



Saint Mary's Episcopal Church
The Third Sunday in Lent
Holy Eucharist
Sunday, March 8, 2026
11:00am

Welcome to Saint Mary's! We are glad you are joining us today for either in person or online worship. If you're new to the Episcopal Church, know that we follow an ancient and enduring pattern of worship called Liturgy, which is designed to give glory to God and draw people closer to God. We sing and pray together, and stand, sit and kneel at different times using our bodies, minds and voices as we worship in the Spirit. All of those directions are in this guide, which is drawn from the Book of Common Prayer you see in the pew racks in front of you. We have communion every Sunday (and sometimes more often!) and everyone is invited to the altar, regardless of membership or from what denomination they've come. If you haven't been baptized, or aren't sure you're ready to receive communion, we invite you to come forward for a blessing and talk to a priest after the service about getting baptized. For more information about Saint Mary's, please see our website at www.stmaryshighpoint.org or check out our [Facebook Page](#).

Voluntary

Welcome and Announcements

Please stand at the sound of the bell.

Hymn 495 Hail, thou once despised Jesus!

The Word of God

Penitential Order

Opening Acclamation

p. 351

The people standing, the Celebrant says

Celebrant Bless the Lord who forgives our sins.

People His mercy endures for ever.

The Decalogue

Hear the commandments of God to his people:
I am the Lord your God who brought you out of bondage.
You shall have no other gods but me.
Amen. Lord have mercy.

You shall not make for yourself any idol.
Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.
Amen. Lord have mercy.

Remember the Sabbath day and keep it holy.
Amen. Lord have mercy.

Honor your father and your mother.
Amen. Lord have mercy.

You shall not commit murder.
Amen. Lord have mercy.

You shall not commit adultery.
Amen. Lord have mercy.

You shall not steal.
Amen. Lord have mercy.

You shall not be a false witness.
Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.
Amen. Lord have mercy.

Confession of Sin

The Celebrant says

Let us confess our sins against God and our neighbor.

Silence may be kept, then kneeling as you are able.

Minister and People

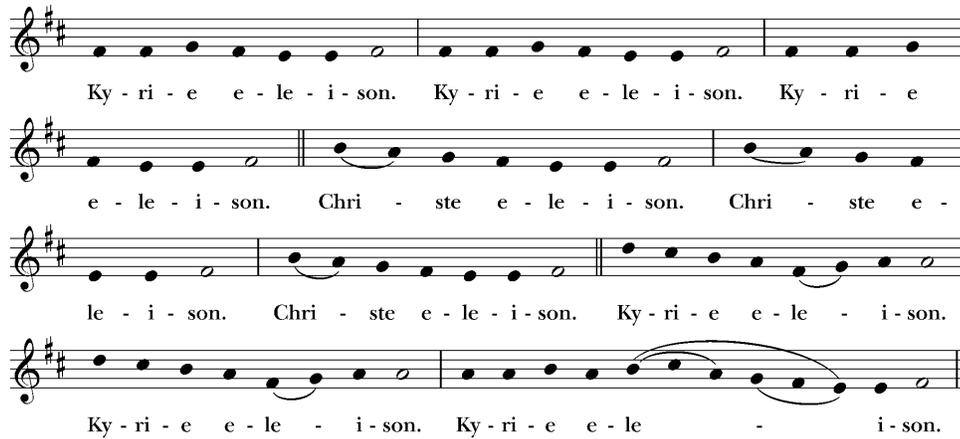
**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son 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 Priest stands and says

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.**

Kyrie Eleison

David Hurd



Musical score for Kyrie Eleison, featuring four staves of music in G major (one sharp). The lyrics are: Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Chri - ste e - le - i - son. Chri - ste e - le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

The Collect of the Day

pg. 218

Celebrant The Lord be with you.

People And also with you.

Celebrant 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.**

Be seated, children may go to the Children's Chapel.

The Lessons

A reading from the Book of 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?"

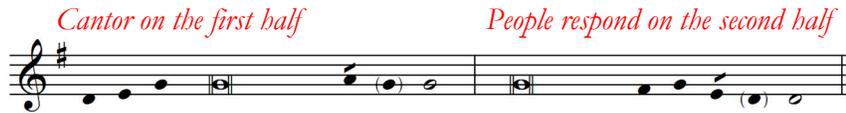
Reader The Word of the Lord.

People Thanks be to God.

