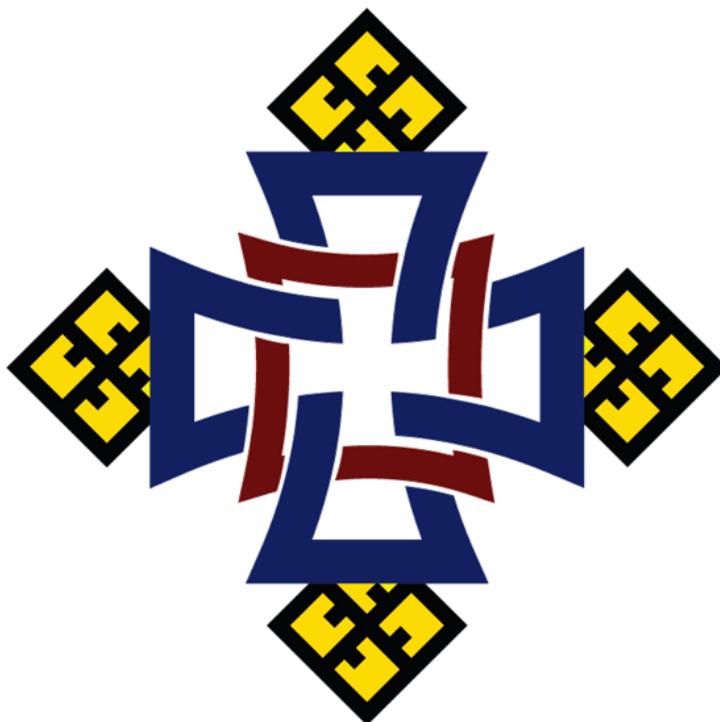


Holy Communion
The Third Sunday in Lent
March 8, 2026



St. Mary Magdalene Anglican Church
Diocese of New Westminster

Located on the unceded land of the Musqueam,
Squamish and Tsleil-Waututh nations

Welcome!

If you are new here or visiting, please sign our guest book and stay after worship for refreshments and conversation.

If you would like to request prayers, please write the names of those to be remembered in the book on the small table in the prayer corner.

Communion is in both kinds (bread and wine). All are welcome at the table, and no one is required to take communion. Participants are welcome to consume only bread.

Thank you for joining us today.

Walk with Us

Financial support from members and guests is essential for us to continue to be a place of welcome for all.

Here's how you can give:

Good: Cash or a cheque in the plate. Regular donors get envelopes to ensure tax receipts.

Better: Transfer funds using interac to office@stmarymags.ca Indicate "donation" in the memo line.

Best! Sign up for pre-authorized debit to have a monthly donation transferred directly from your bank account. See Tasha for details.

We issue tax receipts for donations of \$20 or more.

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The Gathering of the Community

We sing as the Bible, our sacred book, is welcomed into our gathering

Presider: Blessed be the Holy Trinity, one God
who forgives all our sin

All: **whose compassion endures forever. Amen**

Cantor: *Congregation:*



Ky - ri - e: ky - ri - e e - le - i - son.

Presider: Eternal Spirit, Living God, you know the secrets of our hearts. (pause)

Cantor: *Congregation:*



Chri - ste: Chri - ste e - lei - i - son.

Presider: We recognize our brokenness. (pause)

Cantor: *Congregation:*



Ky - ri - e: ky - ri - e e - le - i - son

Presider: We trust in your merciful love. (pause)

“Kyrie eleison” is an ancient Greek response meaning “Lord, have mercy.”

Prayer of the Day

Presider: Lord of the wellspring, source of life and truth:

All: **give us the courage of the Samaritan woman,**

so that we may receive living water,

and worship you in spirit and in truth;

through Jesus Christ, who quenches our thirst with eternal life. Amen.

Proprs Working Group (2016)

Proclamation of the Word

First Reading

Reader: A reading from the Book of Exodus
(Exodus 17.1-7)

Reader: Hear what the Spirit is saying to the church.

