



Mountainside United Church

3520 Rue University Montreal, Qc, H3A 2A7

Sunday Worship, 10:30 am

Tel: (514) 486-1165 www.mountainsideunited.ca

Lent III Year A

March 8, 2026

International Women's Day

Deep Spirituality, Bold Discipleship, Daring Justice

@indicates the text the minister is reading and the basis of the sermon

Territorial Acknowledgement:

McGill University is on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Anishinabeg and Kanien'kehá:ka. We acknowledge and thank the diverse Indigenous peoples whose presence marks this territory on which peoples of the world now gather.

Prelude:

D'un vieux jardin - Lili Boulanger
Piano: Alberto Santos

Holy Greeting

The grace of our Sovereign Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you!

And also with you!

Hymn: VU# 635 All the Way My Saviour Leads Me

1. All the way my Saviour leads me;
what have I to ask beside?
Can I doubt his tender mercy
who through life has been my guide?
Heavenly peace, divinest comfort,
here by faith in him to dwell,
for I know, whate'er befall me,
Jesus doeth all things well.

2. All the way my Saviour leads me,
cheers each winding path I tread,
gives me grace for every trail,
feeds me with the living bread.

Though my weary steps may falter,
and my soul athirst may be,
gushing from the rock before me,
lo, a spring of joy I see!

3. All the way my Saviour leads me;
O the fullness of his love!
Perfect rest to me is promised
in my Father's house above.
When my spirit, clothed, immortal,
wings its flight to realms of day,
this my song through endless ages,
"Jesus led me all the way!"

Opening Prayer:

Creator of all,
on this International Women's Day,
we gather to celebrate
the strength and resilience of women
throughout history,
drawing inspiration
from the courageous biblical figures
who shaped our faith
and our world.

Rabbi Lior Bar-Ami

**We remember Miriam, the prophetess,
who fearlessly led her people out of bondage
with song and dance.**

Like Miriam, may women everywhere lead
with boldness and grace,
paving the way
for liberation and equality.

**We honor the bravery of Esther,
who risked her life
to save her people from destruction.**

May we, like Esther, find the courage
to speak out against injustice
and fight for the rights of all
who are oppressed.

**We pay tribute to Ruth,
whose loyalty and compassion
earned her a place in the lineage of King David.**

May we, like Ruth, extend kindness and empathy
to all whom we encounter,
building bridges of understanding and unity.

**We lift up Deborah, the wise judge and prophetess,
who fearlessly led her people into battle.**

May women everywhere rise
to positions of leadership and influence,
using their voices and talents
to enact positive change
in the world.

**On this day, and every day, we commit ourselves
to honoring the contributions of women,**

**both past and present,
and to working towards a future
where all are treated with dignity,
respect,
and equality.**

Silent Prayers

God in your love,
Hear our prayer.
Amen

Hymn: MV#117 *By the Well, a Thirsty Woman*

1. By the well, a thirsty woman
found the life that you could give,
we, too, thirst like empty vessels —
fill us full that we may live.
Jesus, source of living water,
Wellspring bubbling deep within,
by the waters of our baptism
wisdom purpose life begin.

2. Plant us firm, like trees by water,
send our roots down deep in you,
quench our parched and thirsty spirits
with your water, pure and true.
Jesus, source of living water,
Nourisher of all on earth,
by the waters of our baptism
quicken growth and give new birth.

3. May we be your streams of justice,
as the water, may we move
through your people by your Spirit
showing mercy, sharing love.
Jesus, source of living water,
Groundswell forcing truth to view,
by the waters of our baptism
set us free to live for you.

@Hebrew Scripture : Exodus 17: 1 - 7

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?"

This is the witness of your people Israel!
Thanks be to God!

Psalm: 95 VU# 814 Part One with refrain (R)

Reader: Ester Nuguid

Refrain: Come, let us bow down and worship; let us kneel before God our maker.

O come, let us sing to God,
let us shout with joy to the rock of our salvation.
Let us come into God's presence with thanksgiving;
let us joyously shout to God with song of praise. [R]

For you are a great God,
high sovereign above all gods.
In your hand are the depths of the earth;
to you belong the heights of the mountains.
The sea is yours, for you made it;
your hands also formed the dry land.
You are indeed our God;
we are your people, the flock that you shepherd. [R]

Gospel: John 4: 27-42

Reader: Ester Nuguid

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."

