

The Holy Eucharist: Rite One

Sunday, March 8, 2026

The Third Sunday in Lent

Prelude

Processional Hymn 475: “God himself is with us”

- 1 God himself is with us; let us all adore him, and with awe appear before him.
God is here with in us; souls in silence fear him, humbly, fervently draw near him.
Now his own who have known God, in worship lowly, yield their spirits wholly.
- 2 Gladly, Lord, we offer thine to be for ever, soul and life and each endeavor.
Help us to surrender earth’s deceitful treasures, pride of life, and sinful pleasures:
thou alone shalt be known Lord of all our being, life’s true way decreeing.
- 3 Thou pervadest all things; let thy radiant beauty light mine eyes to see my duty.
As the tender flowers eagerly unfold them, to the sunlight calmly hold them,
so let me quietly in thy rays imbue me; let thy light shine through me.
- 4 Come, abide within me; let my soul, like Mary, be thine earthly sanctuary.
Come, indwelling Spirit, with transfiguring splendor; love and honor will I render.
Where I go here below, let me bow before thee, know thee, and adore thee.

Words: Gerhardt Tersteegen; tr. Hymnal 1940, alt.; st 3, tr. Henry Sloane Coffin

Penitential Order: Rite One

Celebrant: Bless the Lord who forgiveth all our sins.

People: **His mercy endureth for ever.**

Confession of Sin (BCP 320)

Celebrant: Let us humbly confess our sins unto Almighty God.

All: **Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.**

Absolution (BCP 321)

Celebrant: The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit.

People: **Amen.**

The Word of God

Kyrie (BCP 324, S 90)

Lord, have mercy upon us. Lord, have mercy upon us.

Lord, have mercy upon us.

Christ, have mercy upon us. Christ, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us. Lord, have mercy upon us.

Lord, have mercy upon us.

Collect of the Day (BCP 166, 325)

Celebrant: The Lord be with you.

People: **And with thy spirit.**

Celebrant: Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever.

People: **Amen.**

The Lessons (BCP 325)

The First Reading

Reader: 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 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: The Word of the Lord.

People: **Thanks be to God.**

The Gradual: Psalm 95, S 35, BCP 724

- 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!

The Second Reading

Reader: A reading from Paul’s letter to the 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: The word of the Lord.

People: **Thanks be to God.**

Sequence Hymn 151: “From deepest woe I cry to thee” (v 1, 2)

- 1 From deepest woe I cry to thee; Lord, hear me, I implore thee!
Bend down thy gracious ear to me; I lay my sins before thee.
If thou rememberest every sin, if nought but just reward we win,
could we abide thy presence?
- 2 Thou grantest pardon through thy love; thy grace alone availeth.
Our works could ne'er our guilt remove; yea, e'en the best life faileth.
For none may boast themselves of aught, but must confess thy grace hath wrought
whate'er in them is worthy.

The Gospel

Deacon: The Holy Gospel of our Lord Jesus Christ according to John. (4:5-42)

People: **Glory be to thee, O Lord.**

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."

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 Savior of the world."

Deacon: The Gospel of the Lord.

People: **Praise be to thee, O Christ.**

Sequence Hymn 151: "From deepest woe I cry to thee" (v 3)

3 And thus my hope is in the Lord, and not in my own merit;
I rest upon his faithful word to them of contrite spirit.
That he is merciful and just, here is my comfort and my trust;
his help I wait with patience.

Words: Martin Luther

Sermon The Rev. Dr. Mark W. Frazier

The Nicene Creed (BCP 326)

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. 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 and the Son. With the Father and the Son he is worshiped 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.

Prayers of the People, Form IV (BCP 388)

Leader: Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

Leader: Lord, in your mercy

People: **Hear our prayer.**

Leader: Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Silence

Leader: Lord, in your mercy

People: **Hear our prayer.**

Leader: Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence

Leader: Lord, in your mercy

People: **Hear our prayer.**

Leader: Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Silence

Leader: Lord, in your mercy

People: **Hear our prayer.**

Leader: Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

Silence

Leader: Lord, in your mercy

People: **Hear our prayer.**

Leader: We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Leader: Lord, in your mercy

People: **Hear our prayer.**

The Peace (BCP 332)

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

People: **And with thy spirit.**

Announcements

THE HOLY COMMUNION

Offertory

Offertory Anthem

Doxology (Hymn 380, v 3)

Praise God, from whom all blessings flow; praise him, all creatures here below;
praise him above, ye heavenly host: praise Father, Son, and Holy Ghost.

The Great Thanksgiving, Eucharistic Prayer II, BCP 340

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Lift up your hearts.

People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

Celebrant It is very 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.

Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Celebrant Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

(Sanctus S 113)

All: **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 he that cometh in the name of the Lord.
Hosanna in the highest.**

Celebrant All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, 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. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

Celebrant For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke 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 this, all of you; 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 Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise

and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

The Lord's Prayer (BCP 336)

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

All: **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.**

Celebrant: Christ our Passover is sacrificed for us;

People: **Therefore let us keep the feast.**

Agnes Dei (S 157, BCP 337)

**O Lamb of God, that takest away the sins of the world,
have mercy upon us.**

**O Lamb of God, that takest away the sins of the world,
have mercy upon us.**

**O Lamb of God, that takest away the sins of the world,
grant us thy peace.**

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

An Act of Spiritual Communion

All: **My Jesus, I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.**

Since I cannot at this moment receive You sacramentally, come spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Post Communion Prayer (BCP 339)

Celebrant: Let us pray.

All: Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

Benediction

Sending Hymn 144: “Lord Jesus, Sun of Righteousness”

- 1 Lord Jesus, Sun of Righteousness, shine in our hearts, we pray;
dispel the gloom that shades our minds and be to us as day.
- 2 Give guidance to our wandering ways, forgive us, Lord, our sin;
restore us by your loving care to peace and joy within.
- 3 Lord, grant that we in penitence may offer you our praise,
and through your saving sacrifice receive your gift of grace.
- 4 Now nearer draws the day of days when paradise shall bloom,
when we shall be at one with you, Lord, risen from the tomb.
- 5 The universe your glory shows, blest Father, Spirit, Son;
we shall acclaim your majesty, eternal Three in One.

Words: Latin; tr. Anne K LeCroy

Dismissal

Deacon: Let us go forth in the name of Christ.

People: **Thanks be to God.**

Postlude

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St. Thomas Episcopal Church
540-382-4365 · 103 East Main St. · Christiansburg, VA 24073
mystthomasoffice@yahoo.com · <https://www.stthomaschristiansburg.org>