

St. Helen's Anglican Church of Canada
Diocese of New Westminster

Third Sunday in Lent
8 March, 2026



Presider & Preacher: The Ven. Richard Legget
Deacon : The Reverend Jeffrey Preiss

GATHERING IN GOD'S NAME

All stand

OPENING HYMN My God, How Endless Is Your Love

CP 353

OPENING LITANY

Blessed be the Holy One,
**who forgives all our sins and
whose mercy endures for ever.**

Creator of all, we acknowledge that we gather
on the unceded ancestral lands of the Coast Salish peoples:
lead us on pathways of reconciliation and peace.

We have wilfully misused your gifts of creation:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

We have seen the ill-treatment of others
and have not gone to their aid:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

We have condoned evil and dishonesty
and failed to strive for justice:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

We have heard the good news of Christ,
but have failed to share it with others:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

We have not loved you with all our heart,
nor our neighbours as ourselves:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

May the God of love and power forgive you
and free you from your sins, heal and strengthen you by the Holy
Spirit, and raise you to new life in Christ our Saviour and Friend.
Amen.

COLLECT

Let us pray:

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 truth;
through Jesus Christ who quenches our thirst with eternal life.
Amen.

Please be seated.

THE LITURGY OF THE WORD

FIRST READING EXODUS 17.1-7

Shawn de Raaf

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 for 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?"

The Word of the Lord.

Thanks be to God.

PSALM 95



O that to-day we would hearken to your voice: harden not your hearts.

Come, let us sing to our God;
let us shout for joy to the rock of our salvation.
Let us come before God's presence with thanksgiving
and shout aloud with psalms of praise. **R.**

For our God is a grëat God,
and reigns above all gods.
God holds all the caverns of the earth,
and cradles the heights of the mountains.
The sea belongs to the One who made it,
whose hands also have shaped the dry land. **R.**

Come, let us bow down and bend the knee,
and kneel before our Maker.
For you are our God;
and we are the people of your pasture and the sheep of your hand;
O that today you would hearken to your voice! **R.**

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. **R.**

Forty years long I was grieved with 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." **R.**

SECOND READING ROMANS 5.1-11

Rhodri Windsor-Liscombe

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 afflictions, knowing that affliction produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, 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, therefore, since we have now 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.

Hear what the Spirit is saying to the church.

6 **Thanks be to God.**

All stand for the Gospel

GOSPEL ACCLAIMATION

CP 360

Bless the Lord, my soul, and bless God's holy name.

Bless the Lord, my soul, who leads me into life. (X2)

As a Father has compassion on his children,

Choir

The Lord has pity on those who fear him;

For he knows of what we are made,

He remembers that we are dust.

THE 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.

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 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.

Bless the Lord, my soul, and bless God's holy name.

Bless the Lord, my soul, who leads me into life. (X2)

Please be seated.

SERMON

The Ven. Richard Leggett

APOSTLE'S CREED (*All stand*)

Let us confess the faith of our baptism.

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

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
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,
he is seated at the right hand of the Father,
and he will come 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.**

Please stand, sit or kneel as is your custom for prayer.

THE PRAYERS OF THE PEOPLE

David Van Blarcom

THE EXCHANGE OF THE PEACE

Friends in Christ, we are ambassadors for Christ,
since God is making his appeal through us.
The peace of the Lord be always with you
and also with you.

THE HOLY COMMUNION

THE OFFERTORY

As the altar is prepared for Holy Communion, the congregation is invited to make an offering as an expression of gratitude for God's generosity.

OFFERTORY HYMN He Comes to Us As One Unknown

CP 456

Please remain standing until communion.

PRAYER OVER THE GIFTS

Let us pray.

God our provider,
**you have not fed us with bread alone,
but with words of grace and life.**
**Bless us and these your gifts,
which we receive from your bounty,
through Jesus Christ our Lord. Amen.**

THANKSGIVING AT THE TABLE

May God be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to God our Creator.

It is right to give our thanks and praise.

It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Saviour Jesus Christ. You call your people to cleanse their hearts and prepare with joy for the paschal feast, that renewed in the gift of baptism, we may come to the fullness of your grace. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

Holy, Holy, Holy Lord

CP 722

Blessed are you, O God of the universe. Your mercy is everlasting and your faithfulness endures from age to age.

Praise to you for creating the heavens and the earth. Praise to you for saving the earth from the waters of the flood. Praise to you for bringing the Israelites safely through the sea. Praise to you for leading your people through the wilderness to the land of milk and honey. Praise to you for the words and deeds of Jesus, your anointed one. Praise to you for the death and resurrection of Christ. Praise to you for your Spirit poured out on all nations.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take

and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

With this bread and cup we remember our Lord's passover from death to life as we proclaim the mystery of faith: **Christ has died. Christ is risen. Christ will come again.**

O God of resurrection and new life: Pour out your Holy Spirit on us and on these gifts of bread and wine. Bless this feast. Grace our table with your presence. **Come, Holy Spirit.**

Reveal yourself to us in the breaking of the bread. Raise us up as the body of Christ for the world. Breathe new life into us. Send us forth, burning with justice, peace and love. **Come, Holy Spirit.**

With blessed Helen and your holy ones of all times and places, with the earth and all its creatures, with sun and moon and stars, we praise you, O God, blessed and holy Trinity, now and forever. **Amen.**

THE LORD'S PRAYER

As our Saviour taught us, let us pray,

**Our Father in heaven,
hallowed be your name,
your kingdom come,**

**your will be done,
on earth as in heaven.
Give us today 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 for ever. Amen.**

THE BREAKING OF THE BREAD

We break this bread,
communion in Christ's body once broken.

