap machine in the foyer, by going to <https://www.canadahelps.org/en/dn/5519> or by e-transfer to info@ottawacathedral.ca.

The Celebration of the Eucharist

Prayer Over the Gifts

Spring of life and Source of goodness, receive all we offer you this day, and bring us to the living water, Jesus Christ, your Son our Lord. **Amen.**

The Great Thanksgiving

The Lord be 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.

It is indeed right to thank you and praise you, holy and gracious God, creator of all things, ruler of heaven and earth, sustainer of life, for you are the source of all goodness, rich in mercy and abounding in love; you are faithful to your people in every generation, and your word endures for ever.

Therefore with angels and archangels, with the fellowship of saints and the company of heaven, we glorify your holy name, evermore praising you: *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.*

We praise you, merciful God, not as we ought, but as we are able, because in your tender love you gave the world your only Son, in order that the world might be saved through him. He made you known by taking the form of a servant, healing the sick, liberating the oppressed, reaching out to the lost.

Betrayed, reviled, and nailed to the cross, he confronted the power of sin and disarmed it for ever. In his offering of himself, he became the perfect and sufficient sacrifice for the sins of the whole world. Redeemed by Christ, we have been adopted as your children; by your pardon you have made us worthy to praise you.

On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and 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."

In obedience to him and with grateful hearts we approach your holy table, remembering our Saviour's sacrifice, and rejoicing in his victory. Confident in his sovereign purpose, we declare our faith.

Christ has died, Christ is risen, Christ will come again.

Send your Holy Spirit on us that as we receive this bread and this cup we may partake of the body and blood of our Lord Jesus Christ, and feed on him in our hearts by faith with thanksgiving.

May we be renewed in his risen life, filled with love, and strengthened in our will to serve others; and make of our lives, we pray, a pure and holy sacrifice, acceptable to you, knitting us together as one in your Son Jesus Christ, to whom, with you and the Holy Spirit, be all honour and glory, now and forever. **Amen.**

The Lord's Prayer

Our Father,

who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

Breaking of 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

Communion

All are welcome to come to the altar rail. If you wish prayers for healing before receiving Communion, please carry an Order of Service with you; to receive a blessing, cross your hands over your chest; for a gluten-free wafer, hold out one hand; for a regular wafer, hold out two hands. Please do not dip the bread in the wine.

Motet | *Bread of the world in mercy broken* | Peter Aston

Bread of the world in mercy broken, Wine of the world in mercy shed, By whom the words of life were spoken, And in whose death our sins are dead: Look on the heart by sorrow broken, Look on the tears by sinners shed, And be thy feast to us the token, That by thy grace our souls are fed. Amen.

The Sending of the Community

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.**

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, forever and ever. Amen.

Blessing and Dismissal

May the God of mercy transform you by grace, and the blessing of God the Creator, God the Son, and God the Holy Spirit, be among you and remain with you always. **Amen.**

Go forth in the name of Christ.

Thanks be to God.

Hymn 397 | *Praise the one who breaks the darkness*

Postlude | *Moderato (Symphonie 3 opus 13/3)* | C.M. Widor

Celebrant | The Reverend Canon Doug Richards
Preacher | The Very Reverend Beth Bretzlaff
Readers | Peter Webber | Shawn Wenuk
Intercessor | Ron Medas
Duty Warden | Jane Morris | Godfrey Mabaleka

Organist | Nick Veltmeyer
Director | James Calkin
Sung by | Women of Voces Cathedrae

Liturgy: *The Book of Alternative Services* ©1985; *Supplementary Eucharistic Prayer #3* © 2001; *The Psalter of The Book of Alternative Services Emended for Contemporary Liturgical Use* ©2016 by the General Synod of the Anglican Church of Canada. Readings: *New Revised Standard Version Bible (NRSV)* Anglicized Edition, ©1989, 1995, Division of Christian Education of the National Council of the Churches of Christ in the United States of America.

Readings Next Sunday | March 15th

Fourth Sunday in Lent

1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41

Christ Church Cathedral Ottawa

Anishinaabe aking ate awaso kikinawadjichigan | A place of prayer on Algonquin territory
The Anglican Cathedral in the Nation's Capital
Cathedral of the Canadian Forces Anglican Military Ordinariate

414 Sparks Street, Ottawa, Ontario K1R 0B2

613.236.9149 | info@ottawacathedral.ca | www.ottawacathedral.ca | @ottawacathedral

Dean of Ottawa and Rector | The Very Reverend Beth Bretzlaff (ext. 161)

Vicar | The Reverend Canon Douglas Richards (ext. 191)

Deacon Residentiary | The Reverend Dr. Jarrett Carty

Honorary Assistants | The Reverend Joan Riding | The Reverend Victoria Scott |

LCol (ret'd) The Venerable Michelle Staples | Lt (N) The Reverend Katherine Walker

Lay Readers | Daniel Jerusalemic | Ted Livingstone

Director of Music and Organist | James Calkin (ext. 201)

Associate Director of Music | Andrew McAnerney (ext. 121)

Music Associate | Nick Veltmeyer

Algonquin Teacher in Residence | Albert Dumont (Oshki Nodin)

Church Wardens | Jane Morris | Katherine Spencer-Ross

Director of Operations and Development | Nicholas Galambos (ext. 171)
