

# Trinity Episcopal Church

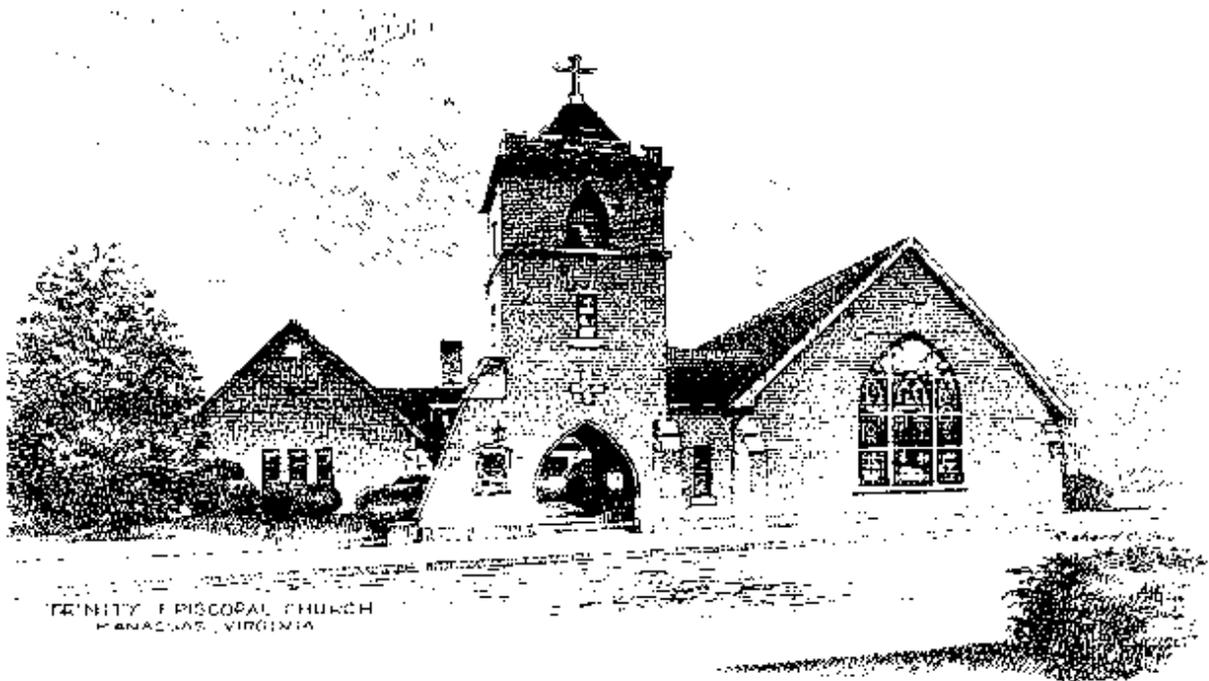
All Are Welcomed & Loved

March 8, 2026

The Second Sunday of Lent

---

Please welcome our Supply Clergy, The Rev. John Baker



Jesus had one new commandment:  
"Love one another as I have loved you."

We let Jesus' own words remind and refocus our journey in life and in faith.  
We invite you to share your journey with us!

PRELUDE Steal Away To Jesus

arr. Haan

PROCESSIONAL HYMN #455

O Love Of God, How Strong And True

A PENITENTIAL ORDER

Celebrant Blessed be the God of our salvation.

People **Who bears our burdens and forgives our sins.**

Celebrant Let us confess our sins against God and our neighbor.

**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 our Savior 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.**

Celebrant 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.**

Holy God *Trisagion*

The image shows two staves of musical notation for the hymn 'Holy God Trisagion'. The first staff contains the lyrics 'Ho - ly God, Ho - ly and Might - y,' and the second staff contains 'Ho - ly Im - mor - tal One, Have mer - cy up - on us.' The music is written in a treble clef with a key signature of one flat (B-flat) and a common time signature. The melody is simple and hymn-like, with some notes beamed together and some notes held over from the previous measure.

## THE COLLECT OF THE DAY

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**

*The people sit.*

## THE FIRST LESSON: Exodus 17: 1-7

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 The Word of the Lord.

People **Thanks be to God**

Trinity Children's Choir: Directed by Aubrey Virakone

Peace before us, Peace behind us  
Peace under our feet. Peace within us  
Peace over us, Let all around us be peace.

Christ before us, Christ behind us  
Christ under our feet. Christ within us  
Christ over us, Let all around us be Christ.

Love before us, Love behind us  
Love under our feet. Love within us  
Love over us, Let all around us be love.

Peace before us, Peace behind us  
Peace under our feet. Peace within us  
Peace over us, Let all around us be peace

Light within us Light before us,  
Light under our feet. Light behind us  
Light over us, Let all around us be light.

A RESPONSE: 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 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."

