



Morning Prayer and Holy Eucharist at the Church of St. Paul, Cambria

• The 3rd Sunday in Lent • March 12, 2023 •

Opening Hymn 142

Blessed be God, Father, Son and Holy Spirit.
And blessed be his kingdom, now and forever.
Amen.

O God, the living fountain of new life, to the human race, parched with thirst, you offer the living water of grace that springs up from the rock, our Savior Jesus Christ. Grant your people the gift of the Spirit that we may learn to profess our faith with courage and conviction. And that we may announce with joy the wonders of your saving love, let us start by confessing our sins against you, O God, and our neighbor.

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.

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

Lord, open our lips
And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

The Lord is full of compassion and mercy:
Come let us adore him.

Psalm 67:1-5 *Deus misereatur*

O God, be merciful to us and bless us,
show us the light of your countenance and come to us.

Let your ways be known upon earth,
your saving health among all nations.

Let the peoples praise you, O God; let all
the peoples praise you.

Let the nations be glad and sing for joy, for
you judge the peoples with equity and
guide all the nations upon earth.

Let the peoples praise you, O God; let all
the peoples praise you.

Psalm 95

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."

First Lesson 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?" Hear what the Spirit is saying to the Church

Thanks be to God.

Canticle 15: The Song of Mary

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; * for he has looked with favor on his lowly servant.
From this day all generations will call me blessed: * the Almighty has done great things for me, and holy is his Name.
He has mercy on those who fear him in every generation.
He has shown the strength of his arm, * he has scattered the proud in their conceit.
He has cast down the mighty from their thrones, * and has lifted up the lowly.
He has filled the hungry with good things, * and the rich he has sent away empty.
He has come to the help of his servant Israel, * for he has remembered his promise of mercy,
The promise he made to our fathers, * to Abraham and his children for ever.
Glory to the Father, and to the Son, and to the Holy Spirit: * as it was in the beginning, is now and ever will be. Amen.

Second Lesson 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. Hear what the Spirit is saying to the Church

Thanks be to God.

Canticle L: A Song of Christ's Humility *Philippians 2:6-11*

Though in the form of God, * Christ Jesus did not cling to equality with God,
But emptied himself, taking the form of a servant, * and was born in human likeness.
Being found in human form, he humbled himself * and became obedient to death, even death on a cross.
Therefore, God has highly exalted him * and given him the name above every name,
That at the name of Jesus, every knee shall bow, * in heaven and on earth and under the earth,
And every tongue confess that Jesus Christ is Lord, * to the glory of God the Father.

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."

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."

Here ends the Gospel reading.

Here follows the Nicene Creed

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 Lord be with you.

And also with you.

Let us pray.

Collects: 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.**

Eternal Lord God, you hold all souls in life: Give to your whole Church in paradise and on earth your light and your peace; and grant that we, following the good examples of those who have served you here and are now at rest, may at the last enter with them into your unending joy; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The Sermon
Sermon Music

Canon Mark Hall

The Prayers of the People

We have been birthed for holiness in Christ, by whose arduous labor we are awakened to life. That the wounds of our crucified Christ may not be in vain, let us pray to the Lord, saying: **We beg for mercy, O God.**

(As the Spirit moves you, please take turns reading one or more of the petition.)

For the whole church catholic, for an end to our divisions, for all who lead and all who minister, and for all the baptized, we pray: **We beg for mercy, O God.**

For all who seek the living waters of baptism, and for all sponsors, we pray: **We beg for mercy, O God.**

For the nations, for peacemakers, for all the world's peoples, for the governing authorities in every city and state, and for the wealthy and free to uplift the poor and oppressed, we pray: **We beg for mercy, O God.**

For the will to give all your people access to your grace, and for the will to supply food and sustenance to all the world's people, we pray: **We beg for mercy, O God.**

For all whom we avoid, those we consider ungodly, the outcasts and beggars, the downtrodden, for our enemies, and for an end to our hardness of heart, we pray: **We beg for mercy, O God.**

For all who yearn for health, for the handicapped, for those in mental anguish or spiritual turmoil, for the incurably ill, and for all who remember and care for them, we pray: **We beg for mercy, O God.**

For hearts to do what is good and right and true, and for humility before Christ, that we may never murmur against you, O holy God, we pray: **We beg for mercy, O God.**

For those who risk their lives on behalf of others, especially our young people on the field of battle, O holy God, we pray: **We beg for mercy, O God.**

We offer Prayers for Susie, Jennifer and Ramsay. O God, feed us with mercy: **We beg for mercy, O God.**

(Here other intercessions may be offered.)

We praise you, God of our hope, for all the faithful before us who entered into your labors and worshiped you in truth. That we may live faithful to eternal life, we pray: **We beg for mercy, O God.**

Pour your love into our hearts, O God of peace. Give us joy in our suffering, endurance in trials, character in times of weakness, and hope in adversity. So may we live, birthed always anew in you, who has gasped and panted for our life, now and forever. **Amen.**

Offertory: I appeal to you, brothers and sisters, by the mercies of God, to present yourselves as a living sacrifice, holy and acceptable to God, which is your spiritual worship. *Romans 12:1*

Offertory Hymn 149

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 Great Thanksgiving (EP A)

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

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

Therefore we praise you, joining our voices with Angels and Archangels and with all the

company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Holy, holy, holy Lord, God of power and might *(Repeat)* **Heaven and earth are full, full of your glory. Hosanna in the highest** *(Repeat)* **Blest is he who comes in the name of the Lord. Hosanna in the highest** *(Repeat)*.

(The People stand or kneel.)

Holy and gracious Father: In your infinite love you made us for yourself...

Therefore we proclaim the mystery of faith.

**Christ has died. Christ is risen.
Christ will come again.**

We celebrate the memorial of our redemption, O Father,...

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **Amen.**

And now as our Savior taught us, we are bold to pray *(sung)*:

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 forever. Amen.

The Breaking of the Bread

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

We who are many are one body, for we all share in the one bread.

Jesus, Lamb of God, **have mercy on us.**

Jesus, bearer of our sins, **have mercy on us.**

Jesus, redeemer of the world, **give us your peace.**

Then the celebrant and people pray together.

Facing the people, the Celebrant says the following

Invitation or other suitable words.

The holy gifts of God for the holy people of God: Draw near with awe and faith, with praise and thanksgiving.

Communion of the People

After Communion, the Celebrant says

Holy God, we see your glory in the face of Jesus Christ. May we who are partakers of his table reflect his life in word and deed, that all the world may know his power to change and save.

Let us pray. **Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve**

you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

Knowing that all of our community cannot share the Eucharist in person, we affirm that the true mystical communion of Christ and His Church is a bond of spirit and heart, grounded in faith. Therefore, we commit ourselves to this deep bond of the Spirit in union with Christ our Lord. **Amen.**

Blessing:

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

The Peace

The peace of the Lord be always with you. **And also with you.**

Greet one another in the Lord's name.

Announcements

Thanksgiving Prayer: We give you thanks, O God, for your many blessings: for our days of celebration, for the love that surrounds us, for your healing presence in our lives. Keep us in your care, we pray, and help us to live as truly thankful people. Amen.

Closing Hymn 658

Dismissal:

Reconciled by God through Christ and made a new creation, go in peace to love and serve the Lord.

Thanks be to God.