All: **Thanks be to God.**

Silence is kept.

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 the presence of the Lord with thanksgiving *
and raise a loud shout to God with psalms.
- ³ For you, O Lord, are a great God, *
and a great sovereign above all gods.
- ⁴ In your hand are the caverns of the earth, *
and the heights of the hills are yours also.
- ⁵ The sea is yours, for you made it, *
and your hands have moulded the dry land.
- ⁶ Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
- ⁷ For you are our God,
and we are the people of your pasture and the sheep of your hand. *
Oh, that today we would hearken to your 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.’”

Second Reading

Reader: A reading from the letter of Paul to the Romans
(Romans 5.1-11)

Reader: Hear what the Spirit is saying to the church.

All: **Thanks be to God.**

Silence is kept.

Song Once a Woman Seeking Water



Once a wo-man seek ing wa - ter at a well not far from home
She drew wa - ter for the thir - sty; Je - sus of - fered some-thing more:
Still God's peo - ple car - ry wa - ter from their wells and moun-tain streams;
God, we ask your rich-est fa - vour on the work we seek to do:



met a thirs - ty, wait - ing stran - ger from a peo - ple not her own.
Liv - ing wa - ter, God's own mer - cy, love a - bun - dant, free-ly poured.
still at ri - vers wo - men gath - er, sha - ring la - bour, sha - ring dreams.
may we glad - ly share clean wa - ter and your liv - ing wa - ter, too.



Would she give a drink of wa - ter and res - pond to hu - man need?
One, a bless - ing for the bod - y; one, a bless - ing for the soul!
Still a cup of wa - ter giv - en in a dry and wea - ry place
May we see the face of Je - sus, and how far your love ex - tends,



Could she know the joy and won - der she, the giv - er would re - ceive?
Both are gifts of the Cre - a - tor— gifts that help to make us whole.
is a bless - ing ov - er - flow - ing from the foun - tain of God's grace.
in the ones we call our part - ners, no more stran - gers, now our friends.

Gospel Reading

Reader: May God be with you.

All: **And also with you.**

Reader: The Holy Gospel of our Lord Jesus Christ according to John.
(John 4:5-42)

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

Reader: The Gospel of Christ.

All: **Praise to you, Lord Jesus Christ**

Reflection

The Reverend Tasha Carrothers

Following a period of silence, all are invited to share a brief thought or story evoked by the readings or the reflection.

Song

#408 Wind Upon The Waters

1. Wind upon the waters, voice upon the deep;
rouse your sons and daughters, wake us from our sleep.
Breathing life into all flesh, breathing love into all hearts,
living wind upon the waters of my soul.
2. Showers from the heavens, water from the earth;
gift so wholly given, source of every birth.
Joy of every living thing, making all creation sing,
shower down upon the dry earth of my soul.
3. Rock and hill and garden, wood and desert sand;
prairie, field and meadow, shaped by Love's own hand.
Love that fills the world around, springing up from barren ground,
Grow your love within the garden of my soul.
4. Blazing light of wonder, flame that pierces night;
burst the dark asunder, fill our souls with light.
Lord of glory, fill the skies, make an end to hatred's cries,
be the blazing Sun of justice in our lives.
5. Wind upon the waters, rains upon the sand,
grace your sons and daughters, newborn by your hand.
Come, O Spirit and renew all the life that comes from you,
send your winds upon the waters of my soul.

Music & Text: Marty Haugen(1950-).

Affirmation of Faith

Presider:

Let us declare our faith in God.

All:

**We believe in God,
from whom every family
in heaven and on earth is named.
We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.
We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God;
the holy and undivided Trinity. Amen.**

Prayers of the People

Please stand or sit as you prefer for prayer.

In the prayers of the people, the people who have gathered join their prayers to bring to God the needs of the Church, the world, and all who are in need. If you would like to add a person to the prayers, please speak to the Vicar. There is also a book on the front hall table where you can add names of people for whom you would like prayer.