Psalm 95

Venite, exultemus

Sung responsively between cantor and people



- 1 Come, let us sing to the ¹LORD; *
let us shout for joy to the Rock of | our sal- | vation.
- 2 Let us come before his presence with thanks¹giving *
and raise a loud | shout to | him with psalms.
- 3 For the LORD is a ¹great God, *
and a great | King a- | bove all | gods.
- 4 In his hand are the caverns of the ¹earth, *
and the heights of the hills | are his | also.
- 5 The sea is his, for he ¹made it, *
and his hands have mold- | ed the dry land.
- 6 Come, let us bow down, and ¹bend 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 ¹hand. *
Oh, that today you would | hearken | to his voice!
- 8 Harden not your hearts,
as your forebears did in the ¹wilderness, *
at Meribah, and on that day at Massah, | when they | tempted me.
- 9 They put me ¹to the test, *
though | they had | seen my works.
- 10 Forty years long I detested that generation and ¹said, *
"This people are wayward in their hearts;
they | do not | know my ways."
- 11 So I swore ¹in my wrath, *
"They shall not en- | ter in- | to my rest."

A reading from the Letter of Paul to the 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.

Reader The Word of the Lord.

People **Thanks be to God.**

Hymn 686 Come thou fount of every blessing

The Gospel

John 4:5-42

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

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

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."

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

The Sermon

The Rev'd Louis Patrick Mua

The Nicene Creed

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

With all our heart and with all our mind, let us pray to the Lord, saying, “Lord, have mercy.”

For the peace from above, for the loving kindness of God, and for the salvation of our souls, let us pray to the Lord.

Lord, have mercy.

For the peace of the world, especially in Ukraine and in the Middle East, for the welfare of the holy Church of God, for The Episcopal Church in Jerusalem and The Middle East, our companion dioceses of Botswana and Costa Rica, most especially Santa Maria Siquierres, St. Philip’s, St. Stephen’s, St. Titus’, Durham, and for the unity of all peoples, let us pray to the Lord.

Lord, have mercy.

For our Bishops, and for all the clergy and people, let us pray to the Lord.

Lord, have mercy.

For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

Lord, have mercy.

For this city, for every city and community, and for those who live in them, let us pray to the Lord.

Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, for all those on our parish prayer list, especially Erin, Gary, Betty Jean and Les, Kim, Kim, Carlin, Jess, Claire, Katharyn, Laura, Joe, and all those on the Daughters of the King prayer list, let us pray to the Lord.

Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

Lord, have mercy.

For all who have died in the hope of the resurrection, and for all the departed let us pray to the Lord.

Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

Lord, have mercy.

In the communion of the Ever Blessed Virgin Mary and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

To thee, O Lord our God.

The Celebrant adds a concluding Collect.

The Peace

p. 360

Celebrant 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.

The Holy Communion

Offertory Anthem

Herbert Howells

My eyes for beauty pine, my soul for God's grace:
No other care nor hope is mine, to heaven I turn my face.

One splendour thence is shed from all the stars above:
'Tis named when God's name is said, 'tis Love, 'tis heavenly Love.

And every gentle heart that burns with true desire
Is lit from eyes that mirror part of that celestial fire.

The Great Thanksgiving

p. 367

The musical notation consists of two staves. The first staff is for the Celebrant and the People. The lyrics are: "The Lord be with you. And al - so with you." The second staff is also for the Celebrant and the People. The lyrics are: "Lift up your hearts. We lift them to the Lord." The notation includes a treble clef, a key signature of one flat, and a common time signature. The lyrics are written below the notes, with some words underlined.

Celebrant
 Let us give thanks to the Lord our God.

People
 It is right to give him thanks and praise.

Facing the Holy Table, the Celebrant proceeds

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. 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:

Sanctus & Benedictus

David Hurd

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
 earth are full of your glo - ry. Ho - san - na in the high - est.
 Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

The Celebrant continues

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, 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."

Therefore we proclaim the mystery of faith:

Celebrant and People

Christ has died. Christ is ris - en. Christ will come a - gain.

The Celebrant continues

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and

unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

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 Christ has taught us, we are bold to say,

People and Celebrant

p. 364

**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.**

The Breaking of the Bread

Agnus Dei

David Hurd

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

The Celebrant says

The Gifts of God for the People of God.

