



**The Third Sunday in Lent
10.30 am, March 15, 2020**

A Service of the Word

The Gathering of the Community

Welcome

The Greeting

Officiant 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.**

The Collect for Purity

All **Almighty God, to whom all hearts be open, all desires known, and from whom 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 Jesus Christ our Lord. Amen.**

The Two Great Commandments

Officiant Our Lord Jesus Christ said: The first commandment is this: ‘Hear, O Israel, the Lord our God is the only Lord. You shall 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 neighbour as yourself’. There is no other commandment greater than these. On these two commandments hang all the law and prophets.

People Lord, have mercy upon us, and write both your laws in our hearts.

The Collect of the Day

All Father of mercy, alone we have no power in ourselves to help ourselves. When we are discouraged by our weakness, strengthen us to follow Christ, our pattern and our hope; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Proclamation of the Word

The First Reading: Exodus 17.1-7

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. ²The 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?’ 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 quarrelled and tested the LORD, saying, ‘Is the LORD among us or not?’

Reader The word of the Lord.

All Thanks be to God.

Psalm 95

¹ O come, let us sing to the LORD;
let us make a joyful noise to the rock of our salvation!

² **Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!**

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

⁴ **In his hand are the depths of the earth;
the heights of the mountains are his also.**

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

⁶ **O come, let us worship and bow down,
let us 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.

O that today you would listen to his voice!

⁸ **Do not harden your hearts, as at Meribah,
as on the day at Massah in the wilderness,**

⁹ when your ancestors tested me,
and put me to the proof, though they had seen my work.

¹⁰ **For forty years I loathed that generation
and said, 'They are a people whose hearts go astray,
and they do not regard my ways.'**

¹¹ Therefore in my anger I swore,
'They shall not enter my rest.'

**Glory 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.**

The Holy Gospel: John 4.5-29

Officiant The Lord be with you.

People And also with you.

Officiant The Holy Gospel of our Lord Jesus Christ according to John.

People Glory to you, Lord Jesus Christ.

⁵So 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 worshipped 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 worshippers 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?'

Reader The Gospel of Christ.

We pray for your church all over the world and especially the Church of England and the Archbishop of Canterbury, Justin Welby. In the Anglican Church of Canada we pray for the Diocese of Quebec, its bishop and people. In our own Diocese we pray for the parishes of San Lorenzo, St. Aidan, and St. Andrew-by-the-lake, for Andrew our diocesan bishop, and Jenny our Area Bishop. May the life we discover in you bind us to each other and to the world you love.

Lord in your mercy,

Hear our Prayer

Healing Lord, we lift up to you all those who are suffering physically, emotionally, or spiritually by the ongoing presence of COVID-19. We pray earnestly for health care workers, for government officials, for all those who provide care. We pray for those who are suffering from this illness and for the widespread ways this has affected societies. We pray for the Church as we adjust to minimize risk in prayerful ways, and meet the challenges of community care that is faithful to your name. May our diocesan leaders be upheld in the rigorous work of ministry to which they are called in such a time as this.

Lord in your mercy,

Hear our Prayer

Holy Lord, we thank you for those involved in our Nursery Ministry. We also lift up those in our parish cycle of prayer: Pickman and Sheila Banfield, Philip Baptiste, Mark Barnes and for those celebrating birthdays this week, including Damien Leander-Douglas..

Lord in your mercy,

Hear our Prayer

Almighty and everlasting God, we remember especially those in our community who have asked for prayer and those whom we name silently or aloud. [PAUSE]

Grant to them mercy, relief, and refreshment.

Lord in your mercy,

Hear our Prayer

We give you thanks and praise for the wonderful grace and virtue declared in all your saints remembering especially Rosa Tagiilima and Gualofa Papu Va'ai . Grant to us, and to all who have died in the hope of the resurrection, a share in the victory of our Lord Jesus Christ, and fulness of joy in the fellowship of all your saints.

We pray to you, Lord.

Lord, have mercy.