## THE SECOND LESSON: Romans 5: 1-11

A reading from the Letter of Paul 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      The Word of the Lord.

People      **Thanks be to God.**

GOSPEL HYMN #692

I Heard The Voice Of Jesus Say

THE GOSPEL: John 4: 5-42

Reader      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."

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

THE SERMON

THE NICENE CREED BCP 358

*Standing*

**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 FORM III BCP 387

*Standing or Kneeling*

Father, we pray for your holy Catholic Church;

**That we all may be one.**

Grant that every member of the Church may truly and humbly serve you;

**That your Name may be glorified by all people.**

We pray for all bishops, priests, and deacons;

**That they may be faithful ministers of your Word and Sacraments.**

We pray for all who govern and hold authority in the nations of the world;

**That there may be justice and peace on the earth.**

Give us grace to do your will in all that we undertake;

**That our works may find favor in your sight.**

Have compassion on those who suffer from any grief or trouble;

**That they may be delivered from their distress.**

Give to the departed eternal rest;

**Let light perpetual shine upon them.**

We praise you for your saints who have entered into joy;

**May we also come to share in your heavenly kingdom.**

Let us pray for our own needs and those of others.

*Silence*

PARISH PRAYER LIST *Please keep in mind these people as you pray:* Barbara Y., Carol F., The Johnsen Family, Freida C., Mary P., Judy, Linda B., Debbie S. & family, Donna A., Taniyah D., The Crow Family, Vicki G. & family, Enslie G., Judy H. & family, Elaine M., Max, Patricia B., Juliana B., Lidia R., Ann N., Francine W., Kevin S., Marilyn S., Andrew W., Becky C., Lillian H., Dave K., Al O., Maureen and Jack D., Cheryl M., Craig S., Carol L., Mark Y., Dave C., Ervie Anne E., Joseph F., Christina H. & Family, Sharyn H. & Family, Mary H., Patti J., Richard M., Melissa N., Gretchen S.

*We kindly invite individuals to submit their prayer requests for the parish prayer list.  
Please email [info@trinityepiscopalchurch.org](mailto:info@trinityepiscopalchurch.org) to add a name to our prayer list.*

THE CONCLUDING COLLECT

THE PEACE BCP 360

*All standing*

Celebrant The peace of the Lord be always with you.

People **And also with you.**

*Then the Ministers and People may greet one another in the name of Jesus Christ.*

ANNOUNCEMENTS

BIRTHDAY BLESSING

**God, our times are in your hands: Look with favor, we pray, on this your servant as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. Amen.**

ANNIVERSARY BLESSING

**Gracious God, we bring before you this couple. Keep them safe all the days of their lives, comfort them in adversity, and support them in prosperity as you fill their home with blessings. Amen.**

OFFERTORY SENTENCE

Celebrant Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God.

OFFERTORY God So Loved The World Stainer

PRESENTATION HYMN #380 v.3

*All Standing*

**Praise God, from whom all blessings flow;  
Praise him, all creatures here below;  
Praise God above, ye heavenly host;  
Praise Father, Son, and Holy Ghost,**

THE GREAT THANKSGIVING BCP 367

*The people remain standing*

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give our thanks and praise.**

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 130

Ho - ly, ho - ly, ho - ly Lord, God of power and  
might, \_\_\_\_\_ Ho - ly, ho - ly, ho - ly Lord,  
God of power and might, \_\_\_\_\_ hea - ven and earth are  
full, \_\_\_\_\_ full of your glo - ry. Ho -  
san - na in the high - est. 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. Ho - san - na in the high - est.

*Standing or kneeling as you are able*

*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:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

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.**

THE LORD'S PRAYER BCP 364

And now, as our Savior Christ has taught us, we are bold to say,

**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 BREAKING OF THE BREAD BCP 364

FRACTION ANTHEM S164

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

## Communion

All baptized Christians are welcome at God's table. Please come forward to the communion rail with your palms out to receive the host (gluten-free host will be provided upon request.) Wine may be consumed directly or you may give your wafer to the Altar Assistant to intinct into the wine for you. You may also touch the cup with your hand to participate without consuming.

Anyone wishing to come forward for a blessing rather than communion may indicate this by crossing their arms over their chest.

### INVITATION

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

*The Bread and the Cup are given to the communicants with these words:*

The Body of Christ, the bread of heaven. **Amen.**

The Blood of Christ, the cup of salvation. **Amen.**

*During the distribution of communion the following hymns are sung:*

COMMUNION HYMN #343 Shepherd Of Souls, Reflect And Bless

POST COMMUNION PRAYER BCP 365

*Kneeling or standing as you are able*

Celebrant Let us pray.

All **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.**

### BLESSING

RECESSIONAL HYMN #686 Come, Thou Font Of Every Blessing

DISMISSAL BCP 366

Leader Go in peace to love and serve the Lord.

