

THIRD SUNDAY OF LENT



March 8, 2026
10:30 am

"All shall be well, and all shall be well, and all manner
of thing shall be well."

*-Julian of Norwich - Source: Revelations of Divine Love, Chapter 27
(Thirteenth Revelation)*

Note: We are a Scent-Free Facility for the health and comfort of those with allergies. Thank you for helping us care for one another.

All are warmly welcomed to our worship.
We ask visitors to introduce themselves and to join us
for social hour after the service.

Kids Church is offered during the 10:30 am service.
The children will leave for age-appropriate activities part way through.
Children are also welcome to stay at the activity table.

Welcome & Introduction

The Presider welcomes the congregation

Presider St Laurence Anglican Church is located on the traditional, ancestral, and unceded lands of the k^wik^wə^łəm (Kwikwetlem) First Nation, shared historically with the q̓ic̓əy̓ (Katzie) and other Coast Salish Peoples.

We acknowledge with respect the Kwikwetlem people, past and present, and honour their stewardship of this land.

Presider God meets us where we are.

All One day at a time.

Opening Acclamation

Presider Blessed be God: Creator, Redeemer, and Holy Spirit.

All And blessed be God's kingdom, now and for ever. Amen.

Gathering Hymn - *You Have Called Us* (OCP 637)

Refrain: 1st time: Cantor, All repeat; thereafter: All



You have called us by our name. We be - long to you.



You have called us by our name and we are yours.

Verses



1. You have cho - sen us to be mem - bers
2. You will lead us to your light, walk be -
3. You will hold us when we fall, give new
4. You will nour - ish, you will lead, giv - ing
5. Through our shar - ing here to - day may our



1. of your fam - i - ly. In your love you have cre -
2. fore us through the night. You will guide us on our
3. strength to hear your call. You will nev - er be be -
4. ev - 'ry gift we need, for your reign will be es -
5. faith and life con - vey Christ our light and Christ our

to Refrain



1. at - ed us to live in u - ni - ty.
2. jour - ney. You will keep our vi - sion bright.
3. yond us, for your love is all in all.
4. tab - lished from the small - est of all seeds.
5. vi - sion, Christ our pur - pose, Christ our way.

Presider God is with us,
here in our midst and always,
the love at our beginning and without end.
Let us pray.

Silence is kept.

Holy One,
**All you know our hearts: our hopes and fears,
our joys and sorrows, all our daily challenges.
In your mercy, help us. By your Spirit,
inspire and deepen your love in us.
We pray in the name of Jesus. Amen.**

Collect of the Day *(the special prayer which 'collects' the
theme of the day)*

Presider Living God,
you know our thirst,
what we're really searching for.
Give us the living water that satisfies.
Through Christ. **Amen.**

Gathering of Children

Children and their leaders are invited to come forward for a prayer before heading to Kids Church. They will rejoin us in time for Communion. If your child prefers to stay in the service, they are welcome here, and activities are available at the table, at the rear of the sanctuary.

Presider Loving God,
**All we pray for open hearts and minds.
Help us to grow in faith, love, and understanding,
and may your love unite us, now and always. Amen.**

(Children leave for Kids Church)

Kyrie - Lord Have Mercy - Mass of Communion

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Ky - ri - e, e - -
VERSE 2
6 le - i - son. Lord, have mer - cy. Chri - ste, e - -
12 le - i - son. Christ, have mer - - cy.
VERSE 3
22 Ky - ri - e, e - - le - i - son. Lord, have mer - cy.
Lord, have mer - - - - cy.

Proclamation of the Word

The Readings

Presider Let us prepare ourselves for the Word of God as it comes to us in the Holy Scriptures.

All **Our hearts and minds are open.**

First Reading - Exodus 17:1-7

Reader Hear what the Spirit is saying.

All **Thanks be to God.**

Psalm - *Psalm 95*



℣. If to-day you hear his voice, hard-en not your hearts.

1. Come, let us sing joyfully to the Lord
Let us acclaim the Rock of our salvation
Let us come into his presence with thanksgiving
Let us joyfully sing psalms to him. **Refrain**

2. Come, let us bow down in worship
Let us kneel before the Lord who made us
For he is our God, and we are his people
He shepherds the flock he guides. **Refrain**

3. Oh, that today you would hear his voice
“Harden not your hearts as at Meribah
As in the day of Massah in the desert
Where your fathers tempted me to
They tested me though they had seen my works.” **Refrain**

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Second Reading - *Romans 5:1-11*

Reader Hear what the Spirit is saying.

