
Third Sunday in Lent

Sung Eucharist

Book of Alternative Services (p. 185)

ANNOUNCEMENTS

LITURGY OF THE WORD

THE LENTEN PROSE

Refrain: **Hear us, O Lord, have mercy upon us: for we have sinn'd against thee.**

INVOCATION

INTROIT SENTENCE

Lord, you are indeed the Saviour of the world. Give us living water, that we may not thirst.

CF. JOHN 4:14, 42

THE GRACE

(STAND)

THE CALL TO CONFESSION

SILENCE

KYRIE CONFESSION AND ABSOLUTION

(KNEEL OR SIT)

Please say or sing the KYRIE ELEISON after each of the three petitions.

Kyrie Eleison. Christe Eleison. Kyrie Eleison.

(MERBECKE: CP

or

678/HB C177)

Lord, have mercy upon us. Christ, have mercy upon us.

Lord, have mercy upon us.

THE COLLECT

(STAND)

SILENCE

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

THE PROCLAMATION OF THE WORD

(SIT)

*After each reading, except the psalm, the reader says 'The Word of the Lord' and all respond: **Thanks be to God.***

FIRST READING – 1ST READER

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 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?" 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 quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

EXODUS 17:1-7

PSALM – 1ST READER

Come, let us sing to the Lord; let us shout for joy to the rock of our salvation.

Let us come before his presence with thanksgiving and raise a loud shout to him with psalms.

For the Lord is a great God, and a great king above all gods.

In his hand are the caverns of the earth, and the heights of the hills are his also.

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

Come, let us bow down, and bend the knee, and kneel before the Lord our Maker.

For he is our God, and we are the people of his pasture and the sheep of his hand. Oh, that to-day you would hearken to his voice!

Harden not your hearts, as your forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me.

They put me to the test, though they had seen my works.

Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know my ways."

So I swore in my wrath, "They shall not enter into my rest."

PSALM 95

SECOND READING – 2ND READER

Therefore, 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.

ROMANS 5:1-11

GOSPEL

(STAND)

Gospeller: Praise to you, O Lord, King of eternal glory. (CP: 717)

All: Praise to you, O Lord, King of eternal glory.

Gospeller: The Lord is a great God, O that today you would listen to his voice. Harden not your hearts.

CF. PSALM 95:3, 8

All: Praise to you, O Lord, King of eternal glory.

Gospeller: The Lord be with you. (TONE - BAS P.920 OR CP: 718)

All: And also with you.

Gospeller: The Holy Gospel of our Lord Jesus Christ according to

All: Glory to you, Lord Jesus 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 worshipped 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 worshippers 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 labour. Others have laboured, and you have entered into their labour." 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 Saviour of the world." JOHN 4:5-42

Gospeller: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

All: Praise to you, O Lord, King of eternal glory.

SERMON

THE NICENE CREED - BAS p.188

Celebrant: We believe in one God,

All: 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. With the Father and the Son he is worshipped 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

The response will be announced.

THE PEACE

LITURGY OF THE EUCHARIST

OFFERTORY HYMN

Eucharistic Prayer III - BAS p.198

PRAYER OVER THE GIFTS

God of Wisdom, may the light of your eternal word, our Lord and Saviour Jesus Christ, lead us in holiness and guide us to glory; we ask in his name. **Amen**

SURSUM CORDA

Celebrant: The Lord be with you.

All: And also with you.

Celebrant: Lift up your hearts.

All: We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

All: It is right to give our thanks and praise.

THE PREFACE

SANCTUS & BENEDICTUS

(SIT)

(STAND)

(KNEEL OR SIT)

(STAND)

(REMAIN STANDING)

(MUSIC - BAS P.921)

(MERBECKE: CP 683/ HB C177)

**All: Holy, holy, holy, Lord God of Hosts,
Heaven and earth are full of your glory.**

Glory be to you, O Lord most high.

Blessed is he that comes in the name of the Lord:

Hosanna in the highest.

THE EUCHARISTIC CANON

*Response to: 'Therefore, Father, according to his command' is: **we remember his death, we proclaim his resurrection, we await his coming in glory; & at the end of the Eucharistic Prayer: Amen.***

THE LORD'S PRAYER

Celebrant: As our Saviour taught us, let us pray. Our Father in heaven,

All: 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 for ever. Amen

FRACTION SENTENCE

SILENCE

Celebrant: Let your Church be the wheat which bears its fruit in dying. **If we have died with him, we shall live with him; if we hold firm, we shall reign with him.**

AGNUS DEI

(MERBECKE: CP 685/ HB C177)

All: Lamb of God, you take away the sin of the world:

Have mercy upon us. Lamb of God, you take away

the sin of the world: Have mercy upon us. Lamb of God,

you take away the sin of the world: Grant us your peace.

COMMUNION SENTENCE

Celebrant: Jesus is the Lamb of God who takes away the sin of the world. Blessed are those who are called to his supper.

All: Lord, I am not worthy to receive you, but only say the word,

and I shall be healed.

COMMUNION

COMMUNION HYMN

PRAYER AFTER COMMUNION

SILENCE

Merciful Lord, grant your people grace to withstand the temptations of the world, the flesh and the devil, and with pure hearts and minds to follow you, the only God; through Jesus Christ our Lord. **Amen**

BLESSING

RECESSIONAL HYMN

DISMISSAL

(KNEEL OR STAND)

(KNEEL OR SIT)

(KNEEL OR SIT)

(KNEEL)

(REMAIN STANDING)