Confession and Absolution

Presider: Dear friends in Christ,
God is steadfast in love and infinite in mercy;
welcoming sinners
and inviting us to this 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.

People: **Amen.**

The Peace

Presider: The peace of God be with you all.

All: **And also with you.**

The Celebration of the Eucharist

To make a financial offering, please place it in the offering plate by the door.

Song

#462 The Hidden Stream

1. The hidden stream that feeds
our daily acts of care
springs forth in worship when Christ leads
the church in song and prayer.

Refrain

*Lord, through our lives may others hear
Your living waters drawing near.*

2. The stream runs clear and deep
and tastes of heaven's skies,
and where its ceaseless currents sweep,
flows life that never dies.

Refrain

3. A heart of stone and dust,
of withered hopes and dreams,
becomes a spring of faith and trust
by drinking from these streams.

Refrain

4. We leave this watered place
to work on rocky ground,
yet even there the streams of grace
sustain our daily round.

Refrain

Text: Thomas H Troeger Music: John Kuzma

Prayer over the Gifts

Presider:

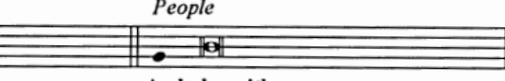
God our provider,

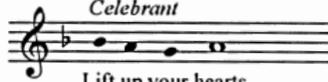
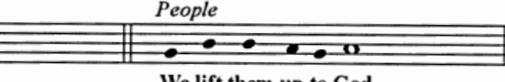
All:

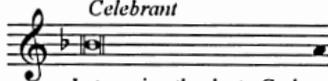
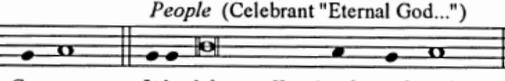
**you have not fed us with bread alone,
but with words of grace and life.
Bless us and these your gifts,
which we receive from your bounty,
through Jesus Christ our Lord. Amen.**

Evangelical Lutheran Worship (2006) alt.

The Great Thanksgiving

<i>Celebrant</i>	<i>People</i>
	
May God be with you.	And also with you.

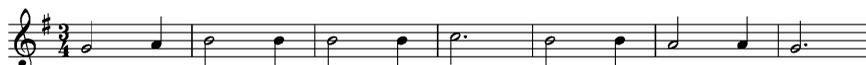
<i>Celebrant</i>	<i>People</i>
	
Lift up your hearts.	We lift them up to God.

<i>Celebrant</i>	<i>People (Celebrant "Eternal God...")</i>
	
Let us give thanks to God our Cre-ator.	It is right to offer thanks and praise.

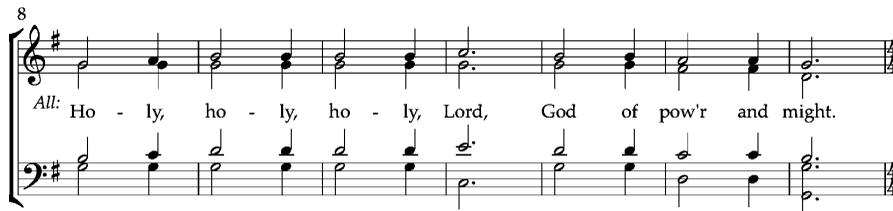
Presider: Eternal God, Source of all being, we give you thanks and praise for your faithful love. You call us into friendship with you and one another to be your holy people, a sign of your presence in the world.

When those we trust betray us, unfailingly you remain with us.
 When we injure others, you confront us in your love
 and call us to the paths of righteousness.
 You stand with the weak, and those, broken and alone,
 whom you have always welcomed home,
 making the first last, and the last first.

Therefore we raise our voices with angels and archangels,
 forever praising you and singing:



Cantor: Ho - ly, ho - ly, ho - ly, Lord, God of pow'r and might.



All: Ho - ly, ho - ly, ho - ly, Lord, God of pow'r and might.

15

Heav - en and earth are full of your glo - r - ry. Ho -

20

san - na in the high - - - - - est.

