

HOLY EUCHARIST

Book of Alternative Services

Bishop Logan McMenamie, Presiding

The Ven. Dr. Lon Towstego, Preaching

A Warm Welcome to all who worship with us, especially visitors.

With thanks, please mute your cell phones during the service.

The congregation says or sings the items in **bold** typeface.

Prelude – *Carolyn Solberg, Harp*

Welcome & Land Acknowledgement

Gathering Song: *All People That on Earth Do Dwell* (CP #349)

**All people that on earth do dwell,
sing to the Lord with cheerful voice;
Him serve with mirth, His praise forth tell;
come ye before him and rejoice!**

**Know that the Lord is God indeed;
without our aid he did us make;
we are his folk, he doth us feed,
and for His sheep he doth us take.**

**O enter then his gates with praise,
approach with joy his courts unto;
praise, laud, and bless his name always,
for it is seemly so to do.**

**For why, the Lord our God is good;
his mercy is forever sure;
his truth at all times firmly stood,
and shall from age to age endure.**

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

All: And also with you.

Logan: 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.

Kyrie (CP #706)

Lord have mercy.

Christ have mercy.

Lord have mercy on us.

**Kyrie eleison.
Christe eleison.
Kyrie eleison.**

**Lord have mercy.
Christ have mercy.
Lord have mercy on us.**

Centering Stillness:

Let us hold this moment open to the Spirit of God. (*Silence*)

The Collect for Ash Wednesday: Almighty and everlasting God, **you despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen**

The Prayer of the Day: Almighty God, whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

The Readings

Irene Feir - A reading from The Book of Exodus

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. ² 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?" ³ 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?" ⁴ So Moses cried out to the Lord, "What shall I do for this people? They are almost ready to stone me." ⁵ 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. ⁶ 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. ⁷ He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Hear what the Spirit of God is saying.

Thanks be to God.

Responsive Psalm 95 – Irene Feir

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.”**

Glorify to the Father and to the Son and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

Jan Bergink - A reading from Romans

Romans 5:1-11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ,² 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.³ And not only that, but we also boast in our afflictions, knowing that affliction produces endurance,⁴ and endurance produces character, and character produces hope,⁵ 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.

⁶For while we were still weak, at the right time Christ died for the ungodly.⁷ Indeed, rarely will anyone die for a righteous person—though

perhaps for a good person someone might actually dare to die. ⁸ But God proves his love for us in that while we still were sinners Christ died for us. ⁹ Much more surely, therefore, since we have now been justified by his blood, will we be saved through him from the wrath of God. ¹⁰ 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. ¹¹ But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Hear what the Spirit of God is saying.

Thanks be to God.

Gradual: *Be Still for the presence of the Lord*

**Be still for the presence of the Lord
The Holy One is here
Come bow before Him now
With reverence and fear
In Him no sin is found
We stand on holy ground
Be still for the presence of the Lord
The Holy One is here**

**Be still for the glory of the Lord
Is shining all around
He burns with holy fire
With splendour He is crowned
How awesome is the sight
Our radiant King of light
Be still for the glory of the Lord
Is shining all around**

**Be still for the power of the Lord
Is moving in this place
He comes to cleanse and heal
To minister His grace
No work too hard for Him
In faith receive from Him
Be still for the power of the Lord
Is moving in this place
Be still for the power of the Lord
Is moving in this place**

Ken: God be with you.

People: **And also with you.**

Ken: The Holy Gospel of our Lord Jesus Christ according to John

People: **Glory to you, Lord Jesus Christ.**

John 4:1-42 (*Ken & Melanie*)

Now when Jesus learned that the Pharisees had heard, “Jesus is making and baptizing more disciples than John”² (although it was not Jesus himself but his disciples who baptized),³ he left Judea and started back to Galilee.⁴ But he had to go through Samaria.

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

⁷ A 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.)⁹ 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.)¹⁰ 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.”¹¹ The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water?¹² Are you greater than our ancestor Jacob, who gave us the well and with his sons and his flocks drank from it?”¹³ Jesus said to her, “Everyone who drinks of this water will be thirsty again,¹⁴ 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.”¹⁵ 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.”

