

Lent 3
8 March 2026
8 am Holy Eucharist

*The Book of Common Prayer Communion service is found in the accompanying seasonal booklet. The Congregation joins in the **bold font**.*

Collect of the Day

Presider: Let us pray,

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

The Lesson: Exodus 17:1-7

Reader: The Lesson is taken 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. ²The 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?' 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 with 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 quarrelled and tested the LORD, saying, 'Is the LORD among us or not?'

Here endeth the Lesson.

Gradual Psalm: 95 *Venite, exultemus.*

- ¹ O come, let us sing unto the LORD:
let us heartily rejoice in the strength of our salvation.
- ² Let us come before his presence with thanksgiving, /
and show ourselves glad in him with psalms.
- ³ For the LORD is a great God, /
and a great King above all gods.
- ⁴ In his hand are all the corners of the earth: /
and the strength of the hills is his also.
- ⁵ The sea is his, and he made it: /
and his hands prepared the dry land.
- ⁶ Come, let us worship, and fall down, /
And kneel before the LORD our Maker.
- ⁷ For he is the Lord our God; /
and we are the people of his pasture, and the sheep of his hand.
- ⁸ Today, O that ye would hear his voice: /
**‘Harden not your hearts as in the Provocation,
and as in the day of Temptation in the wilderness;**
- ⁹ When your fathers tempted me, /
proved me, and saw my works.
- ¹⁰ Forty years long was I grieved with that generation, and said, /
**“It is a people that do err in their hearts,
for they have not known my ways”;**
- ¹¹ Unto whom I swear in my wrath, /
that they should not enter into my rest.”

Glory be to the Father, and to the Son, and to the Holy Ghost,
As it was in the beginning, is now, and ever shall be, world without end.

The Gospel: John 4:5-42

Presider: The Lord be with you,

All: and with thy Spirit.

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

All: Glory be to thee, O Lord.

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

⁷ A 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.) ⁹ 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.) ¹⁰ 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.' ¹¹ The 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 worshipped 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 worshippers 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 labour. Others have laboured, and you have entered into their labour.'

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 for 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 Saviour of the world.'

The Gospel of Christ.

All: Praise be to thee, O Christ.

Readings for Lent 4, March 15, 2026

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



This Week at HTC

Tuesday March 10

4-5 pm Trinity Tuesdays "Walking the Way" (Lounge)

Wednesday March 11

9:30-10 am Midweek Eucharist

10:30-11:30 am Bible Study (Lounge)

Thursday March 12

5:30-6 pm Vespers (on Zoom- link in newsletter)

Saturday March 14

11.00 am-noon HTC Community Brunch (Parish Hall)

Sunday March 15

8-9 am BCP Eucharist (Cathedral & Facebook Live)

10-11:15 am Choral Eucharist Cathedral & Facebook Live)

SERVICES ARE LIVE-STREAMED VIA FACEBOOK

For more information and to sign-up for the newsletter,

see the Holy Trinity Cathedral website at www.holytrinitycathedral.ca

or you can contact the Parish Office

at administrator@holytrinitycathedral.ca

or the Rev. Stephanie Shepard at stephanie@holytrinitycathedral.ca

*Holy Trinity Cathedral is located at 514 Carnarvon, New Westminster BC
phone 604-521-2511*



HOLY WEEK IN NEW WESTMINSTER

Thursday April 2, 7:00 pm

Maundy Thursday supper and service at St. Barnabas

Friday April 3, 10:30-11:45 am

Good Friday service at Holy Trinity Cathedral

Friday April 3, 12 noon to 1 pm

"Cross Walk" Stations of the Cross around New Westminster,
beginning and ending at HTC

Saturday April 4, 7 pm

Easter Vigil service at St. Mary, Sapperton

Sunday April 5

Easter Sunday at Holy Trinity Cathedral!

7:30 am Lighting of the Easter Fire

8 am Traditional Easter Eucharist

9 am Light Easter Breakfast in the Lounge

10 am Choral Easter Eucharist

11:30 am Easter Egg Hunt for younger folk

