

# THE HOLY EUCHARIST

Third Sunday in Lent – March 08, 2026

## THE LITURGY OF THE WORD

### PRELUDE

### ENTRANCE HYMN

“Shall we gather at the river”

LEVAS # 141

1. Shall we gath - er at the riv - er, Where bright an - gel feet have trod; \_\_\_  
2. On the mar - gin of the riv - er, Wash - ing up its sil - ver spray, \_\_\_  
3. Ere we reach the shin - ing riv - er, Lay we ev - 'ry bur - den down; \_\_\_  
4. Soon we'll reach the shin - ing riv - er, Soon our pil - grim - age will cease, \_\_\_

1. With its crys - tal tide for - ev - er Flow - ing by the throne of God?  
2. We will walk and wor - ship ev - er, All the hap - py gold - en day.  
3. Grace our spir - its will de - liv - er, And pro - vide a robe and crown.  
4. Soon our hap - py hearts will quiv - er With the mel - o - dy of peace.

Yes, we'll gath - er at the riv - er, The beau - ti - ful, the beau - ti - ful riv - er;

Gath - er with the saints at the riv - er That flows by the throne of God.

Words: Robert Lowry (1826-1899). Music: Robert Lowry.

### OPENING ACCLAMATION

*Presider* Blessed be the God of our salvation.  
*People* **Who bears our burdens and forgives our sins.**

**Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.**

*Presider* God be with you.  
*People* **And also with you.**  
*Presider* Let us pray.

### THE COLLECT OF THE DAY

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

### WE HEAR GOD'S WORD

READING FROM THE OLD TESTAMENT

**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 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?"

*Reader* Hear what the Spirit is saying to God's people.  
*People* **Thanks be to God!**

### Psalm 95

- 1 Come, let us sing to the Lord;  
**let us shout for joy to the Rock of our salvation.**
- 2 Let us come before his presence with thanksgiving  
**and raise a loud shout to him with psalms.**
- 3 For the Lord is a great God,  
**and a great King above all gods.**
- 4 In his hand are the caverns of the earth,  
**and the heights of the hills are his also.**
- 5 The sea is his, for he made it,  
**and his hands have molded the dry land.**
- 6 Come, let us bow down, and bend the knee,  
**and kneel before the Lord our Maker.**
- 7 For he is our God, and we are the people of his pasture and the sheep of his hand.  
**Oh, that today you would hearken to his voice!**
- 8 Harden not your hearts, as your forebears did in the wilderness,  
**at Meribah, and on that day at Massah, when they tempted me.**

- 9 They put me to the test,  
**though they had seen my works.**
- 10 Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know my ways."
- 11 So I swore in my wrath,  
**"They shall not enter into my rest."**

### READING FROM THE EPISTLE

**Romans 5:1-11**

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.

*Reader* Hear what the Spirit is saying to God's people.  
*People* **Thanks be to God!**

### THE GOSPEL CHANT

"Santo, santo, santo" ["Holy, holy, holy"]

**WLP # 785**

**LA PLATA:** PLEASE SING THE ENGLISH VERSE **3 TIMES** BEFORE AND AFTER THE GOSPEL READING.

**WAYSIDE:** PLEASE SING THE ENGLISH VERSE **1 TIME** BEFORE AND AFTER THE GOSPEL READING.

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi  
 Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.  
 heart is glad to say the words: you are ho - ly, Lord.

Words: Variation on a traditional liturgical text. Music: Composer of melody unknown; arr. based on a two-part version as taught by Pablo D. Sosa (b. 1933).

## THE GOSPEL

**John 4:5-42**

*Presider* The Holy Gospel of our Savior Jesus Christ according to John.  
*People* **Glory to you, Lord Christ!**

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 worshiped 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 worshipers 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 labor. Others have labored, and you have entered into their labor.”



The Presider adds a concluding Collect.

### CONFESSION AND ABSOLUTION

*Presider* Let us confess our sins against God and our neighbor.

**God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

*The Presider concludes with the Absolution.*

*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 (Standing)

*Presider* The peace of Christ be always with you.  
*People* **And also with you.**

*You are invited to exchange a sign of Christ's peace with your neighbors.*

### OFFERTORY HYMN "Amazing Grace" THE HYMNAL 1982, # 671

*For La Plata Congregants: Please support our mission as you feel called to do so. Text "CCLAPLATA" to 73256 or online at <https://christchurchlaplata.org/donate/> or with cash in the offering plate. Thank you!*



*For Wayside Congregants: Please support our mission as you feel called to do so. Text "Wayside" to 73256 or online at <https://onrealm.org/ChristChurchWay/give/now> or with cash in the offering plate. Thank you!*

### DOXOLOGY

## 625 Doxology

*Praise be to the God and Father of our Lord Jesus Christ, who has blessed us. Eph. 1:3*

Praise God from whom all blessings flow; Praise Him, all creatures here below;

Praise Him a-bove, ye heav'n-ly host; Praise Fa-ther, Son and Ho-ly Ghost. A - men.

