

The Anglican Parish of
St. Peter and St. Paul
March 8th 2026
Third Sunday in Lent



(The Samaritan woman (c.1919), by Ettore Tito, commons.wikimedia.org)

“Nourishing faith and community”

Prelude

Words of Welcome *(Please stand as clergy enters)*

Opening Hymn: VU 296 This is God's Wonderful World (Text Malthie Davenport Babcock 1901 Eng. traditional; adapt Stanley Oliver 1929 public domain))

*This is God's wondrous world,
and to my listening ears
all nature sings, and round me rings
the music of the spheres.*

*This is God's wondrous world;
I rest me in the thought
of rocks and trees, of skies and seas,
God's hand the wonders wrought.*

*This is God's wondrous world,
the birds their carols raise;
the morning light, the lily white,
declare their Maker's praise.*

*This is God's wondrous world:
God shines in all that's fair;
In the rustling grass or mountain pass,
God's voice speaks to me everywhere.*

*This is God's wondrous world:
O let me ne'er forget
that though the wrong seems oft so strong,
God is the ruler yet.*

*This is God's wondrous world:
why should my heart be sad!
Let voices sing, let the heavens ring:
God reigns, let earth be glad!*

The Gathering of the Community

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you. **And with thy spirit.**

Almighty God,
**Unto whom all hearts be open, all desires
known, and from whom no secrets are hid;
Cleanse the thoughts of our hearts by the
inspiration of thy Holy Spirit, that we may
perfectly love thee, and worthily magnify thy
holy name, through Christ our Lord. Amen.**

Our Lord Jesus Christ said: Hear O Israel, The Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.

**Lord, have mercy upon us, and write both these
thy laws in our hearts, we beseech thee.**

CP 553 Ubi Caritas et Amor

*Ubi Caritas et amor,
ubi caritas Deus ibi est.*

*Live in charity and steadfast love,
live in charity; God will dwell with you.*

*Ubi Caritas et amor,
ubi caritas Deus ibi est.*

Let us pray,
Almighty God, whose Son Jesus Christ gives the water of eternal life, may we always thirst for you, the spring of life and source of goodness; through him 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 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?' 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 quarreled and tested the Lord, saying, 'Is the Lord among us or not?'

Here ends the reading.

Thanks be to God.

Psalm 95

O come, let us sing to the Lord;

let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving;

let us make a joyful noise to him with songs of praise!

For the Lord is a great God,

and a great King above all gods.

In his hand are the depths of the earth;

the heights of the mountains are his also.

The sea is his, for he made it,
and the dry land, which his hands have formed.
O come, let us worship and bow down,
let us kneel before the Lord, our Maker!
For he is our God,
**and we are the people of his pasture,
and the sheep of his hand.**
O that today you would listen to his voice!

**Do not harden your hearts, as at Meribah,
as on the day at Massah in the wilderness,**
when your ancestors tested me,
**and put me to the proof, though they had seen
my work.**

For forty years I loathed that generation
**and said, ‘They are a people whose hearts go
astray, and they do not regard my ways.’**
Therefore in my anger I swore,
‘They shall not enter 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.

Here ends the reading.

Thanks be to God.

(please stand)

Gospel Hymn: Light Serene of Holy Glory

(Text: St Athenogenes 296 ad. Music; Stacy Plays Hymns 2025. Used by permission as stated on website stacyplayshymns.com)

*Light serene of holy glory
From the Immortal Father poured,
Holy Thou, O blessed Jesus,
Holy, blessed, Christ the Lord.*

*Now we see the sun descending,
Now declines the evening light,
And in hymns we praise the Father,
Son and Spirit, God of Might.*

*All is still and dark around us
All is solemn and still before
Thou the King of Light and Shadow
Guard us now and forevermore*

*Worthy of unending praises,
Christ the Son of God, art Thou;
For Thy gift of life eternal,
See the world adores Thee now.*

Gospel Reading: John 4:5-42

The Lord be with you.

And with thy spirit.

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

Glory be to thee, O Lord.

*So [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 for 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 be to thee, O Christ.

