



Sunday, March 8, 2026
Third Sunday in Lent
St. Paul's Anglican Church, Uxbridge



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Land Acknowledgement

It is a great privilege to gather, share stories of faith and worship God on this beautiful territory, which we now know as Township of Uxbridge but which has been the site of human activity – and therefore storytelling and worship – for many thousands of years. We wish to honour the ancestral guardians of this land and its waterways: the Huron-Wendat, the Haudenosaunee Confederacy, the Mississauga and Chippewa (Anishinaabe) people. The treaties that were signed for this particular parcel of land are collectively referred to as the Williams Treaties of 1923. Today many Indigenous peoples, including the Metis Nation continue to call this land home and act as its stewards, and this responsibility extends to all peoples, to share and care for this land for generations to come.

Prelude

*O Man lament your great sin...
Jesus came and was born for us...
He was sacrificed for us and bore
Our sins out on the cross*

Bach

THE GATHERING OF THE COMMUNITY

(please stand)

The Procession Enters in Silence

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all. **And also with you.**

Collect for Purity

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

Kyrie

CP 705

Collect of the Day

Almighty God, whose Son Jesus Christ gives the water of eternal life, may we always thirst for you, the spring of life and source of goodness; through him who lives and reigns with you and the Holy Spirit, one God now and for ever. **Amen.**

THE PROCLAMATION OF THE WORD

(please be seated)

First Reading: Exodus 17:1-7

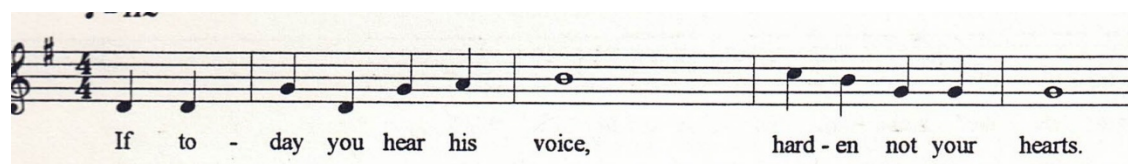
Reader: The First Reading is written in the seventeenth chapter of the Book of Exodus beginning at the first verse

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*)

Reader: The Word of the Lord

People: Thanks be to God

Psalm 95



Second Reading: Romans 5:1-11

Reader: The Second Reading is written in the fifth chapter of the Letter of Paul to the Romans beginning at the first verse

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)

Reader: The Word of the Lord.

People: Thanks be to God.

(please stand)

Gradual

Let My People Seek Their Freedom

CP 471

Holy Gospel: John 4:5-42

Reader: The Lord be with you

People: And also with you

Reader: The Holy Gospel of our Lord Jesus Christ according to Matthew

People: 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)

Reader: The Gospel of Christ

People: Praise to you, Lord Jesus Christ

(please be seated)

Homily

Moment of Silent Reflection

(please stand)

The Nicene Creed

Let us confess our faith, as we say,

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all this 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.

(please sit kneel/stand)

Prayers of the People

(please sit/kneel)

Confession and Absolution

Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness. 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 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.**

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. **Amen.**

(please stand)

The Peace

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

THE CELEBRATION OF THE EUCHARIST

(please stand)

Offertory Hymn

Sing to the Lord of Harvest

1. Sing to the Lord of harvest,
sing songs of love and praise;
with joyful hearts and voices
your alleluias raise.
By Him the rolling seasons

in fruitful order move;
sing to the Lord of harvest
a joyous song of love.

2. God makes the clouds rain goodness,
the deserts bloom and spring,
the hills leap up in gladness,
the valleys laugh and sing.
God fills them with His fullness,
all things with large increase;
He crowns the year with blessing,
with plenty, and with peace.

3. Bring to this sacred altar
the gifts His goodness gave,
the golden sheaves of harvest,
the souls Christ died to save.
Your hearts lay down before Him
when at His feet you fall,
and with your lives adore Him
who gave His life for all.

The 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.**

Eucharistic Prayer 3

The Lord be with you
Lift up your hearts.
Let us give thanks to the Lord our God.

**And also with you
We lift them to the Lord.
It is right to give our thanks and praise.**

Blessed are you, gracious God, creator of heaven and earth; because you bid your faithful people to cleanse their hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in the works of love. Therefore we raise our voices to you in praise to proclaim the glory of your name.