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

²⁷ 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?”²⁸ Then 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.”

Ken: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Sermon – *The Ven. Dr. Lon Towstego*

Anthem: ***For Those Tears I Died***

Congregation joins in singing the chorus printed in bold

You said You'd come and share all my sorrows,
You said You'd be there for all my tomorrows.
I came so close to sending You away:
But just like You promised You came here to stay,
I just had to pray.

Chorus

**And Jesus said come to the water, stand by my side;
I know you are thirsty, you won't be denied.
I felt every teardrop when in darkness You cried;
And I strove to remind you, that for those tears I died.**

Your goodness so great, I can't understand.
And dear Lord I know that all this was planned.
I know You're here now and always will be;
Your love loosed my chains and in You I'm free,
But Jesus, why me?

Chorus

**And Jesus said come to the water, stand by my side;
I know you are thirsty, you won't be denied.
I felt every teardrop when in darkness You cried;
And I strove to remind you, that for those tears I died.**

Jesus, I give You my heart and my soul.
I know that without God I'd never be whole.
Savior, You've opened all the right doors,
And I thank You and praise You from earth's humble shores,
Take me I'm Yours.

Chorus

**And Jesus said come to the water, stand by my side;
I know you are thirsty, you won't be denied.
I felt every teardrop when in darkness You cried;
And I strove to remind you, that for those tears I died.**

Presider: Let us confess the faith of our baptism, as we say together,

All: **I believe in God, the Father almighty, creator of heaven and earth.**

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

The Prayers of the People - Ken Pedlow

Confession & Absolution:

Dear friends in Christ, God is steadfast in love and infinite in mercy and welcomes sinners and invites them to the table. Let us confess our sins, confident in God's forgiveness.

Silence is kept.

Presider: 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 may delight in your will, and walk in your ways, to the glory of your name. Amen.

Presider: 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. **Amen.**

The Peace

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

People: And also with you.

The members of the community offer a sign of peace to one another

Offertory: Fill My Cup, Lord

**Like the woman at the well
I was seeking
For things that could not satisfy
And then I heard my Savior speaking
"Draw from My well that never shall run dry"**

**Fill my cup, Lord
I lift it up, Lord
Come and quench this thirsting of my soul
Bread of Heaven, feed me 'til I want no more
Fill my cup, fill it up and make me whole**

**There are millions in this world
Who are craving
The pleasure, earthly things afford
But none can match the wondrous treasure
That I find in Jesus Christ my Lord**

**Fill my cup, Lord
I lift it up, Lord
Come and quench this thirsting of my soul
Bread of Heaven, feed me 'til I want no more
Fill my cup, fill it up and make me whole**

**So, my people if the things
this world gave you
Leave hungers that won't pass away,
My blessed Lord will come and save you,
If you kneel to Him and humbly pray.**

**Fill my cup, Lord
I lift it up, Lord
Come and quench this thirsting of my soul**

**Bread of Heaven, feed me 'til I want no more
Fill my cup, fill it up and make me whole**

Prayer over the Gifts: 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. **Amen.**

THE SACRED MEAL IS SHARED
(Eucharist Prayer 4 with Sung Responses)

Presider: God be with you.

All: And also with you.

Presider: Lift up your hearts.

All: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

All: It is right to give our thanks and praise.

Presider: It is right to give you thanks and praise, O Lord, our God, sustainer of the universe, you are worthy of glory and praise.

All: Glory to you for ever and ever.

Presider: At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home; by your will they were created and have their being.

All: Glory to you for ever and ever.

Presider: From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill; you made us the stewards of creation.

All: Glory to you for ever and ever.

Presider: But we turn against you, and betray your trust; and we turn against one another. Again and again you call us to return. Through the prophets and sages you reveal your righteous law. In the fullness of time you sent your Son, born of a woman, to be our Saviour. He was wounded for our transgressions, and bruised for our iniquities. By his death he opened to us the way of freedom and peace.