24

Blest is the one who comes in the name of the Lord. Ho -

29

san - na in the high - - - - - est.

Presider:

Blessed are you, O Holy One: when Hagar was driven into the wilderness you followed her and gave her hope. When Joseph was sold into bondage, you turned malice to your people's good. When you called Israel out of slavery, you brought them through the wilderness into the promised land. When your people were taken into exile you wept with them by the river of Babylon and carried them home. When colonists claimed this land, driving out the nations you placed here, you stood with them in their exile.

At the right time you sent your Anointed One
to stand with the poor, the outcast, and the oppressed.
Jesus touched lepers and the sick, and healed them.

He accepted water from a woman of Samaria
and offered her the water of new life.
Christ knew the desolation of the cross
and opened the way for all humanity
into the redemption of your reconciling love.

On the night he was betrayed, Jesus, at supper with his friends,
took bread, gave you thanks, broke the bread,
gave it to them, and said, "Take and eat: this is my body
which is given for you. Do this for the remembrance of me."

Re - store us O God, Re - store us O God, Let Your face shine

The musical score is in 3/4 time with a key signature of one sharp (F#). It consists of two staves: a treble clef staff and a bass clef staff. The lyrics are written below the treble staff. The melody is simple and hymn-like, with a steady rhythm.

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 all people for the forgiveness of sins.
Whenever you drink it, do this for the remembrance of me.

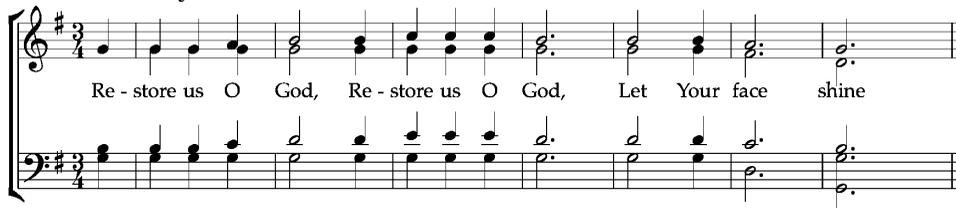
Loving and Holy One, recalling Christ's death and resurrection, we offer
you these gifts, longing for the bread of tomorrow
and the wine of the age to come. Therefore we proclaim our hope:

Dy - ing You des-troyed our death; ris - ing You re-stored our
life. Lord Je - sus, come in glor - ry.

The musical score continues from the previous block. It is in 3/4 time with a key signature of one sharp. It consists of two staves: a treble clef staff and a bass clef staff. The lyrics are written below the treble staff. The melody continues with a similar hymn-like style.

Presider:

Pour out your Spirit on these gifts that through them
you may sustain us in our hunger for your peace.
We hold before you all whose lives are marked by suffering,
our sisters and brothers. When we are broken and cast aside,
embrace us in your love.

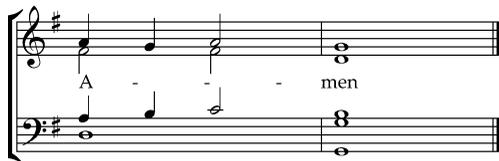


Re - store us O God, Re - store us O God, Let Your face shine

The musical score is written for a piano accompaniment in 3/4 time, with a key signature of one sharp (F#). The melody is in the treble clef, and the bass line is in the bass clef. The lyrics are placed below the treble staff.

Presider:

Through Christ, with Christ, and in Christ in the
unity of the Holy Spirit,
all honour and glory are yours,
O Source of all life, now and for ever.



A - - - men

The musical score is written for a piano accompaniment in 3/4 time, with a key signature of one sharp (F#). The melody is in the treble clef, and the bass line is in the bass clef. The lyrics are placed below the treble staff.

