

LENT 3
MARCH 8, 2026

Bell calling us together

Opening Hymn

Salutation for Lent

Blessed be the Lord who forgives all our sins.

His mercy endures forever.

The Collect for Purity – 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.

The Kyrie

Lord Have Mercy, **Lord have mercy**

Christ have mercy, **Christ have mercy**

Lord have mercy, **Lord have mercy**

The Collect

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.*

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?"

Psalm 95 *Venite, exultemus*

- 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."

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.

The Gospel John 4:5-42

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.” (contd.)

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.”

The Nicene Creed

Prayers of the People

Let us pray in spirit and in truth to God our Father, the source of all life, and let us say: *R/ Lord of life, hear our prayer*

.- For the Church, especially for Sarah, the Archbishop of Canterbury; Sean our Presiding Bishop; Lawrence, GERALDYN, , and William our Bishops, all the people and parishes of the Diocese of Long Island as we discern the call of our new bishop, and for Charles our Priest.

In our Diocesan Cycle of Prayer we give thanks this week for the Church of St. Gabriel, Hollis, and the Church St. Boniface, Lindenhurst. We pray for us here at St. Mary's, that we may grow together on the road of service and love. For the whole community of the Church, that it may truly become to all people God's sign of love, hope and forgiveness, let us pray:

R/ Lord of life, hear our prayer.

– When we meet someone in trouble, that we may sit down by his or her side and listen with understanding and patience, let us pray:

R/ Lord of life, hear our prayer.

– When we gather around the Lord's table, that his Word may be living water to us, let us pray:

R/ Lord of life, hear our prayer.

– When we search to renew our lives this Lent, that we may learn to live in the spirit of Jesus, let us pray:

R/ Lord of life, hear our prayer.

– When we try to pray in spirit and in truth, that we may not forget others, let us pray:

R/ Lord of life, hear our prayer.

– When we live in unjust situations, that we may speak out and stand up for the weak and downtrodden, let us pray:

R/ Lord of life, hear our prayer.

– When we are surrounded by the poor, that we may generously share with them, let us pray:

R/ Lord of life, hear our prayer.

– That we may become evermore a true Church community, that we may become to all who are thirsty a fresh source of living water, let us pray:

R/ Lord of life, hear our prayer.

Let us pray for all those who are on our parish prayer list.... *pause*... I invite you to share any intercessions you may have with this gathered community ...*pause*... For all of these we ask:

R/ Lord of life, hear our prayer..

Father of life and giver of all that is good,
we want to drink your life to the full.

Let Jesus, your living Word,
speak to us from heart to heart.

Give us an unquenchable thirst for the things that matter:
for faith and for meaning in our lives, for hope in a better world filled with
your justice and peace,
for a spirit of committed love that knows how to share itself.
Generously give us all these through Jesus Christ our Lord. ***R/ Amen.***

The Confession

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

Silence may be kept.

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.

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.

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

Hymn for the Preparation of the Table and Gifts

**Praise God from Whom all Blessings Flow
Praise God all Creatures here below
Praise God above ye heavenly hosts
Praise Father, Son and Holy Ghost Amen**

The Great Thanksgiving

The Lord be with you **And also with you**

Lift up your hearts **We lift them up to the Lord**

Let us give thanks to the Lord our God

It is right to give God thanks and praise.

It is indeed right and good to give you thanks and praise, almighty God
and everlasting Father,

through Jesus Christ your Son. For in these forty days you lead us into
the desert of repentance that through a pilgrimage of prayer and
discipline

we may grow in grace and learn to be your people once again.

Through fasting, prayer and acts of service you bring us back to your
generous heart.

Through study of your holy word you open our eyes to your presence in
the world

and free our hands to welcome others into the radiant splendor of your
love.

As we prepare to celebrate the Easter feast with joyful hearts and minds
we bless you for your mercy and join with saints and angels for ever
praising you and *saying*:

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.

Then the Celebrant continues

(Eucharistic Prayer for Lent, Scottish Episcopal Church)

Glory and thanksgiving be to you, most loving Father, for Christ in whom the world is reconciled. Lifted on the Cross, his suffering and forgiveness spanned the gulf our sins had made. Through that dark struggle death was swallowed up in victory, that life and light might reign.

Before he was given up to suffering and death, recalling the night of Israel's release, the night in which the sons of Egypt died, your Chosen One, himself the First-Born, freely offered his life. At supper with his disciples he took bread and offered you thanks. He broke the bread, and gave it to them, saying: "Take, eat. This is my Body: it is broken for you."

After supper, he took the cup, he offered you thanks, and gave it to them saying: "Drink this, all of you. This is my Blood of the new covenant; it is poured out for you, and for all, that sins may be forgiven. Do this in remembrance of me."

We now obey your Son's command. We recall his blessed passion and death, his glorious resurrection and ascension; and we look for the coming of his Kingdom.