The Almighty Lord,

who is a strong tower for all who put their trust in him,
whom all things in heaven, on earth, and under the earth obey,
be now and evermore your defence.

May you believe and trust that the only name under heaven
given for health and salvation
is the name of our Lord Jesus Christ. **Amen.**

The Confession and Prayer of Pardon

Officiant Let us humbly confess our sins before Almighty God:

All Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all, we acknowledge and confess our many sins, which we have committed by thought, word, and deed, against your divine majesty. We earnestly repent, and are truly sorry for all our misdoings. Have mercy on us, most merciful Father. For your Son our Lord Jesus Christ's sake forgive us all that is past, and grant that from now on we may always serve and please you in lives wholly renewed by your Spirit, to the honour and glory of your name, through Jesus Christ our Lord. Amen.

Officiant Grant to your faithful people, merciful Lord, pardon and peace; that we may be cleansed from all our sins, and serve you with a quiet mind; through Jesus Christ our Lord. **Amen.**

The Peace

Officiant The peace of the Lord be always with you.

All And also with you.

Comfortable Words

Officiant Listen to our Lord Jesus Christ's words of assurance to all who truly turn to him: Come to me, all you who are weary and burdened, and I will give your rest. (*Matthew 11.28*)

For God so loved the world that he gave his one and only Son that

whoever believes in him shall not perish but have eternal life. (*John 3.16*)

The apostle Paul says: Here is a trustworthy saying that deserves full acceptance; Christ Jesus came into the world to save sinners. (*1 Tim 1.15*)

The apostle John also says: If anyone does sin, we have one who speaks to the Father in our defence – Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins. (*1 John 2.1-2*)

The Lord's Prayer

Said together

Officiant And now, as our Saviour Christ has 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, the power, and the glory,
 For ever and ever. Amen.

Dismissal

Officiant Let us bless the Lord
All **Thanks be to God**

The Grace

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all evermore. Amen.

In our prayers this week

The Anglican Communion: Pray for the Church of England
The Most Rev and Right Hon Justin Welby - Archbishop of Canterbury

The Canadian Anglican-Lutheran Prayer Cycle

ACC Bishop Bruce Myers, the people and clergy of the Diocese of Quebec
ELCIC Bishop Jason Zinko, the people and rostered ministers of the Manitoba-Northwestern Ontario Synod

The Diocese of Toronto: Council of General Synod

The Social Justice and Advocacy Committee: Pray for the clergy and people of the Parishes of San Lorenzo; St Aidan and St Andrew-by-the-Lake and their outreach programmes.

The Parish of St Mary and St Martha

Those involved in the Nursery Ministry

In our parish cycle of prayer: Pickman and Sheila Banfield; Philip Baptiste; Mark Barnes
Celebrating a birthday this week: Damien Leander-Douglas

Clergy

The Rt Rev Andrew Asbil, Bishop of Toronto
416 363 6021

The Rt Rev Jenny Andison, Area Bishop of York-Credit Valley

The Rev Anne Germond, Metropolitan of the Province of Ontario

The Rev Mark Regis, Priest in Charge
mark@stmaryandstmartha.org

The Rev Canon Dr Murray Henderson, Honorary Assistant
murray@stmaryandstmartha.org
416 259 1749 (h) and 647 884 8711 (c)

Wardens

Sandra Lewis, People's Warden 416 241 4528
Carol Lewis, Rector's Warden
Shirley Radley, Deputy Warden
Kuinivia (Queenie) Seiloa, Deputy Warden 416 242 7650

The Board of Management

Robert Davies, Hector Harris, Stu Hutcheson, Carol Lewis,
Sandra Lewis, Don McCamus, Rev Mark Regis, Peter Tovell

Parish Life Committee

Carol Lewis, Sandra Lewis, Shirley Radley, Kuinivia Seiloa,
Ann Chambers-Smith, Catherine Gardner, Hector Harris, Rochell Harry-Alexander,
Dianne Izzard, Catalina Joaquin, Devon King, Lilian Leander, Deborah Scantlebury,
Bev Sneyd, Fitzroy Thomas