The Lord's Prayer

Cantor

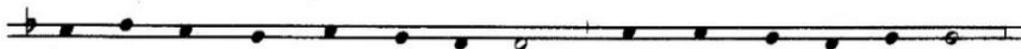


As our Sa - vior Christ has taught us, we now pray,

All



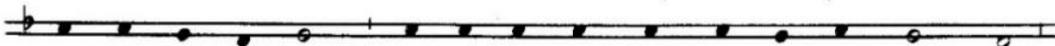
Our Fa - ther in hea - ven, hal - lowed be your Name,



your king - dom come, your will be done, on earth as in hea - ven.



Give us to - day our dai - ly bread.



For - give us our sins as we for - give those who sin a - gainst us.



Save us from the time of tri - al, and de - liv - er us from e - vil.



For the king - dom, the power, and the glo - ry are yours,



now and for ev - er. A - men.

The Breaking of the Bread

Presider: We break this bread,
All: **communion in Christ's body once broken.**
Presider: Let your Church be the wheat
which bears its fruit in dying.
All: **If we have died with him,
we shall live with him:
if we hold firm,
we shall reign with him.**

Communion

Presider: The gifts of God for the people of God.
All: **Thanks be to God.**

*Please remain at your places. The consecrated bread and wine will be brought around to all who wish.
Everyone is welcome at the table.*

Sending Out of the Disciples

Prayer after Communion

Presider: Compassionate God,
All: **you have fed us with the bread of heaven.
Sustain us in our Lenten pilgrimage;
may our fasting be hunger for justice;
our alms, a making of peace;
and our prayer, the song of grateful hearts;
through Jesus Christ, our Saviour and Lord. Amen.**

Evangelical Lutheran Worship (2006) alt.

Doxology

Presider Glory to God,
All: **whose power, 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

Song

#354 Come, Thou Fount of Every Blessing

1. Come, thou Fount of every blessing,
tune my heart to sing thy grace;
streams of mercy, never ceasing,
call for songs of loudest praise.
Teach me some melodious measure,
sung by flaming tongues above;
O the vast, the boundless treasure
of my God's unchanging love.

2. Here I make faith's affirmation:
thus far by thy help I've come,
and I hope, by thy good pleasure,
safely to arrive at home.
Jesus sought me when a stranger,
wandering from the fold of God;
he, to rescue me from danger,
interposed his precious blood.

3. O to grace how great a debtor
daily I'm constrained to be!
Let thy goodness, like a fetter,
bind my wandering heart to thee.
Prone to wander, Lord, I feel it,
prone to leave the God I love;
take my heart, O take and seal it,
seal it for thy courts above.

Text Robert Robinson (1735-1790)

Tune: NETTLETON, 8 7 8 7

Dismissal

Presider:

All:

Go in peace, the beloved of God.

Thanks be to God.

Please stay for coffee and tea!

This Week at St. Mary Mags

Weds, March 11	12 noon	Centering Prayer
	12:30 pm	Holy Communion
Saturday, March 14	12 noon	Drum Circle
Sunday, March 15	10:30 am	Holy Communion

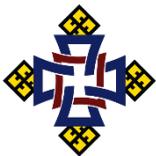
Lent with Leonard Cohen: Created by our own Jessica Schaap, Diocesan Missioner for Christian Formation, this five session study uses simple, creative ways to respond to one of Leonard Cohen's songs each session. Two opportunities each week: after Wednesday eucharist (around 1:45 pm) and after Sunday eucharist (around 12:30 pm).

Join us for Holy Week 2026

Mar 29	10:30 am	Palm Sunday
April 1	12:00 pm	Centering Prayer
	12:30 pm	Holy Communion
April 2	6:00 pm	Simple supper
	7:00 pm	Maundy Thursday
April 3	10:30 am	Good Friday
April 4	8:00 pm	Easter Vigil
April 5	10:30 am	Easter Sunday

Next Sunday's Readings

March 15, 2026 | The Forth Sunday in Lent
1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41;



St. Mary Magdalene Anglican Church

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The Rev. Tasha Carrothers, Vicar
Dave Dagta, Musician