Music at the Communion

Anthem

Felix Mendelssohn

Lift thine eyes, O lift thine eyes to the mountains, whence cometh help.

Thy help cometh from the Lord, the Maker of heaven and earth.

He hath said, thy foot shall not be moved. Thy Keeper will never slumber. *Psalm 121*

Sending Out Prayer

Celebrant and People

As the people of Saint Mary's, we send you forth bearing these holy gifts that those to whom you go may share with us in the communion of Christ's body and blood. We who are many are one body, because we all share one bread one cup. Amen.

Post-Communion Prayer

p. 365

After Communion, the Celebrant says

Let us pray.

Celebrant and People

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.

Bow down before the Lord.

Solemn Prayer over the People

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

Dismissal

p. 366

Celebrant Let us go forth in the name of Christ.

People Thanks be to God.

Hymn 690 Guide me, O thou great Jehovah

Participants in the Liturgy

Celebrant

The Rev'd Robert P. Travis

Preacher

The Rev'd Louis Patrick Mua

Lector

Jonathan Richardson

Verger

Kathy Conrad

Eucharistic Ministers

Martha Stewart, Jorie Doster

Acolytes

Griffin Hawks, Mason Hawks, Alex Brehm

Pianist/Choirmaster

Christopher Brayne

Virtual Verger

Nick Archibald

Acknowledgements

Text for the liturgy from *The Book of Common Prayer*, New York: Church Publishing, 1979, 231, 355-365, 388-389; Search committee prayer: *Prayers for Pastor & People*, Compiled and edited by Carl G. Carozzi, New York: Church Publishing Incorporated, 1984, 139. Used with permission. The Bible text is from the New Revised Standard Version Bible, © 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the USA, and used by permission. Originated in riteplanning.com, © 2020 Church Publishing Inc. All rights reserved. The following music is reprinted with permission under ONE LICENSE # A-716676. All rights reserved. Sanctus and Agnus Dei by David Hurd, © 1985, David Hurd. Memorial Acclamation Plainsong, Te Deum Tone; adapted and © Richard Proulx.

Vestry 2026

Amanda Gane – Senior Warden

Jason Johnson

Julian Weston

Will Moore

Patrick Simcox

Ellen Walsh

Mike Boggs – Clerk

Tim Yates – Junior Warden

Alicia Archibald

Dale Strayhorn

Lenora Sparks

Mark Penley

Kathy Conrad

Keeping in Prayer this Week: We pray for those whose needs are closely linked with ours and for those who suffer from any sickness, grief or distress, also remembering and praying for those on our parish prayer list, including Helen Congdon, Linda Nitz, Emily Finch Johnson, Anne Miressi, Trish, Thea Oglesby, Steve, Jerri Phillips, Elizabeth White, Richard Glover, Rick and Margaret Lewis, Frankie Gurganus, Nancy Jenkins, Kathy, Diane Kearns, Joan Cardwell, Bill Fenn, Cheryl Warren, Debbie Ewing, Barry, Pat Hayes, Clara Blythe, Susan Hayne, Sam Hawley, Robert Eamon Kelly, David Stewart, Jane Gill-Shaler, Denni Mikola, Shirley, Greg Denison, Ray, Hannah, Linda Focarelli, Carter, Tom Peterson, Loyd, Mike Hennen, Connie Strader, Em, Kim Williams and family, Land Hurley, Erin McDonough, Gary King, Betty Jean and Les Ipock, Kim Susnik, Kim, Carlin, Jess, Claire, Katharyn Ernst, Laura Covington Marsh, Suzanne Swadener, Belen Perez, the family of Robert Swab, Brenda B, Ben and Meredith Jenkins and family, Diane Rankin, Stephanie Gardner-Cole, Angel Berdiales, Mike Cook, Judy Jarrell, James Pardue, Laura Simcox, Jack, Joe P..

About St Mary's Prayer List: St Mary's maintains a published prayer list, which is added to the service leaflet and to the e-news each week. To add someone, please secure permission to use either the first and/or last names from the person to be added, and then contact Denise Story at 336.884-4730 or by email at admin@stmaryshighpoint.org. Denise needs your name and contact information so we can get pastoral updates periodically. Individuals will be updated at the end of the month unless the request is renewed, which you are welcome to do at any time.

Saint Mary's Episcopal Church
108 West Farriss Avenue
High Point, North Carolina 27262
336.886.4756
www.stmaryshighpoint.org