



## The Third Sunday in Lent

March 8, 2026 + 4pm

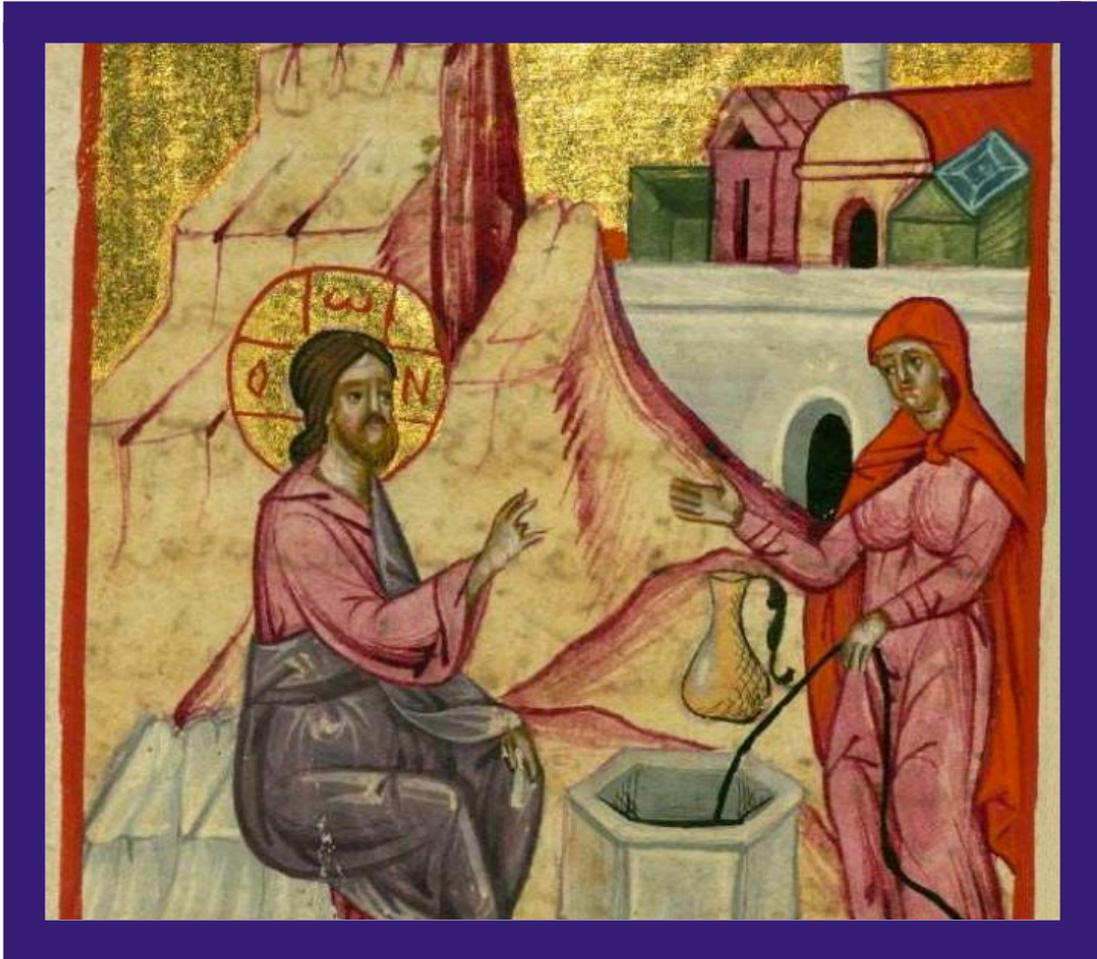


Image: 'Woman at the Well,' by Ilyas Basim Khuri Bazzi Rahib (1684). Wikimedia Commons CC BY-SA 3.0



## **Welcome to The AbbeyChurch**

***No matter who you are or what you are carrying today,  
know you are beloved and so very welcome here in Jesus' name.***

At the AbbeyChurch, we tell stories of faith, encourage hope, share meals, care for each other and for God's creation, and strive to practice the teachings of Jesus.

We're at different places in our faith journey but we share a guiding sacred story as found in scripture (The Bible) and summarised in our Christian creeds.

We share a willingness to honestly wrestle with God—with our questions and doubts, our disillusionment with our institutions and our concern for our world.