All **Thanks be to God.**

Please stand as you are able for the Gospel Reading

Gospel Acclamation



Glo-ry to you, Word of God, Lord Je - sus Christ!

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

All Glory to you, Lord Jesus Christ.

Gospel – *John 4:5-42*

Reader The Gospel of Christ.

All Praise to you, Lord Jesus Christ.

Homily - *Rev. Philip Cochrane*

Affirming Our Faith

Presider In this season of wilderness and return,
we declare the faith that holds us.

**All We believe in God, the Source of Life,
by whom every being in heaven and earth
is created, named, and sustained.**

**We believe in God, the Living Word,
who restores us to relationship
and speaks to us through faith.**

**We believe in God, the Holy Spirit,
who comforts, guides, and strengthens us
to share the good news of grace.**

**We believe in God,
one, holy, undivided Trinity:
Source of Life, Living Word,
Comforter: Mystery. Amen.**

Prayers of the People

Confession & Absolution

Presider The season of Lent invites us to honesty.
God already knows where we have turned away.
God already knows what we are carrying.
Let us turn toward God and name it together.

We keep a moment of quiet for reflection

Presider Most merciful God,
**All 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.**

Presider Almighty God, have mercy on you,
forgive you all your sins through the grace of Jesus Christ,
strengthen you in all goodness,
and by the power of the Holy Spirit keep you in eternal life.
Amen.

The Peace

Presider Christ is our peace.
Through the cross, we are reconciled to God.
The peace of the Christ be always with you.

All And also with you.

(The Peace is shared in the community, respecting personal boundaries)

Offertory

In gratitude for all we've received, we offer of ourselves back to God. Bread, wine, and money symbolize the fruits of our labour. If you give through Pre-Authorized Donations or e-transfer (office@saintlaurence.ca), you're welcome to use a blue card to represent your offering to the glory of God.



Offertory Hymn - O God, You Search Me (OCP 386)



1. O God, you search me and you know me.
2. You know my rest - ing and my ris - ing.
3. Be - fore a word is on my tongue, Lord,
4. Al - though your Spir - it is up - on me,
5. For you cre - at - ed me and shaped me,



1. All my thoughts lie o - pen to your gaze.
2. You dis - cern my pur - pose from a - far,
3. You have known its mean - ing through and through.
4. Still I search for shel - ter from your light.
5. Gave me life with - in my moth - er's womb.



1. When I walk or lie down you are be - fore me:
2. And with love ev - er - last - ing you be - siege me:
3. You are with me be - yond my un - der - stand - ing:
4. There is no - where on earth I can es - cape you:
5. For the won - der of who I am, I praise you:



1. Ev - er the mak - er and keep - er of my days.
2. In ev - 'ry mo - ment of life or death, you are.
3. God of my pres - ent, my past and fu - ture, too.
4. E - ven the dark - ness is ra - diant in your sight.
5. Safe in your hands, all cre - a - tion is made new.

Text: Based on Psalm 139. Text and music © 1992, Bernadette Farrell.
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Prayer over the Gifts

Presider God of mercy,

**All receive these gifts and receive us.
Feed us with Christ for the journey,
and shape us in humility and love;
through Jesus Christ our Lord. Amen.**

Celebration of our Sacred Meal

The Great Thanksgiving

Presider God is with you.

All And also with you.

Presider Open your hearts.

All We open our hearts to God.

Presider Let us give thanks to God our Creator.

All We give our thanks and praise.

Presider On this day, we remember that we are dust,
and that we are held in love.
You know our limits, our weariness,
and the ways we lose our way.
You do not turn from us, but meet us with mercy
and call us toward life.

And so we give thanks for Jesus,
who walks with us through death into hope.

Presider Source of all, you made our world beautiful and good,
and made us to live in right relationship with you
and all creation. You companion and sustain us
in both wilderness and oasis and accompany us daily
through remarkable and ordinary days.

You sent your Word to live among us
and show us what you are like.

10 We bring our seeking pilgrim hearts to you, Creator God.

You spoke the universe into being,
 the earth and all that dwells here, from the seas below
 to the skies above, you fashioned all living creatures
 and imbued them with your love.

The signs of your goodness surround us,
 and we give you honour and praise.
 And so, we join with the heavenly beings
 and all of creation as we sing:

Sanctus - Holy - Mass of Communion

Ho - ly, ho - ly, ho - ly Lord God of hosts.

