



WE ACKNOWLEDGE THAT AS A PARISH OF THE DIOCESE OF NEW WESTMINSTER,
WE GATHER ON THE TRADITIONAL AND UNSURRENDERED TERRITORY OF THE
HALQ'EMEYN-SPEAKING COAST SALISH PEOPLES, INCLUDING BUT NOT LIMITED TO
THE QAYQAYT, MUSQUEAM, KWITWETLEM, KWANTLEN, TSAWWASSEN. AND TSEIL-
WAUTUTH, WE SEEK TO WALK A PATH OF RECONCILIATION & HEALING.

**10 am Eucharist
Lent 3
8 March 2026**

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*Whether you have been a lifelong Anglican or are new to our tradition, we welcome you this morning! If you are not familiar with Anglican worship, simply allow the words, music and symbols to speak to you. Participate as fully as you feel comfortable in doing. We stand to sing and sit to listen. Some people kneel for prayer, some sit and some stand. Please do what is comfortable for you. You are invited to join in the words in **bold type**. Music for the songs is found in the blue Common Praise or green Songs for a Gospel People hymnbook in the pews.*

THE GATHERING OF THE COMMUNITY

Prelude

Welcome

Gathering Hymn

'Let My People Seek Their Freedom'

Common Praise 471 (tune Omni Dei)

**From the slave pens of the delta, from the ghettos on the Nile,
Let my people seek their freedom in the wilderness awhile:
So God spoke from out of Sinai, so God spoke and it was done,
And the people crossed the waters toward the rising of the sun.**

**From the aging shrines and structures, from the cloister and the aisle,
Let my people seek their freedom in the wilderness awhile;
So the Son of God has spoken, and the storm-clouds are unfurled,
For his people must be scattered to be servants of the world.**

**When we murmur on the mountains for the old Egyptian plains,
When we miss our ancient bondage and the hope, the promise wanes,
Then the rock shall yield its water and the manna fall by night,
And with visions of a future shall we march toward the light.**

**In the maelstrom of the nations, in the journey into space,
In the clash of generations, in the hungering for grace,
In our agony and glory, we are called to newer ways
By the Lord of our tomorrows and the God of earth's todays.**

Greeting

Presider: The grace of our Lord Jesus Christ and the love of God and the communion of the Holy Spirit be with you all.

People: **And also with you.**

Presider: We gather here from many places on land that is the traditional and unsundered territory of the Halq'emeyn-speaking Coast Salish peoples.

People: **May Christ lead us on right pathways as we seek truth and reconciliation in action.**

Silence is kept for us to confess our brokenness and need for healing

Kyrie (sung 3 times through)
Common Praise 678 (Merbecke)

**Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.**

Presider: 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.

All: Amen.

Young People's Time

The 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 PROCLAMATION OF THE WORD

The First Reading: Exodus 17:1-7

Reader: 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. ² 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?' ³ 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?' ⁴ So Moses cried out to the LORD, 'What shall I do with this people? They are almost ready to stone me.' ⁵ 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. ⁶ 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. ⁷ He called the place Massah and Meribah, because the Israelites quarrelled and tested the LORD, saying, 'Is the LORD among us or not?'

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

The Psalm: 95 (the Venite)

**O come, let us sing unto the Lord;/
Let us heartily rejoice in the strength of our salvation.**

**Let us come before his presence with thanksgiving,/
and show ourselves glad in him with psalms.**

**For the Lord is a great God,/
and a great King above all gods.**

**In his hand are all the corners of the earth;/
and the strength of the hills are his also.**

**The sea is his and he made it;/
and his hands prepared the dry land.**

**O come, let us worship, and fall down,/
and kneel before the Lord our Maker.**

**For he is the Lord our God;/
and we are the people of his pasture, and the sheep of his hand.**

**Today, O that you would hear his voice;/
'Harden not your hearts as in the provocation,
and as the day of temptation in the wilderness;**

**When your fathers tempted me,/
proved me, and saw my works.**

**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.**

**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. Amen.**

The Second Reading: Romans 5:1-11

Reader: A reading from Paul's Letter to the Romans,

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 sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and 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.

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 then, now that we have 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.

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

Gospel Hymn (sung three times)

'By Night We Hasten'

Common Praise 530 (tune Taize)

**By night we hasten, in darkness,
to seek for living water;
only our thirst lights us on wards,
only our thirst lights us onwards.**

The Gospel: John 4:5-42

Reader: The Lord be with you.

All: And also with you.

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

All: Glory to you, Lord Jesus Christ.

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.'