We invite diversity in our community and our leadership; old, young, rich, poor, conservative, liberal, radical, single, married, LGBTQ2IA+, straight, evangelical, progressive, overeducated, undereducated, overhoused, underhoused, uncertain, doubting, hurting, thriving (to name a few).

As a witness to unity in diversity, the AbbeyChurch is an affirming (full inclusion and leadership of 2SLGBTQIA+ folk) shared ministry of The United Church of Canada and The Anglican Church of Canada.

We draw on those spiritual traditions, as well as others across the Christian spectrum. We're also connected to Emmaus, an intentional community that is inspired by monasticism and whose members make commitments to prayer, presence and simplicity.

We believe that Christ's love and grace binds our differences together and renews our hope as we gather each week at Jesus' table of radical welcome.

### **Land Acknowledgement**

The AbbeyChurch acknowledges that we worship and pray on the stolen territory of the Ləkʷəjən peoples', the Songhees and Xwsepsum (Esquimalt) Nations. We strive to journey toward reparation, right relationship and reconciliation with justice. We confess the complicity of our religious traditions and institutions in the loss of life, lands, languages, spiritualities and cultures of the First Peoples' of these lands.

We pause in silence to remember and to recall the land under our feet, the hidden rivers, the trees and flowers and shifting seasons. We are grateful for the ongoing wisdom, stewardship and tending of these lands and apprentice ourselves to this good work of caring for creation and seeking to live in right-relationship with each other.

# We Gather

## Opening Loop: Loosen by Aly Halpert

As we gather each week, we hear the words of the song “Loosen” by Aly Halpert - we invite you to hear this song as an invocation, sung to you and over you from your Divine loving parent +

*Loosen, loosen, baby  
You don't have to carry  
The weight of the world in your muscles and bones  
Let go, let go, let go...  
Holy breath, and holy name  
Will you ease, will you ease this pain...*  
(and check out their music here: <https://www.alyhalpert.com/> )

## Tolling of the Bells

### Welcome, Announcements and Land Acknowledgement

*Bell x 3 and brief silence.*

*For the holy season of Lent we begin our worship  
with a time of looking inward in a spirit of penitence.*

## Collect for Purity

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden: 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.

## The Confession

Confident in God's love for us, even when we are turned away, we come to confess our sins in faith.

*Silence*

**Gracious God, we come before you in need of your mercy and grace.**

**You call us to trust in you completely, but often we do not.**

**We are timid and fearful as we follow your lead.**

**We justify our actions and words, though we know they are not what you require.**

**We struggle to understand the new life Christ offers, preferring old habits to risky change.**

**Forgive us, we pray. Help us to be born again into the life of Christ, trusting that you have included us by grace in the family of faith. In Christ's name we pray. Amen.**

*Feasting on the Word.*

## The Trisagion (sung)

Ho - ly God, Ho - ly and might - y,  
Ho - ly im - mort - al one, have mer - cy up - on us.

Traditional Eastern Orthodox

## Assurance of Grace / Absolution

*Folks of all ages are welcomed to set the table as we sing this opening song.  
You are invited to rise in body or in spirit as we sing our praises to God.*

### **Opening Song: O Sing to the Lord / Cantai ao Senhor**

Cantai ao Senhor um cântico novo (x3)  
Cantai ao Senhor! Cantai ao Senhor!

Oh, sing to the Lord, oh sing God a new song (x3)  
Oh, sing to our God, oh sing to our God!

By marvelous pow'r, the Lord has done wonders (x3)  
Oh, sing to our God, oh, sing to our God!

O shout to the Lord, who gave us the Spirit (x3)  
Oh, sing to our God, Oh sing to our God!

Cantai ao Senhor um cântico novo (x3)  
Cantai ao Senhor! Cantai ao Senhor!

