

Holy Trinity Anglican Church Metcalfe
3rd Sunday of Lent
March 12, 2023
The Reverend Canon David Clunie

Celebrant: As we come together in this sacred space to share sacred time, we acknowledge that our house of worship and our homes lie on the unceded territory of the Anishinaabe Algonquin peoples.

People: **May we seek to walk together on this land in hope, joy and reconciliation.**

Celebrant: The grace of our Lord Jesus Christ, and the love of God and the fellowship of the Holy Spirit be with you all.

People: **and also with you.**

Celebrant: Almighty God

All: **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 your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen**

Celebrant: 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.

People: **Amen.**

Reader: 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 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?" EXODUS 17:1-7

The Word of the Lord

People: **Thanks be to God**

Reader: Our Psalm today is Psalm 95

Come, let us sing to the Lord; let us shout for joy to the rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms.

All: **Oh, that today you would hearken to his voice: harden not your hearts.**

Reader: For the Lord is a great God, and a great king above all gods. In his hand are the caverns of the earth, and the heights of the hills are his also. The sea is his, for he made it, and his hands have molded the dry land.

All: **Oh, that today you would hearken to his voice: harden not your hearts.**

Reader: Come, let us bow down, and bend the knee, and 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. Oh, that to-day you would hearken to his voice!

All: **Oh, that today you would hearken to his voice: harden not your hearts.**

Reader: 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.

All: **Oh, that today you would hearken to his voice: harden not your hearts.**

Reader: Forty years long I detested 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."

All: **Oh, that today you would hearken to his voice: harden not your hearts.**

Reader: 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.

ROMANS 5:1-11

The Word of the Lord

People: **Thanks be to God**

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: The Holy Gospel of our Lord and Saviour Jesus Christ according to the blessed John. (JOHN 4:5-42)

People: **Glory to you, Lord Jesus 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 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.

People: **Praise to You, Lord Jesus Christ.**

Homily

Celebrant: Let us confess our faith, as we say,

All: We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father.

Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried.

All: **On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen**

Reader: With confidence and trust let us pray to the Lord, saying, "Lord, have mercy." For the one holy catholic and apostolic Church throughout the world, we pray to you, Lord.

All: **Lord, have mercy.**

Reader: We pray for Shane, our Bishop; Anne, our Metropolitan; Linda, our Primate; as well as Our Community Ministries: Centre 454; St. Luke's Table; The Well, Centre 105, Cornerstone Housing for Women, Ottawa Pastoral Counselling Centre and the Refugee Ministry. We also pray for St. Paul's, Almonte and The Reverend Jonathon Kouri.

Reader: For the mission of the Church, that in faithful witness it may preach the gospel to the ends of the earth, we pray to you, Lord.

All: **Lord, have mercy.**

Reader: For those preparing for baptism and for their teachers and sponsors, we pray to you, Lord.

All: **Lord, have mercy.**

Reader: For peace in the world, that a spirit of respect and reconciliation may grow among nations and peoples, we pray to you, Lord.

All: **Lord, have mercy.**

Reader: In our parish family, we pray for Roy, Beth, Myra, Louise, Marjorie, Richard and Deb, Irene, Howard, Cheryl, Jeannette, Sarah, and Zachariah. For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all in danger; that they may be relieved and protected, we pray to you, Lord.

All: **Lord, have mercy.**

Reader: For all whom we have injured or offended, we pray to you, Lord.

All: **Lord, have mercy.**

Reader: For grace to amend our lives and to further the reign of God, we pray to you, Lord.

All: **Lord, have mercy.**

Celebrant: Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness. Most merciful God,

All: we confess that we have sinned against you in thought, word and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we might delight in your will, and walk in your ways, to the glory of your name.

Amen

Celebrant: Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord.

People: **Amen.**

Celebrant: The peace of the Lord be always with you.

People: **And also with you.**

Celebrant: Spring of life and Source of goodness, receive all we offer you this day, and bring us to the living water, Jesus Christ, your Son our Lord.

People: **Amen.**

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: Blessed are you, gracious God, creator of heaven and earth; we give you thanks and praise through Jesus Christ our Lord, who was tempted in every way, yet did not sin, By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. Therefore with angels and archangels, and all who have served you in every age, we raise our voices to proclaim the glory of your name.

People: **Holy, holy, holy Lord, God of power and might; heaven and earth are full of your glory.**

Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Celebrant: We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you.

In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life. On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat; this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore, Father, according to his command,

All: **we remember his death, we proclaim his resurrection, we await his coming in glory;**

Celebrant: and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and forever.

All: **Amen.**

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

People: **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.**

Celebrant: We break this bread,

All: **Communion in Christ's body once broken.**

Celebrant: Let your Church be the wheat which bears its fruit in dying.

People: **If we have died with him, we shall live with him; if we hold firm, we shall reign with him.**

Celebrant: The gifts of God for the People of God.

People: **Thanks be to God**

WE SHARE THE GIFT OF EUCHARIST WITH ONE ANOTHER

Rev. Clunie: Let us pray. God of our pilgrimage, we have found the living water. Refresh and sustain us as we go forth on our journey, in the name of Jesus Christ the Lord.

People: **Amen.**

Rev. Clunie: Glory to God,

All: **whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

Worship follows the Holy Eucharist in the Book of Alternative Services.

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