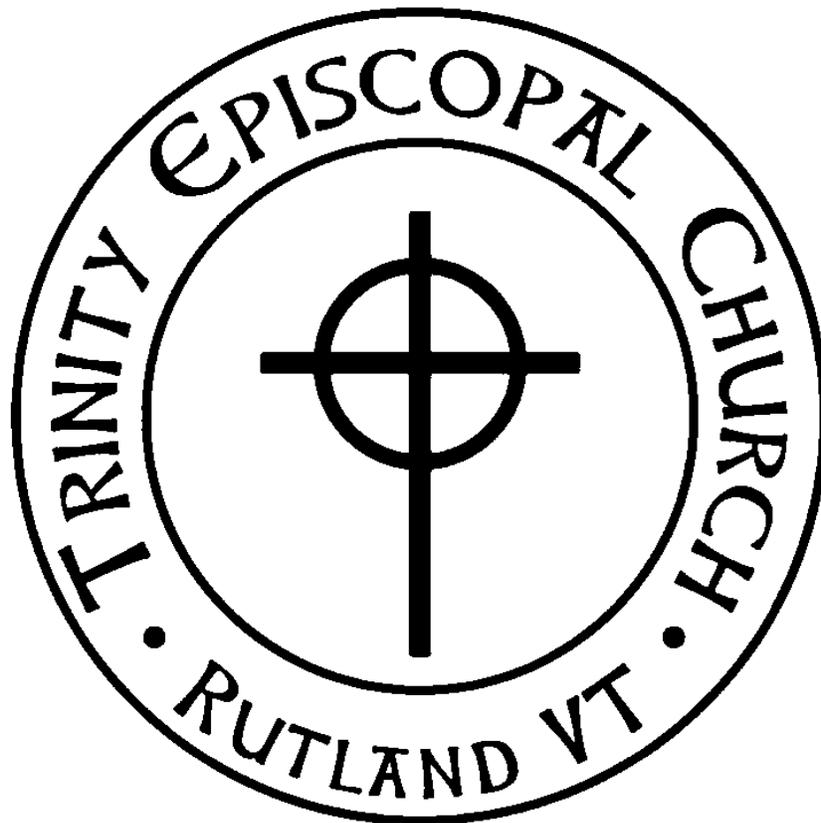


TRINITY CHURCH

Third Sunday of Lent

March 8, 2026

9:30 a.m.



WELCOME TO OUR TRINITY CHURCH FAMILY!

FOLLOWING JESUS. BUILDING COMMUNITY. LOVE THROUGH SERVICE.

The Rt. Rev. Dr. Shannon MacVean-Brown, Bishop of the Diocese of Vermont

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The Rev. Sarah C. Ginolfi, Rector
The Rev. Liz Skaleski, Deacon

9:30a.m. 3rd Sunday of Lent – Morning Prayer

The Invitatory and Psalter

*In the spirit of penitence that the season of Lent calls us to observe,
we invite you to gather and depart in prayerful silence.*

Prelude

Sei gegrüßet, Jesu gütig, BWV 768 (BWV 768)

J. S. Bach

Opening Hymn #143

The glory of these forty days

Erhalt uns, Herr

Opening Sentences

Officiant: Rend your hearts and not your garments. Return to the Lord your God, for the Lord is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil.

Confession of Sin

Officiant: Dearly beloved, we have come together in the presence of Almighty God our heavenly Father, to set forth his praise, to hear his holy Word, and to ask, for ourselves and on behalf of others, those things that are necessary for our life and our salvation. And so that we may prepare ourselves in heart and mind to worship him, let us kneel in silence, and with penitent and obedient hearts confess our sins, that we may obtain forgiveness by his infinite goodness and mercy.

All: 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.

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

Bless the Lord, my soul, and bless God's ho - ly name.

Bless the Lord, my soul, who leads me in - to life.

Invitatory

Officiant: Lord, open our lips.

All: *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.*

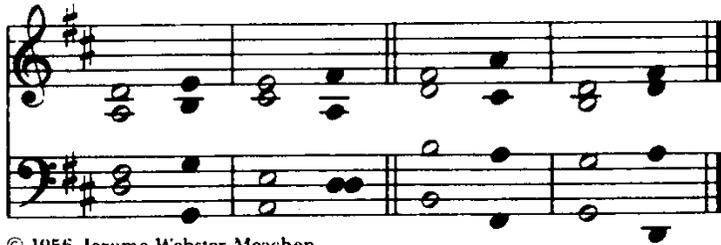
Officiant: Worship the Lord in the beauty of holiness:

People: *Come let us adore him.*

The Jubilate

Officiant: Let us rejoice together reciting:

All: *Be joyful in the Lord, all you lands; *
 serve the Lord with gladness
 and come before his presence with a song.
 Know this: The Lord himself is God; *
 he himself has made us, and we are his;
 we are his people and the sheep of his pasture.
 Enter his gates with thanksgiving;
 go into his courts with praise; *
 give thanks to him and call upon his Name.
 For the Lord is good;
 his mercy is everlasting; *
 and his faithfulness endures from age to age.*



© 1956, Jerome Webster Meachen.

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."

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

The Lessons

Lessons of the Day

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. 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: Hear what the Spirit is saying to God's people.

People: *Thanks be to God.*

Hymn #692 *I heard the voice of Jesus say*

Third mode melody

Second Reading

Romans 5:1-11

Reader: A reading from the letter to the Romans.

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: Hear what the Spirit is saying to God's people.