All: Glory to you for ever and ever.

Presider: Therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Sanctus & Benedictus (CP #735) - Schubert

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

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

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

Presider: Blessed are you, Lord our God, for sending us Jesus, the Christ, who on the night he was handed over to suffering and death, took bread, said the blessing, broke the bread, gave it to his friends, and said, "Take this, and eat it: this is my body which is given for you. Do this for the remembrance of me." In the same way, after supper, he took the cup of wine; he gave you thanks, 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."

All: Glory to you for ever and ever.

Presider: Gracious God, we recall the death of your Son Jesus Christ, we proclaim his resurrection and ascension, and we look with expectation for his coming as Lord of all the nations. We who have been redeemed by him, and made a new people by water and the Spirit, now bring you these gifts. Send your Holy Spirit upon us and upon this offering of your Church, that we who eat and drink at this holy table may share the divine life of Christ our Lord.

All: Glory to you for ever and ever.

Presider: Pour out your Spirit upon the whole earth and make it your new creation. Gather your Church together from the ends of the earth into your kingdom, where peace and justice are revealed, that we, with all your people, of every language, race, and nation, may share the banquet you have promised; through Christ, with Christ, and in Christ, all honour and glory are yours, creator of all.

All: Glory to you for ever and ever. Amen.

Lord's Prayer - Gordon Light (sung)

Presider: As our Saviour taught us, let us pray:

**Our Father 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 for ever. Amen.**

Breaking of the Bread:

Presider: We break this bread to share in the body of Christ.

**All: We, being many, are one body,
For we all share in the one bread.**

Presider: The Gifts of God for the People of God

All: Thanks be to God.

Administration of Holy Communion

All are welcome to join us at the Lord's Table.

*If you prefer not to receive communion but wish to receive a blessing,
please cross your arms over your chest.*

Gluten-free bread is available upon request.

Instrumental Harp Music during Communion

Prayer after Communion: 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. **Amen.**

Doxology

Presider: Glory to God

All: whose love, 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.

Blessing

Sending Song: *Guide Me, O Thou Great Jehovah* (CP \$565)

**Guide me, O Thou great Jehovah,
Pilgrim through this barren land;
I am weak, but Thou art mighty,
Hold me with Thy powerful hand.
Bread of heaven, Bread of heaven,
Feed me till I want no more;
Feed me till I want no more.**

**Open now the crystal fountain,
Whence the healing stream doth flow;
Let the fire and cloudy pillar
Lead me all my journey through.
Strong Deliverer, Strong Deliverer,**

**Be Thou still my Strength and Shield;
Be Thou still my Strength and Shield.**

**When I tread the verge of Jordan,
Bid my anxious fears subside;
Death of death and hell's Destruction,
Land me safe on Canaan's side.
Songs of praises, songs of praises,
I will ever give to Thee;
I will ever give to Thee.**

Dismissal:

Leader: Let us go in peace to love and serve the Lord.

People: Thanks be to God.

Postlude

CCLI# 245534

Please join us for coffee and conversation in the parish hall

READINGS FOR MARCH 15, 2026

1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41

Thank you to all who are assisting today

Music	Joanne Lambert, Carolyne Solberg
Readers	Irene Feir, Jan Bergink, Ken Pedlow
Liturgical Assistant	Ken Pedlow
2nd Chalice	David Cooper
Sidesperson	Irene Feir
Sound Tech/Bell	Matty Stuart
Coffee Hosts	Lynn Fallan
Altar Guild	Susan Pullan

A WARM WELCOME to Carolyne Solberg who will be playing her harp for us this morning. We are grateful to you for sharing your gift with us.

MEN'S BREAKFAST – Saturday, March 21, 2026, 9:00 a.m. at St. Stephen. Please RSVP to Lon at ltowstego@bc.anglican.ca or 250-208-9949 if you would like to attend.