5 B \flat F C Dm B \flat maj7 F/C Csus
 Heav - en and earth are full of Your glo - ry. Ho - san - na in the high -

8 F B \flat F C Dm
 est. Bless - ed is He who comes in the name of the Lord. Ho -

11 B \flat maj7 F/C C Dm F F/A B \flat maj7 F/C C F
 san - na in the high - est. Ho - san - na in the high - est. _____

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Presider We give all thanks and praise to you,
 our true and loving God. Of your grace, you sent Jesus
 to be human, to share our life, to announce your kingdom
 of justice and peace, and to reconcile us to you.
 Through Jesus Christ you have restored the glory
 you intended for us.

On the night before he died, Jesus ate supper with his friends. He took bread, gave thanks, broke it and gave it to them, saying,

"Take and eat. This is my very self given for you. Do this for the remembrance of me."

Then he took the cup of wine. Again, he gave thanks and gave it to them, saying,

"Drink it, all of you. This cup is a new covenant poured out for you and all people. Do this for the remembrance of me."

And so, we remember: the cross, the tomb, the resurrection and ascension, and, longing for Christ's coming again in glory, we present these gifts to you.

Send your Holy Spirit upon us and upon these gifts, so that we who share this bread and wine may embody your justice and love. Draw us together in Christ, and, in the fullness of time, gather us with all your people, into the joy of your eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you, our God and Creator, and give you our unending praise.

All

Amen.

Lord's Prayer



Our Fa - ther, who art in heav-en, hal - lowed be thy
name; thy king-dom come, thy will be done on earth as it
is in heav-en. Give us this day our dai - ly bread, and for-
give us our tres - pass - es, as we for-give those who
tres-pass a-gainst us; and lead us not in - to temp -
ta-tion, but de - liv-er us from e - vil.
For the king-dom, the pow-er and the glo - ry are yours
now and for ev-er, now and for ev-er, now and for ev - er.

The Breaking of the Bread

The celebrant breaks the consecrated bread.

Presider We break this bread to share in the body of Christ.

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

Lamb of God

Lamb of God, You take a - way the sins of the world, mi - se - re - re
 no - - bis. Lamb of God, You take a - way the
 sins of the world, mi - se - re - re no - - bis.
 Lamb of God, You take a - way the sins of the world, do - na no - bis pa -
 cem, do - na no - bis pa - - - cem.

Chords: C, B \flat , Dm, B \flat /F, F, Dm, C/E, F, C, Gm7, B \flat maj7, B \flat /D, F, Dm, C/E, F, C, B \flat , C, F

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The Invitation

Presider God meets us where we are.
 All are welcome at this table.
 Come and receive the gifts of God
 for the people of God.

All **Thanks be to God.**

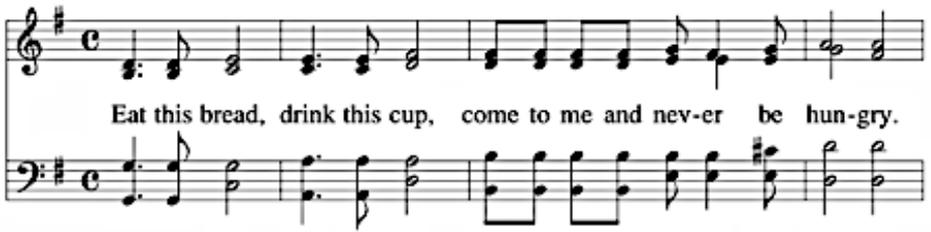
The Distribution

At St. Laurence, everyone is invited to the table. You may receive only the bread or both bread and wine. Non-fermented grape juice is available in the ceramic chalice, and gluten-free wafers are offered; just ask at the distribution. If you prefer a blessing, simply cross your arms across your chest.

For the well-being of everyone in the community, please receive the bread directly rather than dipping it in the chalice.

Before or after receiving Communion, you are welcome to light a candle in prayer on the left side of the sanctuary, remembering a person or intention. Prayer ministers are also available on the right side of the sanctuary if you would like someone to pray with you.

Communion Hymn - *Eat This Bread* (OCP 171)



Eat this bread, drink this cup, come to me and nev-er be hun-gry.



Eat this bread, drink this cup, trust in me and you will not thirst.