Sanctus

*Holy, holy, holy Lord, God of power and might.
Holy, holy, holy Lord, God of power and might,
heaven and earth are full, full of your glory.
Hosanna in the highest, hosanna in the highest.*

CP 735

***Blessed is he who comes in the name of the Lord.
Hosanna in the highest, hosanna in the highest.***

(please be seated)

We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son.

For in these last days, you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, 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, Father, according to his command, **we remember his death, we proclaim his resurrection, we await his coming in glory**

and we offer our sacrifice of praise and thanksgiving to you, Lord of all, presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit.

In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and forever. **Amen.**

The Lord's Prayer

As Jesus taught us, we pray together

Our Father, who art in heaven ...

The Breaking of the Bread

Celebrant: We break this bread,

All: **Communion in Christ's body once broken.**

Celebrant: Let your Church be the wheat which bears its fruit in dying.

People: If we have died with him, we shall live with him; if we hold firm,
we shall reign with him.

Agnus Dei CP 747

*Jesus, Lamb of God, have mercy on us.
Jesus, bearer of our sins, have mercy on us.
Jesus, redeemer, redeemer of the world,
give us your peace, give us your peace.*

Celebrant: The gifts of God for the people of God.

People: Thanks be to God.

Communion

During Communion *Great God, Your Love Has Called Us Here* CP 442

(please be seated)

Anthem *Hush* Dennard

Prayer after Communion

God of our pilgrimage, we have found the living water. Refresh and sustain us as we go forth on our journey, in the name of Jesus Christ the Lord. **Amen.**

The Doxology

Glory to God, 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.**

The Blessing

Announcements

(please stand)

Recessional Hymn *O Praise the Gracious Power (vv 1, 2, 4, 6)* CP 396

(please stand)

Dismissal

Go in peace to love and serve the Lord.

Thanks be to God.

(please be seated)

Postlude *Tocatta and Fugue in d minor* Bach

*If you have another commitment today,
and need to depart the church during the postlude, feel free to do so quietly.*

If you wish to contact Rev. Johanna, her email is, revjohannapak@gmail.com. For phone contact, please use the church 905-852-7016.

Weekly “tidbit”

Stewardship Gospel Tidbit: (John 4:5-42) “God is not tied to a particular place. And those who truly worship God must worship him as he truly is, without regard to place.” How many of us feel that we can only truly worship God in that space we call “our Church”? We know this to be questionable, and yet it seems so difficult for many to actually put this into practice. The faithful steward is one who realizes that God is not tied to a single building, no matter how beautiful or nostalgic it may be.

This Week at St. Paul’s

Friday, March 13, 2026

- 10:30 am – Choir Practice

Sunday, March 15, 2026 – Fourth Sunday in Lent

- 9:30 am – Choir Rehearsal
- 10:30 am – Eucharist

Readings for Next Sunday

- 1 Samuel 16:1-13
- Psalm 23
- Ephesians 5:8-14
- John 9:1-41

Upcoming Events

- **Rev. Johanna will be on winter break from March 9th until March 17th. If you have a pastoral emergency during that time please contact a warden or the church office 905-852-7016.**
- **Mid-week Eucharist and Bible Study – there will not be Mid-week Eucharist and Bible Study on Wednesday, March 11th.**
- **Saturday, April 25, 2026 – 2:00 pm - Celebration of New Ministry Service for Reverend Johanna.** More details will follow. Please mark this date on your calendar and plan to attend this celebration in the life of our parish.

- **St. Paul's Creative Crafters** – All crafters are welcome. If you are a seasoned crafter or just starting out or want to learn and create. Come share your passion for handmade fun!
What to expect:
 - gather and share your love of knitting, crochet, stitchery, paper crafts and more
 - skill sharing ideas learning new techniques
 - become a part of our prayer shawl ministry, providing shawls, pocket squares and more to members of our community
 - you are welcome to bring your own craft projects and enjoy some fellowship with othersJoin us the **first Tuesday of every month** in the church lounge from 1:30 pm to 3:30 pm.
For more information contact Doreen Stainton – email cedarviewarts@gmail.com
- **St. Paul's Choir** meet for choir practice on Friday mornings from 10:30 am until 12:00 pm and on Sunday mornings at 9:30 am. New members are always welcome and encouraged. Please let Stu know if you would like to participate.

**For the health and comfort of those with allergies
St. Paul's is a "scent free" facility.**