Reader: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

Gospel Hymn (continued)

**By night we hasten, in darkness,
to seek for living water;
only our thirst lights us on wards,
only our thirst lights us onwards.**

Teaching

The Rev. Stephanie Shepard

The Apostle's Creed

Presider: Let us confess the 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 Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
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.**

THE PRAYERS OF THE PEOPLE

Leader: Let us pray to God who knows the secrets of our hearts. To the bidding, 'God, in our journey', please respond, 'give us what we need.'

May the Lord who gives the living water to all who come to him in faith, give grace to the Church, so that we may share life with many. We lift up our faith leaders: Archbishop Sarah of Canterbury, our Primate Shane, national indigenous archbishop Chris, our archbishop John, and all ordained and lay ministers. May we be guided on the right path and faithful to your way. God, in our journey,

All: Give us what we need.

Leader: Give the word of truth to the world, where there is much strife between nations, races, and cultures, where faiths can be hostile and gender divisive. We pray for peace and reconciliation amongst peoples, that past sins not poison the dialogue of our present time. We remember those places and events on our hearts...

pause here...

May honesty and compassion overcome shame and deceit, so that wrongs that have been hidden may be brought to light and healed. God, in our journey,

All: Give us what we need.

Leader: May our Lord be with us in our homes and in our community, to teach us by his word, to sustain us with the food of loving obedience, and to lead us to worship in spirit and in truth. Make us honest in our dealings with one another and repentant of the ways we have hurt each other. God, in our journey,

All: Give us what we need.

Leader: Have mercy on all whose lives are distressed by broken relationships, misunderstandings that have turned bitter, suppressed anxiety that eats away at the heart. Bring healing to all who suffer in body, mind, or spirit, especially those who have asked us to pray for them...pause here...

May those who seek you be led in the right way and find strength to step forward with love. God, in our journey,

All: Give us what we need.

Leader: May those who have passed from this world and now drink of the living water flowing from God's throne rejoice with the saints. May we by grace come to share the vintage of the heavenly kingdom. God, in our journey,

All: Give us what we need.

Leader: We pray in the name of Christ the Messiah of all who worship in spirit and in truth.

All: Amen.

The Blessing of the New Parish Council

The Exchange of the Peace

Presider: May the peace of the Lord be always with you.

All: And also with you.

*You are invited to share a sign of God's peace with your neighbours,
respecting their comfort with distance and touch.*

THE HOLY COMMUNION

Offering Hymn

'Wind Upon the Waters'

Common Praise 408 (tune Wind Upon the Waters)

**Wind upon the waters, voice upon the deep,
rouse your sons and daughters, wake us from our sleep,
breathing life into all flesh, breathing love into all hearts,
living wind upon the waters of my soul.**

**Showers from the heavens, water from the earth,
gift so wholly given, source of every birth,
joy of every living thing, making all creation sing,
shower down upon the dry earth of my soul.**

**Rock and hill and garden, wood and desert sand,
prairie, field and meadow shaped by Love's own hand,
Love that fills the world around, springing up from barren ground,
grow your love within the garden of my soul.**

**Blazing light of wonder, flame that pierces night,
burst the dark asunder, fill our souls with light,
Lord of glory, fill the skies, make an end to hatred's cries,
be the blazing sun of justice in our lives.**

**Wind upon the waters, rains upon the sand,
grace your sons and daughters, new-born by your hand.
Come, O Spirit, and renew all the life that comes from you,
send your winds upon the waters of my soul.**

The Prayer over the Gifts

Presider: Let us pray,

**All: 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

SUPP EP 1

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Presider: Holy God, Lover of creation, we give you thanks and praise for in the ocean of your steadfast love you bear us and place the song of your Spirit in our hearts. When we turn from your love and defile the earth, you do not abandon us. Your Spirit speaks through Huldah and Micah, through prophets, sages, and saints in every age, to confront our sin and reveal the vision of your new creation. Joining in the song of the universe we proclaim your glory singing:

Sanctus

Common Praise 683 (Merbecke)

**All: Holy, holy, holy, Lord, God of hosts.
Heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.**

Presider: Gracious God, in the fullness of time you sent Jesus the Christ to share our fragile humanity. Through Jesus' life, death, and resurrection you open the path from brokenness to health, from fear to trust, from pride and conceit to reverence for you.

Rejected by a world that could not bear the Gospel of life, Jesus knew death was near. His head anointed for burial by an unknown woman,

Jesus gathered together those who loved him. He took bread, gave thanks to you, broke it and gave it to his friends, saying, "Take and eat: this is my body which is given for you. Do this for the remembrance of me." After supper, Jesus took the cup of wine, gave you thanks, and said "Drink this all of you, this is my blood of the new covenant which is shed for you. Whenever you drink it, do this for the remembrance of me." And now we gather at this table in response to his commandment, to share the bread and cup of Christ's undying love, and to proclaim our faith.