Hear what the Spirit is saying to the Church!
Write these words on our hearts, dear God!

Hymn: VU#626 *I Heard the Voice of Jesus*

1. I heard the voice of Jesus say,
"Come unto me and rest;
lay down, O weary one, lay down
your head upon my breast."
I came to Jesus as I was,
weary and worn and sad;
I found in him a resting place,
and he has made me glad.

2. I heard the voice of Jesus say,
"Behold, I freely give
the living water; thirsty one,
stoop down, and drink, and live."
I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

3. I heard the voice of Jesus say,
"I am this dark world's light;
look unto me, your morn shall rise,
and all your day be bright."

I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk
till travelling days are done.

Sermon Ready Mades

Rev. Dr. Douglas Throop

Offertory Reflections: Acknowledging How Givings Grow into Lives Changed

Music for Spiritual Centering:

When I Survey the Wondrous Cross - arr. Gilbert Martin
Voices: Mountainside United Church Choir
Organ (manuals): Ken Hassell
Organ (pedal): Alberto Santos

Silent Prayer:

The Prayer of Jesus

**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.**

Hymn: If I Had a Hammer

Peter, Paul & Mary

If I had a hammer, I'd hammer in the morning
I'd hammer in the evening all over this land
I'd hammer out danger, I'd hammer out a warning
I'd hammer out love between my brothers and my sisters
All over this land, ooh
If I had a bell, I'd ring it in the morning
I'd ring it in the evening all over this land
I'd ring out danger, I'd ring out a warning
I'd ring out love between my brothers and my sisters
All over this land, ooh

If I had a song, I'd sing it in the morning
I'd sing it in the evening all over this land
I'd sing out danger, I'd sing out a warning
I'd sing out love between my brothers and my sisters
All over this land, ooh

Well, I got a hammer, and I got a bell
I've got a song to sing all over this land
It's the hammer of justice, it's the bell of freedom
It's a song about love between my brothers and my sisters
All over this land
It's the hammer of justice
It's the bell of freedom
It's a song about love between my brothers and my sisters
All over this land

Benediction:

Postlude:

Song Without Words, Op. 6 No. 1 - Fanny Mendelssohn
Piano: Alberto Santos

Reference and Information **for the week of March 8, 2026**

- ❖ March 8. Lent III. Please join us for 10:30am Worship in Birks Heritage Chapel and for coffee and conversation on Level 1 after the service. As well, after the service there will be an opportunity to attend a group discussion re the Thursday Morning Bible Study as we search for creativity for this time spent together outside of church worship.
- ❖ March 11. " Eyes To See ". Meditation with Rev Throop on Zoom - 7:30-8:00pm beginning with spiritual reflection described through fine art and personal reflection time after. All Welcome.
- ❖ March 15. Lent IV. Worship at BHC.
- ❖ March 22. Lent V. A Welcome and invitation to Worship, Lunch, and Birthday celebration.
- ❖ The Thursday morning zoom study group will be taking a break until after Easter. We are working on moving from viewing and discussing DVDs to a new format involving more flexibility. We welcome any suggestions for this project.

Please consider giving to the church. Your gift will help serve our local community and far beyond. For that, we are grateful. You may leave your offering in the plate at the back of the sanctuary. If you are at home, you can send a cheque, e-Transfer funds, or arrange for Pre-Authorized Remittance (PAR). See details on giving at www.mountainsideunited.ca.

The service is livestreamed on Zoom on Sunday Mornings.

In the event of poor reception, the Service may be viewed later on our YouTube Channel:

Please visit our website for regular updates and more information!www.mountainsideunited.ca

International Women's Day is observed each year on March 8. The Thursdays in Black campaign of the World Council of Churches encourages people of faith worldwide to wear black as a sign of our solidarity with the victims and survivors of gender-based violence. The United Church has been participating in Thursdays in Black since 2015. As we journey through Lent, consider what you can do to end violence against women. Your prayers, attention, and action make a difference! Gender-based violence is a global issue that harms men, women, and children in their most private spheres. We often feel helpless and hopeless in the face of so much pain and injustice. In particular, we await with hope Canada's National Inquiry into Missing and Murdered Indigenous Women and Girls. We pray that it will uncover the systemic causes of this violence and provide a path to eliminate it. We can all take part in the simple but powerful Thursdays in Black campaign to address gender based violence. Every Thursday, people around the world wear black as a symbol of strength and courage.