*Traditional Brazilian folk melody, arr. Ronald Krisman, 2005 GIA, CCLI.*

### **The Poem**

**Chosen by Molly LeBlanc - Poet-in-Residence**

## **We Proclaim**

### **The Hebrew Scripture Reading:**

A reading from the book of Exodus (17:1-7)

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 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 quarrelled and tested the Lord, saying, "Is the Lord among us or not?"  
...The word of the Lord. **Thanks be to God.**

### **The Psalm: Psalm 95** *Venite, exultemus*

1 Come, let us sing to the Lord; \*  
let us shout for joy to the rock of our salvation.

2 Let us come before the presence of the Lord with thanksgiving \*  
and raise a loud shout to God with psalms.

3 For you, O Lord, are a great God, \*  
and a great sovereign above all gods.

4 In your hand are the caverns of the earth, \*

and the heights of the hills are yours also.

5 The sea is yours, for you made it, \*  
and your hands have moulded the dry land.

6 Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.

7 For you are our God,  
and we are the people of your pasture and the sheep of your hand. \*  
Oh, that today we would hearken to your voice!

### **The Christian Scripture Reading**

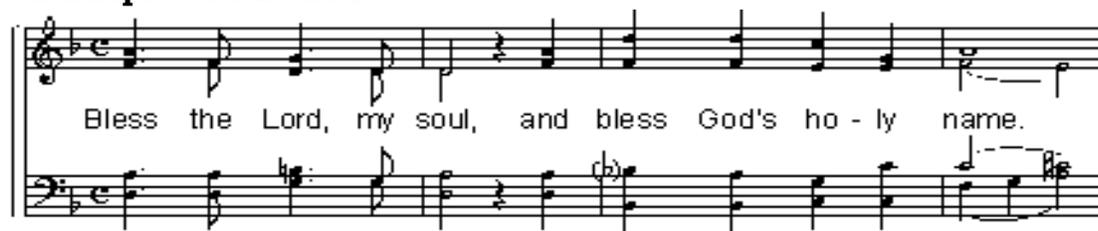
A reading from the letter to the Romans (5:1-11)

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.

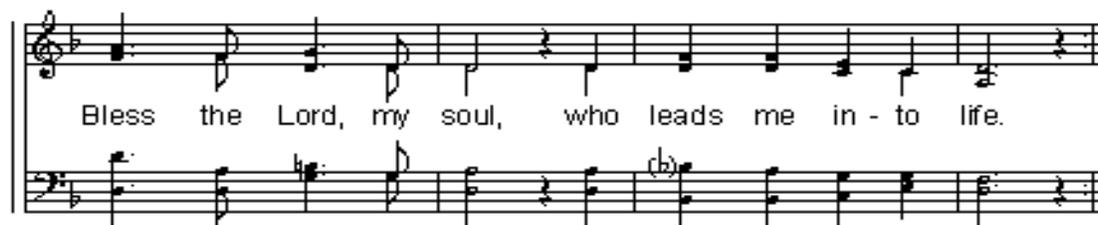
...The word of the Lord. **Thanks be to God.**

*You are invited to rise in body or spirit as we prepare our hearts to hear the gospel.*

### **The Gospel Acclamation**



Bless the Lord, my soul, and bless God's ho - ly name.



Bless the Lord, my soul, who leads me in - to life.

## **The Gospel**

Let us proclaim the Gospel from the rooftops. **With our words and with our lives!**

A reading from the Gospel according to John (4:5-30, 39-42)

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." 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. ...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." ...Let us proclaim the Gospel from the rooftops.

**With our words and with our lives!**

## Gospel Acclamation *Repeated*

### The Sermon

**Matt Humphrey**

*Bell. Silence for reflection. Bell.*

*You are invited to rise in body or in spirit as we affirm our faith in these words:*

### Credo

We believe in God Almighty, Maker of all heav'n and earth;  
And in Jesus Christ, our Saviour: God's own Son of matchless worth;  
By the Spirit was conceived of the virgin Mary born,  
God in whom we have believed: God Almighty Three-in-One.

Suffered under Pontius Pilate, on the cross, he bled and died;  
Placed within the grave so silent, where for three days he did lie;  
Then the stone-sealed tomb was empty; we believe he did arise;  
Triumphed o'er the grave forever, over death he is the Christ.

Into heaven he ascended - seated at God's own right hand  
'Til he comes again in glory, gracious judge o'er every land;  
We confess the Holy Spirit who was sent through Christ the Son  
Who is Lord and giver of life - God, the Spirit, Three-in-One.

We believe the Church of Jesus, \*catholic it 'ere remains;  
We are one through all the ages, the communion of the saints.  
We believe sins are forgiven, our bodies shall be raised  
Everlasting life the promise may God's holy name be praised.