Made one with him, we offer you these gifts and with them ourselves, a single, holy, living sacrifice.

Hear us, most merciful God, and send your Holy Spirit upon us and upon this bread and this wine, that, overshadowed by the Spirit's life-giving power, they may be the Body and Blood of your Son, and we may be kindled with the fire of your love and renewed for the service of your Kingdom.

Help us, who are baptised into the fellowship of Christ's Body to live and work to your praise and glory; may we grow together in unity and love until at last, in your new creation, we enter into our heritage in the company of

the Virgin Mary, the apostles, and prophets, and of all our brothers and sisters living and departed.

Through Jesus Christ our Lord, with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be to you, Lord of all ages, world without end. **Amen.**

All: **Our Father...**

Priest: O Lamb of God, who takes the sins of the world, **have mercy upon us.**

O Lamb of God, who takes the sins of the world, **have mercy upon us.**

O Lamb of God, who takes the sins of the world, **grant us your peace**

Gifts of God.....

Musical Communion Meditation

Prayer after Communion

Eternal God, heavenly Father, you have graciously accepted us as living members

of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

Blessing *In Lent, in place of a seasonal blessing, a solemn Prayer over the People is used, as follows: The Deacon or, in the absence of a deacon, the Presider says* Bow down before the Lord.

The people may kneel and the Presider says one of the following prayers:.

We Pray for the Healing & Support:

We pray for the repose of the souls of Paul Richards, the father of Vicky Kotula and Walter Richards...and Sr. Tina Ferriot.. we pray for the Labrozzi family and their recovery from the fire

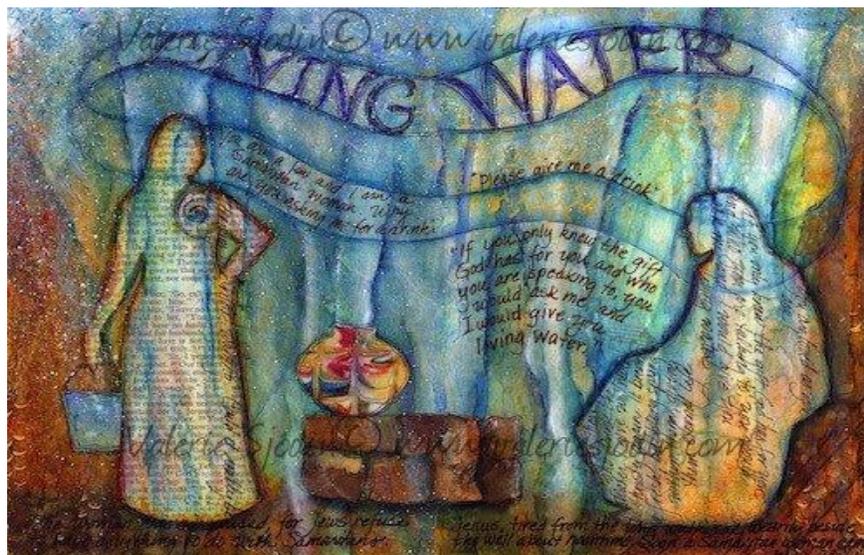
For the continuing recovery of Mary Ann Blados, Andy Visconti, Gail Gurney, Margaret MacLean, Joanne Calabro, Joe Canning, John Stadenraus, Walter Brigham, Steve Giannitelli, Betianne Morrirt, Mark Capellino's Parents, Cindy Belt's mother, Lois Corbett, Barbara Brigham for continued recovery , for Bob Fisher, Sharon Gibbs, Barbara Allen Lieblein Kathryn James, Peter Gulluscio, Bob and Virginia Springsteen, Ethan Pae, Valerie Capon, Louie Cicero, Linda Armbruster, Andrew Kuhn, Sr. Joy Wright

We pray for, Ukraine, the Sudan, Syria and the Middle East for peace and for safety. For all those suffering from extreme weather in our country and around the world.

We pray for peace and the end of divisions in our own country For those grieving loved ones, especially those interred in our cemetery, for those who are ill, for all those who serve the sick, the needy and those in prison, for those who are anxious or fearful. For all those in the midst of war or natural disasters.

For all our parishioners living with cancer, known or undetected & for all those who participate in a 12 step group here at St. Mary, and those who have visited our Prayer Wall.

Email any requests or corrections to FrMcCarron@aol.com





MAUNDY THURSDAY: 6:00 PM

GOOD FRIDAY 12 NOON MEDITATION AND PRAYER

GOOD FRIDAY 7:00 PM

HOLY SATURDAY 10 AM MORNING PRAYER FOLLOWED BY THE "FLOWERING" OF THE CHURCH

HOLY SATURDAY THE GREAT VIGIL OF EASTER WITH OTHER DEANERY CHURCHES AT CHRIST CHURCH, SAG HARBOR TIME TBD

EASTER MORNING THE SECOND EUCHARIST OF EASTER 10:00 AM