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### THE HOLY EUCHARIST

*Celebrant* The Lord be with you.  
*People* **And also with you.**

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

*Celebrant* Let us give thanks to the Lord our God.  
*People* **It is right to give our thanks and praise.**

*Celebrant*

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

**Holy, Holy, Holy Lord**

**The Hymnal 1982, S-129**

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and  
might, hea - ven and earth are full of your glo - ry. Ho -  
san - na in the high - est. Bless - ed is he who  
comes in the name of the Lord. Ho - san - na in the high - est.\_\_\_\_\_

Music: Robert Powell (b. 1932). Setting: Copyright © Church Publishing Inc.

*Celebrant*

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God.

Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said:  
**“Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”**

As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said:  
**“Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”**

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made. In the fullness of time bring us, with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN**

And now, as our Savior Christ has taught us, we are bold to pray together:

**Our Father in heaven,  
holy is your Name.  
Your kingdom come, your will be done,  
on earth as in heaven.  
Give us today our daily bread,  
And 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**

**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, and the power,  
and the glory, for ever and ever. Amen**

## THE BREAKING OF THE BREAD

*A period of silence is kept.*

*Celebrant* Lamb of God, you take away the sins of the world.  
*People* **Have mercy on us.**

*Celebrant* Lamb of God, you take away the sins of the world.  
*People* **Have mercy on us.**

*Celebrant* Lamb of God, you take away the sins of the world.  
*People* **Grant us peace.**

*Celebrant* These are the Gifts of God for the People of God.

## THE COMMUNION

*We gather at God's table. All are invited and welcome to share in Holy Communion.*

*Please come forward to the altar rail to receive. Please let someone know if you need  
Communion brought to you at your seat.*

*If you come to receive Holy Communion, the custom is to place the palm of one hand  
(palm up) into the palm of the other to receive the wafer.*

*If you receive only the wafer, you may consume it, and return to your seat.*

*Gluten-free wafers are available upon request.*

*To receive the wine, you may sip from the chalice (large cup),  
or take one of the small wine cups.*

*If you do not wish to receive but prefer to come forward to receive a blessing, please  
cross your arms over your chest after you come to the front.*

*Return to your seat by the side aisle, disposing of the small wine cup in the basket on the  
front side pew on your way back to your pew.*

## COMMUNION MUSIC

## PRAYER AFTER COMMUNION

**God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.**

## BLESSING OF EUCHARISTIC VISITORS

**Almighty God, this meal does not end here – you continue to nourish us, and to feed others through us. Bless these elements and vessels, and the lay eucharistic visitors who carry them out, that your Body and Blood may nurture those members of our family unable to worship with us today.**

## PRAYERS FOR BIRTHDAYS AND ANNIVERSARIES

## COMMUNITY NEWS

**A SOLEMN PRAYER** *Please stand as you are able.*

*Celebrant:* Bow down before the Lord.

*The people bow or kneel as they are able.*

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

And the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be with you, and those who are near and dear to you this day, and remain with you always. **Amen.**

## PROCESSIONAL HYMN

“Lift high the cross”

THE HYMNAL 1982, # 473

*We ‘Process’ into the world to carry Jesus’ message of love.*

## SENDING

*Presider* Let us go forth in the name of Christ.  
*People* **Thanks be to God.**

## POSTLUDE

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### MUSIC NOTES

*La Plata and Wayside Organist: Andrew Kivrak*

*Hymns are found in the hymnals in the pews.*

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### OUR PRAYERS TODAY:

**We give thanks for:** our families and friends.

**We pray for:** an end to the conflict in the Middle East.

**Those celebrating this week:**

**We pray for:**

**Those in need of healing** – Margaret Farthing, Bill, James, Janet, Chris, Pat, Tom, Scott, Gerald, Steve, Sylvia, Joy McCartin, Edie, Stacy, Nada, Sheila Smith, Gloria Groeger, Pete, the Weirich Family, the Havenner family

**Those who have died** – Tom Weirich, Jack Havenner

## ANNOUNCEMENTS

**REV. ROBIN'S UPDATED SCHEDULE:** Tuesdays, Thursdays, Fridays, Sunday mornings. If emergencies arise on other days, please contact your Senior Warden.

### HELP NEEDED:

- The Christ Church La Plata IT/Tech Committee needs help on Sunday mornings. If you are available, please contact Evelyn Bowling
- The Christ Church La Plata Food Pantry needs your help. Volunteer duties usually occur on Wednesday or Thursday mornings. Volunteers are needed to help bag groceries and pack non-perishable food items for distribution on Friday morning. Volunteers are also needed to help unbox food items and stock shelves. Please contact Lisa Colvin for more information

**BIBLE STUDY** – The Beatitudes, led by our Canadian friend and seminarian Kirk Vandezande. Come every Wednesday at 7:00 p.m.

**LUNCH AND LEARN** – Thursdays from Noon to 1:30 pm. We are using 'Living Well Through Lent 2026, A Living Compass Seasonal Resource', led by Kathleen Jackson.

**FLOWERS TO REMEMBER SOMEONE?** – If you love having flowers on our altar, consider donating one Sunday in memory of, or in honor of someone. The suggested donation is \$50. You can call the La Plata parish office (301.392.1051) or the Wayside parish office (301.259.4327) to find out more. As a reminder, we do not have flowers on the altar during the season of Lent.

**OUTREACH and ALMS FUNDS** – Our Outreach and Rector's Alms Funds receive many requests. The needs are great. Please give as you are able.