*\*or, universal    Mindy Deckard; arr. Bruce Benedict / Rob S verses © 2006 Cardiphonia Music / CCLI*

### Prayer stations

### Song: By Night

By night we has - ten, in dark - ness, to  
*De no - che - re - mos, de no - che, que*

seek for the liv - ing wa - ter, on - ly our thirst lights us  
*pa - ra en - con - trar la fuen - te, só - lo la sed nos a -*

on - wards, on - ly our thirst lights us on - wards.  
*lum - bra, só - lo la sed nos a - lum - bra.*

## **Song: Amazing Grace**

Amazing grace (how sweet the sound)  
that saved a wretch like me!  
I once was lost, but now am found,  
was blind, but now I see.

'Twas grace that taught my heart to fear,  
and grace my fears relieved;  
how precious did that grace appear  
the hour I first believed!

The Lord has promised good to me,  
his word my hope secures;

he will my shield and portion be  
as long as life endures.

Through many dangers, toils and snares  
I have already come:  
'tis grace has brought me safe thus far,  
and grace will lead me home.

When we've been there ten thousand years  
bright shining as the sun  
We've no less days to sing God's praise  
than when we first begun.

*John Newton, 1779, Public Domain.*

## **The Peace**

...The peace of Christ be with you all. **And also with you.**

*You are invited to share a sign of God's peace to those near you.*

*Offering: Contributions to our common life can be made at the back of the space (now or later) in the boxes or using debit or credit card. You can e-transfer donations to [treasurer@emmauscommunity.ca](mailto:treasurer@emmauscommunity.ca) (that's our preferred method) or donate to AbbeyChurch / Emmaus via CanadaHelps by using the QR Code on the last page of this leaflet. All donations are eligible for a charitable tax receipt.*

## **The Offertory Song: I heard the voice of Jesus say**

I heard the voice of Jesus say,  
"Come unto Me and rest;  
Lay down, O weary one, lay down  
Thy head upon My breast."

I came to Jesus as I was,  
Weary, and worn, and sad;  
I found in him a resting-place,  
And he has made me glad.

I heard the voice of Jesus say,  
"Behold, I freely give  
The living water; thirsty one,  
Stoop down, and drink, and live."

I came to Jesus, and I drank  
Of that life-giving stream;  
My thirst was quenched, my soul revived,  
And now I live in him.

I heard the voice of Jesus say,  
"I am this dark world's Light;  
Look unto me, your morn shall rise,  
And all your day be bright."

I looked to Jesus, and I found  
In him my Star, my Sun;  
And in that Light of life I'll walk,  
Till trav'ling days are done.

*Horatius Bonar (1846), Public Domain.*

## **We Celebrate**

*As we prepare for this holy feast, we are reminded that all are welcome at Jesus's wherever they find themselves in their spiritual journey.*

*If you wish to come forward to receive a blessing rather than bread and wine, simply place your hands across your chest.*

## **Prayer Over The Gifts**

Blessed are you, Lord God of all creation: through your goodness we have this bread to set before you, which earth has given and human hands have made. It will become for us the bread of life. **Blessed be God for ever.**

Blessed are you, Lord God of all creation: through your goodness we have this wine to set before you, fruit of the vine and work of human hands. It will become for us the cup of salvation. **Blessed be God for ever.**

## **The Great Thanksgiving**

The Lord be with you! **And also with you!**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God!

**It is right to give our thanks and praise!**

Holy God, How wonderful is the work of your hands! All of creation echoes the silent music of your praise. When sin had scarred the world, You made a covenant to renew the whole of creation. You embraced a people as your own and filled them with longing for a peace that would last and a justice that would never fail.

**Glory to you forever and ever.**

Through countless generations your people hungered for the bread of freedom. From them you raised up Jesus, the living bread, in whom all our hungers are filled. You have sent your Holy Spirit as a mighty stream to refresh and renew the face of the earth. Therefore with the company of heaven and all of your creation we sing:

**Holy holy holy Lord God of power and might**

**Heaven and earth are full of your glory**

**Hosanna in the highest**

**+Blessed is the One who comes**

**in the name of the Lord. Hosanna in the highest.**

While Jesus was eating with his disciples, he took a loaf of bread, and after blessing it, broke it, gave it to them, and said, "Take, eat, this is my body. Do this in remembrance of me."