Let your Church be the wheat
which bears fruit in dying.
**If we have died with him,
we shall live with him;
if we hold firm,
we shall reign with him.**

These are the gifts of God for the people of God.
Thanks be to God.

JESUS, LAMB OF GOD

CP 747

THE COMMUNION

All who seek Christ and are drawn to this holy table are invited to come forth to receive Holy Communion. Dipping the bread (intinction) into the wine is not permitted. If you wish to receive a blessing rather than Holy Communion, please indicate such by placing your right hand over your heart.

COMMUNION HYMN Before the World Began O Lord, Hear My Prayer

CP 621

The musical score is written for a piano accompaniment. It consists of two systems of music, each with a treble and bass clef staff. The key signature is one sharp (F#) and the time signature is common time (C). The tempo is marked as quarter note = 72. The first system includes the following lyrics: "O Lord, hear my prayer, O Lord, hear my prayer. When I call an - swer me. O The Lord is my song, the Lord is my praise: All my hope comes from God. The". The second system includes the following lyrics: "Lord, hear my prayer, O Lord, hear my prayer. Come and lis - ten to me. O Lord is my song, the Lord is my praise: God, the well - spring of life. The". The score includes various chords such as Em, C6, D, G, C, Am6, B, G6, and Am. The piece concludes with a "fine" marking.

All stand.

PRAYER AFTER COMMUNION

Let us pray:

Compassionate God,
you have fed us with the bread of heaven.
Sustain us in our Lenten pilgrimage;
may our fasting be hunger for justice;
our alms, a making of peace;
and our prayer, the song of grateful hearts;
through Jesus Christ, our Saviour and Lord. Amen.

LENTEN PRAYER OVER THE PEOPLE

Look mercifully on this your family, gracious God,
that by your great goodness
they may be governed and preserved evermore;
through Christ our Lord. **Amen.**

CLOSING HYMN King of Glory, King of Peace

CP 345

DISMISSAL

Go forth into the world
bearing the water of eternal life.
Thanks be to God.

POSTLUDE

*Please be seated for the postlude. The community disperses in silence.
In respect of those who may linger in contemplation,
conversation is reserved for the narthex.*

Upcoming Events at St. Helen's

**The Eucharist as God's Self Giving—Tuesday, February 24—March 24 |
6:30pm-7:30pm (Zoom)**

In the eucharist there are three acts of self giving; God to us, we to God and we to each other. We do this through our words and actions, our songs and silences. In this five-session Lenten study with the Ven. Richard Leggett, we'll explore together how the five movements of the eucharist enable that self giving.

Join Zoom Meeting

Meeting ID: 873 1670 8891

Passcode: 268502

One tap mobile

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+15873281099,,87316708891#,,,,*268502# Canada

**Contemplative Prayer in Lent—Wednesday, February 25—April 1 |
7:30pm—8:30pm (St. Helen's Sanctuary)**

Lent gives us the space to pause, reflect, and renew. Come pray together through this holy season. Our evenings will draw from Compline and contemplative practices.

The final gathering will observe Tenebrae, the Holy Week service of shadows.

Suite or Room for rent?

Hi Everyone,

We have a lovely young couple in our parish, both working but one is pregnant! (we are all so excited!!). Anyways, this couple are from Sri Lanka and have family coming to celebrate the upcoming birth. However, they live in a small 1 bedroom apt in Marpole and hosting family with a new baby will be nigh on impossible. Nadeesha's mom is coming first, then Tharsigan's parents, then Nadeesha's dad. These visits will take place July – October. If anyone has or knows anyone who has a granny suite or even a bedroom that could be rented by their relatives, please contact me. Your assistance is greatly appreciated in getting the word out to your parishioners.

Lenten blessings

K+

The Rev. Dr. Katherine Hough (she/her)
Vicar - St Augustine's Anglican Church Marpole
8680 Hudson St, Vancouver BC V6P 4M5
Office: 604-263-9212 Cell: 250-421-9383



The Seven Last Words of Christ

F. J. Haydn

WHEN?

Sunday, March 29th, 2026 at 7:30pm

WHERE?

St. Faith's Anglican Church
7284 Cypress Street, Vancouver BC V6P 5M3

You are invited to an evening of classical music, led by Edette Gagné, featuring the Vivaldi Chamber Choir, Ensemble Harmonia, and talented soloists for a performance of *The Seven Last Words of Christ* by Joseph Haydn.

Originally composed in 1786, Haydn's iconic oratorio features nine movements, focused on one of the last seven sayings of Jesus spoken at the crucifixion. The words and music begin with a somber mood, growing towards an explosive conclusion in the final movement.

Tickets are on sale now for \$20, with a \$10 discount ticket option available.



Please scan QR code or call 604.266.8011 to purchase your tickets.

How to Contribute to St. Helen's Financially

We deeply appreciate financial contributions to our shared congregational life and mission. The best ways to donate are:

- Set up a Pre-Authorized Donation - simply send an email to sthelenswpg@gmail.com to get started or change your amount
- Donate via interact e-transfer to sthelenswpg@gmail.com
- Scan the QR code to the right or visit sthelensvancouver.com/give to donate via credit card
- Use one of the envelopes available at the back of the church by the offering plate to donate via cheques or cash



Volunteers Today:

Intercessor: David Van Blarcom

Readers: Shawn de Raaf, Rhodri Windsor-Liscombe

Lay Administrators: Angela White, Paula Pryce

Counter: Lynn Raymond

Zoom: Lynn Raymond

Volunteers Today:

Intercessor: Hepsi Chand

Readers: Pam Doig, Angela White

Lay Administrators: Shawn de Raaf, Suzanne Windsor-Liscombe

Counter: Lynn Raymond

Zoom: Lynn Raymond

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