Gospel Hymn: SNC 67Be unto Your Name

(Text and music: Lynn Deshazo and Gary Sadler, 1998 INtegrity HOsanna Music CCLI)

*We are a moment You are forever
Lord of the ages God before time
We are a vapor You are eternal
Love everlasting reigning on high*

*Holy Holy Lord God Almighty
Worthy is the Lamb who was slain
Highest praises Honour and Glory
Be unto Your name*

Be unto Your name

*We are the broken You are the healer
Jesus Redeemer Mighty to save
You are the love song we'll sing forever
Bowing before You blessing Your name*

*Holy Holy Lord God Almighty
Worthy is the Lamb who was slain
Highest praises Honour and Glory
Be unto Your name
Be unto Your name*

Sermon: *The Reverend Gail Rodger*

Musical Moment for Reflection

Announcements

The Nicene Creed

**I believe in one God the Father Almighty, Maker
of heaven and earth,**

And of all things visible and invisible:

**And in one Lord Jesus Christ, the only-
begotten Son of God, Begotten of the Father
before all worlds; God, of God; Light, of Light;
Very God, of very God; Begotten, not made;
Being of one substance with the Father;
Through whom all things were made: Who for
us and for our salvation came down from
heaven, And was incarnate by the Holy Ghost of
the Virgin Mary, And was made man, And was**

crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: Whose kingdom shall have no end.

And I believe in the Holy Ghost, The Lord, The Giver of Life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe one, holy, catholic, and apostolic Church. I acknowledge one baptism for the remission of sins. And I look for the resurrection of the dead, And the life of the world to come. Amen.

Prayers of the People
Confession and Absolution

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him.
Come unto me all that labour and are heavy laden, and I will refresh you. *Matthew 11. 28.*

God so loved the world, that he gave his only begotten Son, to the end that all that believe in him should not perish, but have eternal life. *John 3. 16.*

Hear also what Saint Paul saith.

This is a true saying, and worthy of all to be received, that Christ Jesus came into the world to save sinners. *1 Timothy 1. 15.*

Hear also what Saint John saith.

If anyone sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins: not for ours only, but also for the sins of the whole world. *1 John 2. 1, 2*

Let us humbly confess our sins to Almighty God.
(Silence is kept)

Almighty God, Father of our Lord Jesus Christ, Maker of all things and judge of all people: We acknowledge and confess our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word and deed, against thy divine majesty. We do earnestly repent, and are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, forgive us all that is past; And grant that we may ever hereafter serve and please thee in newness of life, to the honour and glory of thy name; through Jesus Christ our Lord. Amen.

(Please stand)

Almighty God our heavenly Father, who of his great mercy hath promised forgiveness of sins to all

them that with hearty repentance and true faith turn unto him; have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

The peace of the Lord be always with you.
And with thy spirit.

The Celebration of the Eucharist
Preparation of the Gifts

(please be seated for this hymn)

Hymn: CP621 Before the World Began

(Text and music: John L. Bell (1949-).)

*Before the world began, one word was there;
grounded in God he was, rooted in care;
by him all things were made,
in him was love displayed,
through him God spoke, and said,
“I am for you.”*

*Life found in him its source, death found its end;
light found in him its course, darkness its friend.
For neither death nor doubt
nor darkness can put out
the glow of God, the shout,
“I am for you.”*

*The word was in the world which from him came;
unrecognized he was, unknown by name;*

*one with all humankind,
with the unloved aligned,
convincing sight and mind,
“I am for you.”*

*All who received the word by God were blessed;
sisters and brothers, they of earth’s fond guest.
So did the word of grace
proclaim in time and space
and with a human face,
“I am for you.”*

Prayer over the Gifts

Blessed be thou, Lord God of Israel, for ever and ever. All that is in the heaven and in the earth is thine.

All things come of thee, and of thine own have we given thee. Amen.

Eucharistic Prayer *(Please stand)*

The Lord be with you.

And with thy spirit

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto our Lord God.

It is meet and right so to do.

It is meet, right and our bounden duty, that we should at all times and in all places give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting

God, Creator and Preserver of all things. Who has bidden us thy faithful people to cleanse our hearts and to prepare with joy for the paschal feast; that renewed by your gift of forgiving love and the eucharistic mystery, we may be more fervent in prayer and more generous in works of love.