**Glory to you forever and ever.**

As supper was ending, Jesus took the wine and after blessing it, poured it, gave it to them and said, "take, this is my blood, do this in remembrance of me.

**Glory to you forever and ever.**

Holy God we give you thanks for the mystery of faith given to us in Jesus your Child:

**Christ has died, Christ is risen, Christ will come again.**

**Christ has died, Christ is risen, Christ will come again.**

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. As grain was scattered across this land then gathered and made one in this bread, so may your church, scattered to the ends of the earth, be gathered and made one in your love. Amen. *St. Lydia's Table, alt.*

## **The Prayer of Jesus**

As beloved children of a loving parent let us pray:

**Our Father (Mother/Source/Parent) 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 forever. Amen.**

*Silence is kept.*

These are the gifts of God, for the people of God, given for the life of the world.

**Thanks be to God! Amen.**

*All are welcome (none compelled!) to receive at Jesus' table!  
The bread is gluten-free, there are also rice crackers available.  
Grape juice is in the small cups. It is wine (port) in the larger chalice.*

**Song (pre-recorded): Oh God will you restore us?**

*Bifrost Arts c 2016 Bifrost Arts (Lamentations), CCLI.*

**Communion Song: Come to the Water**

Oh let all who thirst, let them come to the water.  
And let all who have nothing, let them come to the Lord.  
Without money, without price  
Why should you pay the price, except for the Lord.

And let all who seek, let them come to the water.  
And let all who have nothing, let them come to the Lord.  
Without money, without strife  
Why should you spend your life, except for the Lord.

And let all who toil, let them come to the water.  
And let all who are weary, let them come to the Lord.  
All who labor, without rest  
How can your soul find rest, except for the Lord.

And let all the poor, let them come to the water.  
Bring the ones who are laden, bring them all to the Lord.  
Bring the children, without might  
Easy the load and light, come to the Lord.

*John Foley, SJ 1978, OCP.*

**Communion Song: Leaning on the Everlasting Arms**

What a fellowship, what a joy divine,  
Leaning on the everlasting arms;  
What a blessedness, what a peace is mine,  
Leaning on the everlasting arms.

O how sweet to walk in this pilgrim way,  
Leaning on the everlasting arms;  
O how bright the path grows from day to day,  
Leaning on the everlasting arms. (C)

Chorus: Leaning, leaning,  
Safe and secure from all alarms;  
Leaning, leaning,  
Leaning on the everlasting arms.

What have I to dread, what have I to fear,  
Leaning on the everlasting arms?  
I have blessed peace with my Lord so near,  
Leaning on the everlasting arms. (C)

*Anthony J. Showalter and Elisha Hoffman, 1887, Public Domain.*

**The Prayer After Communion**

*[we pray together]* **Eternal God, Creator of all things, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

*Anglican Church of Canada*

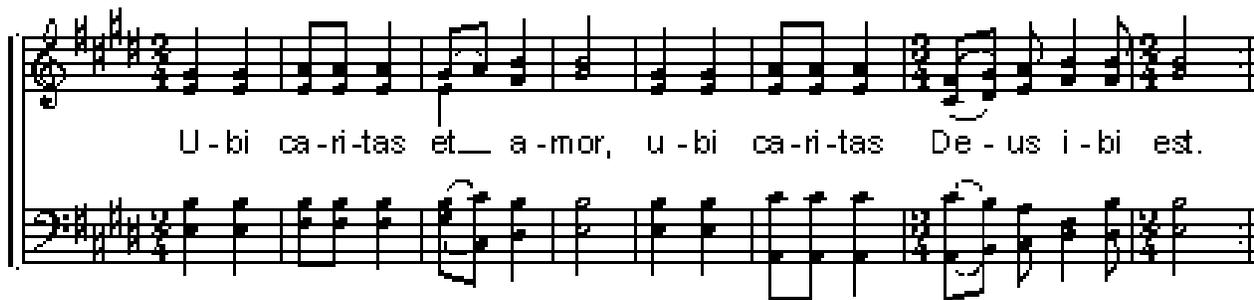
## We Are Sent

**The Blessing**

**The Sending**

Go in peace to love and serve the Lord  
**Thanks be to God. Amen.**

**Sending Song: Ubi Caritas** Sung in Latin and English



♪ **Where there is char-i-ty**, self-less love, Where there is char-i-ty, God— is tru-ly there. / **Ten, kur gai-les-tis** ir mei-lè, ten, kur gai-les-tis, Die-vasten y-ra. /