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

Presider: Breathe your Holy Spirit, the wisdom of the universe, upon these gifts that we bring to you: this bread, this cup, ourselves, our souls and bodies, that we may be signs of your love for all the world and ministers of your transforming purpose. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, Creator of all, and we bless your holy name for ever.

All: Amen.

The Lord's Prayer

Presider: In the language closest to your heart, let us pray as Jesus taught us:

You are invited to use either the traditional or contemporary version in English or the language you find most helpful for 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 today our daily bread.
Forgive us our trespasses
as we forgive those who
trespass against us.
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.**

**Our Father in heaven,
Hallowed be your name.
Your kingdom come,
Your will be done
on earth as in heaven.
Give us this day 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 forever. Amen**

Agnus Dei

Common Praise 685 (tune Merbecke)

**O Lamb of God, that takest away the sin of the world:
Have mercy upon us.**

**O Lamb of God, that takest away the sin of the world:
Have mercy upon us.**

**O Lamb of God, that takest away the sin of the world:
Grant us thy peace.**

Presider: Dear friends in Christ, God bids you welcome to this table. Here we are strengthened for the journey. Here strangers become friends and the seeker finds God's wisdom speaking to them. See who you are and become what you see. These are the gifts of God for the people of God.

People: **Thanks be to God.**

The Communion

You are invited to come forward to receive bread and wine. Gluten-free wafers are available. You receive the fullness of Christ's love if you prefer to take one kind (just the bread or the wine). If you would prefer to have a blessing, please let the priest know.

Hymns During Communion

'How Sweet the Name of Jesus Sounds'

Common Praise 620 (tune St. Peter)

**How sweet the name of Jesus sounds in a believer's ear!
It soothes our sorrows, heals our wounds, and drives away our fear.**

**It makes the wounded spirit whole, and calms the troubled breast;
'tis manna to the hungry soul, and to the weary rest.**

**Dear name! the rock on which I build, my shield and hiding place,
My never-failing treasury, filled with boundless stores of grace.**

**Jesus, my shepherd, brother, friend, my prophet, priest and king,
My Lord, my life, my way, my end, accept the praise I bring.**

**Weak is the effort of my heart, and cold my warmest thought;
But when I see thee as thou art, I'll praise thee as I ought.**

THE SENDING FORTH OF THE COMMUNITY

The Prayers after Communion

Presider: Let us pray:

**All: 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. Amen.**

The Announcements

Sending Hymn

**'King of Glory, King of Peace'
*Common Praise 345 (tune Gwalchmai)***

**King of glory, King of peace, I will love thee;
and that love may never cease, I will move thee.
Thou hast granted my request, thou hast heard me;
thou didst note my working breast, thou hast spared me.**

**Wherefore with my utmost art I will sing thee,
and the cream of all my heart I will bring thee.
Though my sins against me cried, thou didst clear me;
and alone, when they replied, thou didst hear me.**

**Seven whole days, not one in seven, I will praise thee;
in my heart, though not in heaven, I can raise thee.
Small it is, in this poor sort to enroll thee:
even eternity's too short to extol thee.**

The Dismissal

Presider: Go in peace to love and serve the Lord

All: Thanks be to God.

Postlude

The liturgy is based on the Book of Alternative Services, and the Collect of the Day is taken from "Alternative Collects RCL", Anglican Church of Canada. The prayers of the people are adapted from "Hear Our Prayer: Gospel Based Intercessions" by Raymond Chapman.



Liturgical Ministers today

Greeter & worship assistant, 8:00 am:	Brian Dobbin
Greeters, 10 am:	Marney Godkin & Gerry Rowse
Reader:	Rob Sider
Chalice Administrators:	Jackie Lewis & Rob Sider
Presider:	the Rev. Stephanie Shepard
Server:	Greg Kennelly
Crucifer:	Linda Gravlin
Guest Musician:	Graham Pudek



THIS WEEK AT HOLY TRINITY CATHEDRAL

Trinity Tuesday Series 'Walking the Way', 4-5 pm in the Lounge

Wednesday Midweek Eucharist, 9:30-10 am

Wednesday Bible Study 10:30-11:30 am in the Lounge

Thursday Vespers 5:30-6 pm (online by Zoom)

Saturday Community Brunch, 11 am- noon in the Hall

Sunday BCP Eucharist, 8-9 am.*

Sunday Choral Eucharist, 10-11:15 am*

**live-streamed over Facebook.*

+ link through the weekly newsletter. Sign up on the website.

Go to <https://www.holytrinitycathedral.ca/events>.

Click on the photo of the service. This will take you to Facebook. A box will come up asking for your Facebook login. Click the X on the right upper corner of the box. If you do not have Facebook you should be able to watch from the HTC site.

Readings for Lent 4, March 15, 2026:

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

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