Text: John 6; adapt. by Robert J. Batastini, b.1942, and the Taizé Community
Tune: Jacques Berthier, 1923-1994
© 1984, Les Presses de Taizé, GIA Publications, Inc., agent

1. I am the bread of life
The true bread sent from the Father. **Refrain**

2. Your ancestors ate manna in the desert
But this is the bread come down from heaven. **Refrain**

3. Eat my flesh and drink my blood
And I will raise you up on the last day. **Refrain**

4. Anyone who eats this bread
Will live forever. **Refrain**

5. If you believe and eat this bread
You will have eternal life. **Refrain**

Communion Hymn - *Come to Me and Drink* (OCP 150)



Come to me and drink, come to me and drink. Oh, let



all who are thirst-ing come to me and drink.

Verses



1. I will put my spir - it with - in you ___ ♪ and
2. I will pour my spir - it on all flesh; ___ ♪ your
3. ♪ Riv - ers of liv - ing wa - ter ♪ will flow ___
4. ♪ In - to our hearts the love of God ___ has been



to Refrain

1. you shall live and know that I am the LORD.
2. sons ___ and your daugh - ters shall proph - e - sy.
3. from with - in the one who be - lieves in me.
4. poured ___ through the Spir - it that dwells with - in.

Verses (Psalm 42/43)



5. As the deer ___ longs for run - ning streams, ___ ♪
6. ♪ My soul is thirst - ing for God; ___ ♪ when
7. ♪ Tears are my food by day and night, ___ ♪ and
8. ♪ O God, ___ deep calls un - to deep ___ ♪
9. ♪ Hope in God, ___ O my soul, ___ ♪ a -
10. ♪ Send forth your light ___ and your truth, ___ ♪ and



to Refrain

5. so my soul is long - ing for you, O God.
6. can I go to see the ___ face of God?
7. all the while they say: "Where ___ is your God?"
8. as your might - y wa - ters sweep o - ver me.
9. gain ___ I shall praise my ___ sav - ing God.
10. they shall lead me to your ___ dwell - ing place.

Text: Refrain based on John 7:37; verses based on Ezekiel 37:14; Joel 3:1; John 7:38; Romans 5:5, 8:11; Psalm 42:2-3; Psalm 43:3. Text and music © 2006, Bob Hurd. Published by OCP. All rights reserved.

Moment of Silence

Take a moment to be still and know God. Let the world's noise fade as you listen for the deep stillness beneath it all. The silence begins and ends with the ringing of a bell.

Prayer after Communion

Presider God of the journey,

**All you have fed us with bread for the road.
Strengthen us for the way ahead,
that we may walk in your light and serve you with joy;
through Jesus Christ our Lord. Amen.**

Presider Glory to God,

**All 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.**

Announcements

The Blessing

Presider May God who meets us where we are
walk with you this day and always.
May the love that will not let you go
hold you through every wilderness.
May the light that shines in darkness
guide your steps and warm your heart.

And the blessing of God Almighty,
Creator, Redeemer, and Holy Spirit,
be among you and remain with you always. **Amen.**

Closing Hymn - *I Heard the Voice of Jesus Say* (CP 508)

KINGSFOLD

1. I heard the voice of Je - sus say, "Come un - to me and
 2. I heard the voice of Je - sus say, "Be - hold, I free - ly
 3. I heard the voice of Je - sus say, "I am this dark world's

1. rest; Lay down, thou wea - ry one, lay down Thy head up -
 2. give The liv - ing wa - ter; thirst - y one, Stoop down, and
 3. light; Look un - to me, thy morn shall rise, And all thy

1. on my breast." I came to Je - sus as I was, So
 2. drink, and live." I came to Je - sus, and I drank Of
 3. day be bright." I looked to Je - sus, and I found In

1. wea - ry, worn and sad; I found in him a
 2. that life - giv - ing stream; My thirst was quenched, my
 3. him my star, my sun; And in that light of

1. rest - ing place, And he has made me glad.
 2. soul re - vived, And now I live in him.
 3. life I'll walk Till trav - 'ling days are done.

Text: CMD; Horatius Bonar, 1808–1889, alt.
 Music: trad. English melody, adapt. by Ralph Vaughan Williams, 1872–1958.

Minister Go in peace, sharing the light with the world.

All Thanks be to God.

Acknowledgements

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Deacon: The Reverend Patricia Ratcliffe

Honorary: The Reverend Carla McGhie

Music Director: Emilia Boronco

Wardens & Trustees: Lei De Santis (w), Rick Barr (w),

Heather Esposito (w), Anne Dennis, Susanne Stockdill

St. Laurence Kids: *presently vacant*

Treasurer: *presently vacant*

Envelope Secretary: Erin Barr

Privacy Officer: Allison Walker

Operations Manager: Curt Bruniski

Office Hours:

10:00am-3:00pm (drop-in)

Monday - Friday

www.saintlaurence.ca ▪ 604-936-5423 ▪ office@saintlaurence.ca

825 St. Laurence St. Coquitlam, BC V3J 6G7

Hearing Assistance Available - see Sound Technician

NEWS & NOTES

Wednesday Morning Gathering - 9:00 am

From silence to laughter, scripture to table - wrestling with faith, in good company.