*Ateliers et Presses de Taizé / J. Gelineau / OneLicense*

*As best as possible, we depart in silence / quiet for this Lenten Season.  
Please feel free to have conversations and mingle and grab a tea in the Quadra narthex (lobby)*

*We will be back here to worship next Sunday at 4pm  
as we continue our Lenten wilderness journey*

### **Donations to our Common Life and Ministry**



A huge thank you to everyone who supported our ministry in 2025, making it possible for us to continue thriving! We continue to welcome your offerings of all kinds; financial and otherwise - and are grateful for all the ways you give.

Here are a few ways to donate financially to the common life of our Beloved Community:

1. **E-transfers.** This method is our favourite as we receive the full amount. (no fees) Please use your online banking to interac e-transfer to [treasurer@emmauscommunity.ca](mailto:treasurer@emmauscommunity.ca). Make sure you have filled out [this form](#) so we have the details to provide a tax receipt or email [treasurer@emmauscommunity.ca](mailto:treasurer@emmauscommunity.ca) with the details of the amount, date and your full contact details.
2. **Online** Via [Canada Helps](https://www.canadahelps.org/en/charities/emmausabbeychurch/) - follow the link below or click the QR code -> here:  
<https://www.canadahelps.org/en/charities/emmausabbeychurch/>
3. The **Square POS** reader at the back of the church. Again, be sure to provide your name and contact details either when making the donation via Square or using one of the slips by the iPad.

*With deep gratitude for your generous support of this beloved AbbeyChurch.*

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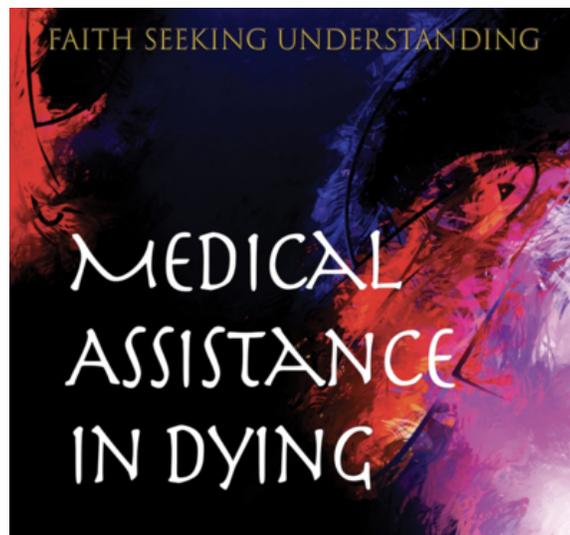
## **Weekday Prayer with the Emmaus Community**

- @ Emmaus/AbbeyChurch Upper Room** (off the Balmoral parking lot, up the metal stairs)  
**Mondays 9 am** - Morning Prayer w/ Centering Prayer - approx 45 mins. In-person only.  
**Tuesdays 9 am** - approx 25-30 mins - in-person and online.  
**Thursdays 8:15 am** - morning prayer - The Upper Room and online on zoom.  
**Fridays 8:15 am** - morning prayer - *on-line zoom only*  
*Contact us for information on the accessible entrance or zoom/liturgies link.*  
*Open to any and all!*

## **Lenten Study on MAID (Assisted Dying)**

A Lenten Conversation about MAID (assisted dying) - **Wed March 4 & 25th at 3pm**  
Join Rev. Lynn as well as informed voices from both the Anglican and United Churches for these two sessions to talk about Medical Assistance in Dying (MAID).

We'll use some chapters from the book Faith Seeking Understanding and have an open handed, open hearted conversation. Please be in touch with Lynn or email [admin@abbeychurch.ca](mailto:admin@abbeychurch.ca) if you'd like to participate.



**BORROW A BOOK?** the (very in-process - 15% catalogued) library catalog is here:  
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