People **Thanks be to God.**

POSTLUDE Voluntary In C Major Purcell

---

The flowers and greens on the altar and in the narthex are given to the Glory of God.

---

**Extraordinary People for Ordinary Time: The Church's Calendar of Saints**

Life stories and pictures at <http://satucket.com/lectionary/Calendar.htm>

**Mar 8** Geoffrey Studdert-Kennedy (d.1929) English Priest and Poet

**Mar 9** Gregory of Nyssa, Turkey (d.394) Bishop and Theologian

**Mar 10** Harriet Tubman (d.1913) American Social Reformer

**Mar 11** -----

**Mar 12** Gregory the Great (d.604), Bishop of Rome and Theologian

**Mar 13** James Holly (d. 1911) Bishop of Haiti and Dominican Republic

**Mar 14** -----

**Almighty God, giver of every good gift: Look graciously on Trinity Church, and so guide the minds of those who shall choose a rector for this parish, that we may receive a faithful pastor, who will care for your people and equip us for our ministries; through Jesus Christ our Lord. Amen.**

## Worship Leaders

<p><b>Vestry 8:30:</b> Shanan Conlan  <b>Vestry 11:00:</b> Jon Morgan  <b>Altar Guild:</b> Ginger Critchley &amp; Sandy Lefever  <b>Flower Guild:</b> Sallie Ronan &amp; Judy Schneider  <b>Videographer:</b> Tim Wells</p>	<p><b>8:30</b>  <b>Ushers:</b> Virginia Cantu &amp; Nick Duray  <b>Reader:</b> Holly Golliver  <b>Altar Assistant:</b> Isaac Randall &amp; Dexter Fox</p>	<p><b>11:00</b>  <b>Ushers:</b> Jeff &amp; Judy Schneider  <b>Reader:</b> Joanna Ward  <b>Altar Assistant:</b> Brenda Smith &amp; Carole Doerflinger  <b>Acolyte:</b> Lily Overmiller</p>
---	---	---

## Weekly Schedule of Events: March 9 – March 15

<b>Monday</b>		
<b>Tuesday</b>	9:30 AM 10:00 AM	Food Ministry Bag Packing Bible Study
<b>Wednesday</b>	9:30 AM 10:00 AM – 2:00 PM 12:00 PM	Food Ministry Distribution Pastoral Care Healing Service with Eucharist
<b>Thursday</b>	10:00 AM – 11:00 AM 11:00 AM – 12:00 PM	Greek Class Yoga
<b>Friday</b>	10:00 AM	Quilters
<b>Saturday</b>	8:00 AM	Men's Group
<b>Sunday</b>	8:30 AM 9:45 AM 11:00 AM	Service Fellowship/Launch Pad/Choir Rehearsal Service

## Security Procedures

Our church doors will be locked each Sunday at the beginning of the first reading and unlocked during the recessional hymn. Please ring the doorbell at the Sanctuary doors or the Florida Room doors for admission if you arrive late. All are welcome, regardless of the time.

If you need to leave during the service, please use the side aisle and exit through the Chancel door past the piano to enter the Narthex.

Thank you for your understanding and cooperation with these safety efforts.

## Announcements

**Coat Drive** – As the cold weather continues, please remember to bring your gently used coats, hats, and gloves and leave them on the rack in the garth. Donations of hand warmers are also appreciated for our unhoused friends.

**Trinity Book Club** – Next Meeting: March 25<sup>th</sup> - "The Girl They Left Behind" by Roxanne Veletzos

**Easter Flowers** - Our annual sale of Easter Flowers has now begun. Flowers can be purchased in memory of loved ones or in thanksgiving for blessings. Forms can be found in the narthex or this leaflet and are due back in the office by Sunday, March 29<sup>th</sup>.

**Game Night** – Join us at 6:00 pm on Friday, March 20<sup>th</sup> for the next game night. We will once again enjoy pizza donated by Domino's Pizza at 10175 Hastings Dr. in Manassas. RSVP to Jo Brent at (703) 220-7767.

**Save the Date** - Summer's coming! It's time to start planning for Vacation Bible School! Join us for Camp Firelight. July 20-25. 9:00am – 12:00 pm



**Holy Week Service Schedule**

<b>Palm Sunday</b> March 29 <sup>th</sup> 8:30 am & 11:00 am		<b>Good Friday</b> April 3 <sup>rd</sup> 12:00 pm & 7:00 pm
<b>Maundy Thursday</b> April 2 <sup>nd</sup> 7:00 pm		<b>Easter Saturday Vigil</b> April 4 <sup>th</sup> 7:00 pm
<b>Easter Sunday</b> April 5 <sup>th</sup> 8:30 am & 11:00 am		

### **Trinity Episcopal Church**

9325 West Street, Manassas, VA 20110

703-368-4231 info@trinityepiscopalchurch.org

Music reprinted/streamed with permission under One License #A-711266