Therefore with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee and saying:

**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 the one that cometh
in the name of the Lord.
Hosanna in the highest.**

Blessing and glory and thanksgiving be unto thee, almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy

creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood;

who, in the same night that he was betrayed, took bread; and, when he had given thanks, he brake it; and gave it to his disciples, saying, "Take, eat; this is my body which is given for you: Do this in remembrance of me."

Likewise after supper he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all, of this; for this is my blood of the new covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy bread of eternal life and cup of everlasting salvation, the memorial which he hath commanded:

**We praise thee, we bless thee, we thank thee,
and we pray to thee, Lord our God.**

And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion; And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, world without end.
Amen.

And now as our Saviour Christ hath taught us, we are bold to say:

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.

The Breaking of the Bread

We do not presume to come to this thy table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great

mercies. We are not worthy so much as to gather up the crumbs under thy table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

Lamb of God that takest away the sin of the world,
have mercy upon us.

Lamb of God that takest away the sin of the world,
have mercy upon us.

Lamb of God that takest away the sin of the world,
grant us thy peace.

The Communion

(Communion is offered at three locations in turn: station one is at the back of the church near the candles for those who prefer to stand and/or are physically challenged by steps without railings; station two, brought to the pew. Please let the usher know if you would like it brought to the pew; station three: at the altar rail for all those who are able)

Instrumental musical selections during communion

Prayer after Communion *(please stand)*

Almighty and everliving God, we most heartily thank thee that thou dost graciously feed us, in these holy mysteries, with the spiritual food of the most precious body and blood of thy Son our Saviour Jesus Christ; Assuring us thereby of thy

favour and goodness towards us; And that we are living members of his mystical Body, which is the blessed company of all faithful people; And are also heirs through hope of thy everlasting kingdom.

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee. And although we are unworthy, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offences; through Jesus Christ our Lord, to whom, with thee and the Holy Spirit, be all honour and glory, world without end. Amen.

The Blessing

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be amongst you and remain with you always. **Amen.**

Sending Hymn: CP 485 (Love Divine, All Loves Excelling) (Text: Charles Wesley (1707-1788: Music: CP374, *Alleluia*, *Sing to Jesus*, Rowland Huw Prichard (1811-1887).

*Love divine, all loves excelling,
joy of heaven-to earth come down,
fix in us thy humble dwelling;*

all thy faithful mercies crown.

*Jesus thou art all compassion;
pure, unbounded love thou art;
visit us with thy salvation,
enter every trembling heart.*

*Come almighty to deliver;
let us all thy grace receive;
suddenly return, and never,
never more thy temples leave.
Thee we would be always blessing,
serve thee as thy hosts above,
pray and praise thee without ceasing,
glory in thy perfect love.*

*Finish, then, thy new creation;
pure and spotless let us be;
let us see thy great salvation
perfectly restored in thee,
changed from glory into glory,
till in heaven we take our place,
till we cast our crowns before thee,
lost in wonder, love, and praise.*

Dismissal

Go in peace to love and serve the Lord.

Thanks be to God. Amen.

(no alleluias during Lent)

Weekly Cycles of Prayer

In the world wide communion, we pray for The Church of the Province of Uganda; for our Primate, Bishop Shane Parker; for Chris Harper, the National Indigenous Archbishop; Diocese or Rupert's Land, Bishop Geoffrey Woodcroft; for our own bishop, Anna Greenwood-Lee, and for the Evangelical Lutheran Church of Canada.

In our region, we pray for St Luke Cedar Hill, The Rev. Daniel Fournier.

In our parish we pray for: Victor Flett Sr., Victor Flett Jr., Sandra Flynn, Pat Fraser, Gail Gill, Karen Hogg & Ross Benton, Barbara Anne Holt, Barbara Hooper, Graham & Licette How, and Judy Ingram.

In our community we pray for the Esquimalt Seniors Community Centre Society.

For the month of March, we pray for the Altar Guild.

Territorial Acknowledgement

We worship on the traditional lands of the Lək'wəḡən speaking peoples, who are the Esquimalt, Songhees and other Nations of the Salish and Coast Salish Peoples. We, who came from many lands to join the line of those worshipping here, commit our Church to continue the journey of truth and reconciliation with our First Nations' neighbours.

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ST. PETER AND ST. PAUL
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