

Episcopal Church of the Holy Cross



Third Sunday in Lent
The Holy Eucharist without Communion
Sunday, March 8, 2026

The Word of God

Penitential Order

OPENING ACCLAMATION (BCP p. 351)

The people standing, the Presider says

Presider Bless the Lord who forgives all our sins.
People His mercy endures for ever.

CONFESSION OF SIN (BCP p. 351)

The Presider says

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these." *Mark 12:29-31*

The Presider says

Let us confess our sins against God and our neighbor.

Silence may be kept.

Minister and People

Most merciful God,
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 neighbors 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 may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

The Presider says

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ,
strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. *Amen.*

OPENING ANTHEM OR SONG OF PRAISE (BCP p. 356)

The following is said, all standing

Holy God,

Holy and Mighty,
Holy Immortal One.
Have mercy upon us.

THE COLLECT OF THE DAY (BCP p. 357)

Presider The Lord be with you.
People And also with you.
Presider Let us pray.

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.*

The Lessons

FIRST READING: Exodus 17:1-7

The people sit.

A Reading from the book of Exodus.

¹From 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. ²The 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?" ³But 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?" ⁴So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." ⁵The 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. ⁶I 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. ⁷He 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.

Silence may follow.

PSALM: Psalm 95

Remain seated.

¹Come, let us sing to the LORD; *
let us shout for joy to the Rock of our salvation.

²Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.

³For the LORD is a great God, *
and a great King above all gods.

⁴In his hand are the caverns of the earth, *
and the heights of the hills are his also.

⁵The sea is his, for he made it, *
and his hands have molded the dry land.

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

⁷For 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!

⁸Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.

⁹They put me to the test, *
though they had seen my works.

¹⁰Forty years long I detested that generation and said, *
“This people are wayward in their hearts;
they do not know my ways.”

¹¹So I swore in my wrath, *
“They shall not enter into my rest.”

SECOND READING: Romans 5:1-11

The people sit.

A Reading from Paul's letter to the Church in Rome.

¹Since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and 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.

⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸But God proves his love for us in that while we still were sinners Christ died for us. ⁹Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰For 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. ¹¹But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

<i>Reader</i>	The Word of the Lord.
<i>People</i>	Thanks be to God.

Silence may follow.

GOSPEL: John 4:5-42

All stand.

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

⁵[Jesus] came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph.⁶Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink."⁸(His disciples had gone to the city to buy food.)⁹The 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.)¹⁰Jesus 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."¹¹The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?"¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?"¹³Jesus said to her, "Everyone who drinks of this water will be thirsty again,¹⁴but 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."¹⁵The 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."

¹⁶Jesus said to her, "Go, call your husband, and come back."¹⁷The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband';¹⁸for you have had five husbands, and the one you have now is not your husband. What you have said is true!"¹⁹The woman said to him, "Sir, I see that you are a prophet.²⁰Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem."²¹Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem.²²You worship what you do not know; we worship what we know, for salvation is from the Jews.²³But 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.²⁴God is spirit, and those who worship him must worship in spirit and truth."²⁵The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us."²⁶Jesus said to her, "I am he, the one who is speaking to you."

²⁷Just 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?"²⁸Then the woman left her water jar and went back to the city. She said to the people,²⁹"Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?"³⁰They left the city and were on their way to him.

³¹Meanwhile the disciples were urging him, "Rabbi, eat something."³²But he said to them, "I have food to eat that you do not know about."³³So the disciples said to one another, "Surely no one has brought him something to eat?"³⁴Jesus said to them, "My food is to do the will of him who sent me and to complete his work.³⁵Do 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.³⁶The

reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷For here the saying holds true, ‘One sows and another reaps.’ ³⁸I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

³⁹Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” ⁴⁰So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. ⁴¹And many more believed because of his word. ⁴²They 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.”

Presider The Gospel of the Lord.
People Praise to you, Lord Christ.

THE SERMON (BCP p. 358)

THE CREED (BCP p. 358)

All stand.

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.

THE PRAYERS OF THE PEOPLE

Prayer changes people. Prayer is not about changing God, but about changing us more into the likeness of God. Collectively and individually we offer the hopes and desires of our hearts to God.

Leader Give your Church the courage to give up her preoccupation with herself and to give more time to your mission in the world. We pray for Sarah, Archbishop of Canterbury, Sean, our Presiding Bishop, Deon, our Bishop. For our companion Diocese of Puerto Rico. For our companion congregation, All Saints' Farmington. May the wounds of Jesus bring forgiveness to your people and help us to face the cost of proclaiming salvation.

Lord, meet us in the silence;

People Give us strength and hear our prayer.

Leader Give your world the courage to give up war, bitterness and hatred, and to seek peace. We pray for those in authority, particularly _____. May the shoulders of the risen Jesus, once scourged by soldiers, bear the burden of political and military conflict in our world.

Lord, meet us in the silence,

People Give us strength and hear our prayer.

Leader Give us the courage to give up quarrels, strife and jealousy in our families, neighborhoods and communities. We pray for _____. May the presence of the risen Jesus, his body once broken and now made whole, bring peace and direction as we live with one another.

Lord, meet us in the silence,

People Give us strength and hear our prayer.

Leader Give us the courage to give up our selfishness as we live for others, and to give time, care and comfort to the sick. We pray for _____. May the wounded hands of Jesus bring his healing touch, and the light of his presence fill their rooms.

Lord, meet us in the silence,

People Give us strength and hear our prayer.

Leader Give us the courage to give up our fear of death and to rejoice with those who have died in faith. Especially we hold in our minds _____. May the feet of the risen Lord Jesus, once nailed to the cross, walk alongside the dying and bereaved in their agony, and walk with us and all your Church through death to the gate of glory.

Lord, meet us in the silence,

People Give us strength and hear our prayer, here and in eternity. Amen.

THE PEACE (BCP p. 360)

All stand.

Presider The peace of the Lord be always with you.

People And also with you.

Then the Ministers and the People may greet one another in the name of the Lord.

OFFERTORY SENTENCE (BCP p. 376)

The Presider says

Offer to God a sacrifice of thanksgiving, and make good your vows to the Most High.

Psalm 50:14

THE LORD'S PRAYER (BCP p. 363)

And now, as our Savior Christ has taught us, we are bold to say,

People and Presider

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,
 forever and ever. Amen.

DISMISSAL (BCP p. 366)

Let us bless the Lord.

People Thanks be to God.

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Upcoming Commemorations

Geoffrey Anketell Studdert Kennedy: Priest, 1929
Sunday, March 8, 2026

Gregory of Nyssa, Bishop and Theologian, c. 394
Monday, March 9, 2026

Gregory the Great, Bishop and Theologian, 604
Thursday, March 12, 2026

James Theodore Holly, Bishop, 1911
Friday, March 13, 2026