Join us midweek for Communion, scripture, and honest conversation. A safe space to share questions, explore diverse perspectives, and deepen fellowship. Start your day nourished in spirit and community.



Alongside Hope

You are invited to a Diocesan Alongside Hope event to be held at **St. Laurence on Saturday March 14** from **9:30 AM to 12:30 PM**.

Archbishop John Stephens will be in attendance and two members of the National Alongside Hope staff will be visiting in person. There will be an opportunity to hear about Alongside Hope partnerships and programs as well as ask questions and meet in small groups. This should be an interesting and informative session.

Coffee, tea and goodies will be provided. If you would like to attend please speak with Pat Sharpe or let the office know. office@saintlaurence.ca

Lenten Morning Prayer



Weekdays | 8:00 AM
Live on YouTube and Facebook



Hi Everyone, The AfterChurch Gang is back for 2026, and we're hoping you would join us for a bike ride **TODAY - March 8**.

The plan is: we'll be meeting up at Saint Laurence, **TODAY, at 2pm**, to carpool to 208 St. and Allard Crescent, where we'll start going down the fort to fort trail.

https://maps.app.goo.gl/EPdahR2D1JbGFQQw8?g_st=ac

We expect about ~20km, round trip and very doable.

COME JOIN US!

Book Club

The Book Club meets from 2:00-4:00 pm
at the church or on Zoom

Next Meeting - March 10, 2026



New members are always welcome!

Contact the church office if you are not on the Book Club list and would like to be included

Senior Men's Lunch

Next date: Thursday, March 19, 2026

11:30 - 1:00 pm

The senior men meet once a month at

Ricky's Country Restaurant,

100 Schoolhouse Street

for good food and conversation.



In order for the restaurant to know how many to expect for the lunch, please contact Bruce Middleton, or the church office @ 604-936-5423 or office@saintlaurence.ca if you are planning on attending.

Sorrento Retreat Centre Survey

Sorrento Retreat and Conference Centre is a gathering place for all on Shuswap Lake in BC's interior. Founded in 1963 by visionaries within the Anglican Church of Canada, it began as a lay ministry training centre. Over the years it has grown to offer generous hospitality and engaging programming for people of all ages and beliefs.

We have created a simple survey (8 questions) to assist us in planning our summer programming for 2027 and beyond. Whether or not you have ever been to Sorrento, we appreciate your input. The link to the survey is below:

Sorrento Centre - 4 Weeks of Summer programming questionnaire

[https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIkWdsWoyxEjajBLZtrQAAAAAAAAAAN__iE7OpFUMVFDTDVTQIBENEG2Rjg3MEo1TkZHMUpTVC4u)

[id=DQSIkWdsWoyxEjajBLZtrQAAAAAAAAAAN__iE7OpFUMVFDTDVTQIBENEG2Rjg3MEo1TkZHMUpTVC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIkWdsWoyxEjajBLZtrQAAAAAAAAAAN__iE7OpFUMVFDTDVTQIBENEG2Rjg3MEo1TkZHMUpTVC4u)



Donations for the SHARE Food Bank are always needed.

Please place your non-perishable food items
in the wagon in the hallway.

Thanks for your help!

Blanket Exercise Workshop

Cecelia Reekie is a proud member of the Haisla First Nation. She believes deeply in the power of personal storytelling to raise awareness and foster understanding of Indigenous cultures and the history of Indigenous Peoples in Canada. Speaking from the heart, Cecelia thoughtfully weaves together her diverse life experiences to create meaningful and engaging cultural workshops. She currently serves as a Cultural Presenter with the Langley School District, where she shares her knowledge and perspectives with students, educators, and the wider community.

Join us for this special **Blanket Exercise Workshop** with facilitator, **Cecelia Reekie**.

Como Lake United Church
535 Marmont Street, Coquitlam

May 3, 2026 at 1 pm
\$10 Registration Fee to finance@comolakeunited.ca
(For fee assist please contact us)

Seating is limited so please
RSVP as soon as possible.
office@comolakeunited.ca
604-931-8555

When seats are full, you will be added to a waitlist for future dates.