People: *Thanks be to God.*

The musical score is presented in four systems. The first system contains the vocal line for the first phrase: "U - bi ca - ri - tas et a - mor,". The second system contains the organ accompaniment for this phrase. The third system contains the vocal line for the second phrase: "u - bi ca - ri - tas De - us i - bi est." with a triplet over the word "ibi". The fourth system contains the organ accompaniment for this phrase. Chord symbols (F, C, Dm, Gm, C, F) are placed above the organ staff in the third system.

A Reading from the Gospel

John 4:1-42

Please be seated. When a Gospel lesson is read during daily offices, the congregation remains seated as with the other readings. Responses are those of other lessons, rather than the Holy Eucharist Gospel response.

Officiant:

A reading from the Gospel of John.

Now when Jesus learned that the Pharisees had heard, "Jesus is making and baptizing more disciples than John" (although it was not Jesus himself but his disciples who baptized), he left Judea and started back to Galilee. But he had to go through Samaria. 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.”

Officiant: Hear what the Spirit is saying to God’s people.

People: *Thanks be to God.*

Choral Anthem

Call to remembrance

Richard Farrant

Apostles' Creed (Congregation)

Officiant: Let us affirm our faith in the words of the Apostles' Creed.

All: *I believe in God, the Father almighty, creator of heaven and earth;
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit and born of the Virgin Mary.
He suffered under Pontius Pilate, was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven, and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.*

The Peace

Officiant: The peace of the Lord be always with you.

People: *And also with you.*

Announcements

Thank you for your generous stewardship of Trinity Church. Through your gifts, you join the Good Shepherd in tending this community—nurturing faith, strengthening fellowship, and caring for others in Christ's name. Unlabeled cash offerings support our discretionary outreach ministries. To give to the parish's general fund, please use the labeled envelopes in your pew.

The Prayers

The Lord's Prayer

Officiant: The Lord be with you.

People: *And also with you.*

Officiant: Let us pray.

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, and the power, and the glory, for ever and ever. Amen.*

The Suffrages A

- Officiant: Show us your mercy, O Lord;
People: And grant us your salvation.
- Officiant: Clothe your ministers with righteousness;
People: Let your people sing with joy.
- Officiant: Give peace, O Lord, in all the world;
People: For only in you can we live in safety.
- Officiant: Lord, keep this nation under your care;
People: And guide us in the way of justice and truth.
- Officiant: Let your way be known upon earth;
People: Your saving health among all nations.
- Officiant: Let not the needy, O Lord, be forgotten;
People: Nor the hope of the poor be taken away.
- Officiant: Create in us clean hearts, O God;
People: And sustain us with your Holy Spirit.

The Collects

- Officiant: 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.*
- Officiant: O God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: Defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. *Amen.*
- Officiant: Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. *Amen.*

The General Intercession Prayers

Form 2

- Intercessor: I ask your prayers for God's people throughout the world. In our cycle of prayers, we pray for **The Episcopal Church in Jerusalem & The Middle East; Ministry and work of the Zero Emissions Task Force.** We also pray for the Most Rev. Sarah Mullally, Archbishop of Canterbury; Sean, our Presiding Bishop; Shannon, our Bishop; Thomas and Rob, our companion Bishops of Maine and New Hampshire; and for Sarah, our priest; Liz, our Deacon; and for all our lay leaders; for this gathering; and for all ministers and people. Pray for the Church.

Silence.

Intercessor: I ask your prayers for peace; for goodwill among nations; and for the well-being of all people. Pray for justice and peace.

Silence.

Intercessor: I ask your prayers for the poor, the sick, the hungry, the oppressed, and those in prison. We remember those commended to us: **Jane, Gabriel, Anthony, Molly, Chelsea, John, Kathi, Chris, Joseph.** We pray for those in any need or trouble.

Silence.

Intercessor: I ask your prayers for all who seek God, or a deeper knowledge of him. Pray that they may find and be found by him.

Silence.

Intercessor: I ask your prayers for the departed, that your will for them may be fulfilled.

Silence.

Intercessor: Praise God for those in every generation in whom Christ has been honored. We pray for parishioners celebrating birthdays and anniversaries: **Lois Castonguay, Kathy Crocker, David Franzoni, Melissa Alarie.** Pray that we may have grace to glorify Christ in our own day.

Silence.

Taizé Chant (organ intro, choir, then congregation 3x)

O Lord, Hear My Prayer

O Lord, hear my prayer, O Lord, hear my prayer: when I call an - swer me.

O Lord, hear my prayer, O Lord, hear my prayer, come and lis - ten to me.

A Prayer for Mission

Officiant: Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name.
Amen.

The Prayer of St. Chrysostom

Officiant: Let us pray together.

All: Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen.

Taizé Chant (organ intro, choir, then congregation 3x)

My Peace I Leave You

My peace I leave you, my peace I give you: trou - ble not your hearts. My
7
peace I leave you, my peace I give you: be not af - faid. My

The image shows two staves of musical notation in 2/4 time. The first staff contains the first six measures of the chant, and the second staff contains the next six measures. The lyrics are written below the notes. The first staff ends with a double bar line, and the second staff begins with a measure rest (7) and ends with a double bar line.

Dismissal

Officiant: Let us bless the Lord.

Response: Thanks be to God.

Officiant: Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. *Amen.*

Postlude

Erhalt uns, Herr, bei deinem Wort

Dietrich Buxtehude

*The congregation is encouraged to remain seated in silence during the postlude.
Please exit in silence.*