MARCH POTLUCK LUNCHEON – MARCH 22nd AT ST. STEPHEN - There will be a potluck lunch in the hall after the 11:15 service. All are welcome. Please bring items to share. Oven warming is possible. *Please bring your food on plates and please remember finger foods that we can manage on small plates. This reduces the amount of dishwashing, garbage and time.*

THRIFTY'S SMILE CARDS - Smile Cards will be ordered on Tuesday, March 10th. You may leave your cheque at the office by 10 a.m. that day, or give it to Irene today.

OPPORTUNITIES TO EARN PARTICIPATION POINTS:

- **Palm Sunday Reading of the Passion of our Lord According to Matthew – March 29** There is a sign-up sheet in the narthex for the various roles for the Passion Reading. Please sign up at your earliest convenience.
- **Good Friday Stations of the Cross Community Walk – April 3, 10:00 a.m.** - are 14 Stations that require readers. Please contact Leslie if you are interested in participating.

ST. MARY'S OUTREACH – In your offering envelope package you will find special monthly outreach envelopes. For those who do not have offering envelopes, you may bring your outreach offering in a plain envelope, marked “Outreach for Month of ____” with your name and address.

Jan.	Rector's Discretionary Fund - This is a dedicated fund under the Rector's control and discretion which provides (but is not limited to) financial assistance to members of the parish and the wider community.
Feb.	Threshold Housing Society - Threshold Housing Society works to prevent adult homelessness by providing safe housing, support services, and community to at-risk youth.
Mar.	General Outreach - Monies donated for General Outreach are dedicated at the end of the year to be used for requests received during the year and to “top up” totals in monthly outreach designations.
Apr.	Alongside Hope - We support the Anglican Church of Canada's agency for sustainable development, relief, refugees, and global justice.

INTERCESSIONS

Anglican Cycle of Prayer: We pray for Sarah Mullally, the Archbishop of Canterbury; The Episcopal Church in Jerusalem & the Middle East. We pray for the Anglican Church of Canada and Archbishop Shane Parker, Primate; John Stephens, Metropolitan of The Province of B.C and Yukon We also pray for Archbishop Chris and the Anglican Council of Indigenous Peoples.

Diocesan Cycle of Prayer: We pray for Anna, our bishop and for St. Matthias, Victoria

Regional Cycle of Prayer: We pray for the Parish of Christ Church, Gabriola Island and the people of the Parish and surrounding community neighbourhood. We also pray for the people of the Saanich Peninsula Catholic Parish and Friendship Community Church.

Our Parish Clergy: Lon, Logan, Brett, Bob, Paul and Gil

Postulants: Gary & Richard

Seminarian: Melanie

In our Parish: Lindsay Pedlow & Derek Aason and Brenda Apps & Rob Huttinga and their families.

For those ill or in need of prayer: Neville & Patricia, Roche, Diana A., Fern, Dennis, Glenda, Dawn, Sybil, Roy, Jillian, Willa, Brett

For Those with Long-Term Needs: Cheryl, Ted, Phil J., Natalie, Jamie, Jane & Paul, Margery, Courtney, Nancy J., Kristen, Brad, Kim

For friends beyond the parish: Jennifer, Jo-Jo, Margot, Sharie, John K., Helen, Andrew, Sheila, Lynn W., Jim C., David F., Dani R. & family, Hayden, Carlos, Bryan, Karen & family, Drew, Sheila P., Amy, Betty E., Alysha, Sue P., Michelle, Cassidy, Carl G., Keith & Lillian, Michael A., Jasmine, Kai, Chris P., Paula, Cathy Swinscoe, Arianne, Chad

In the greater community: We pray for all victims of sexual misconduct and abuse. We are all called to create communities where all children of God are safe and respected. We pray for those impacted or endangered by the toxic drug supply crisis and also for their loved ones who are, or have been, impacted.

CLERGY CONTACT INFORMATION

The Ven. Dr. Lon Towstego

His Cell Phone: (250) 208-9949

His email: ltowstego@bc.anglican.ca

Note: Worshippers may be photographed or recorded as part of the service. If this is of concern to you, please talk to the Minister or Wardens.

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