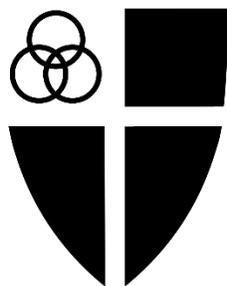


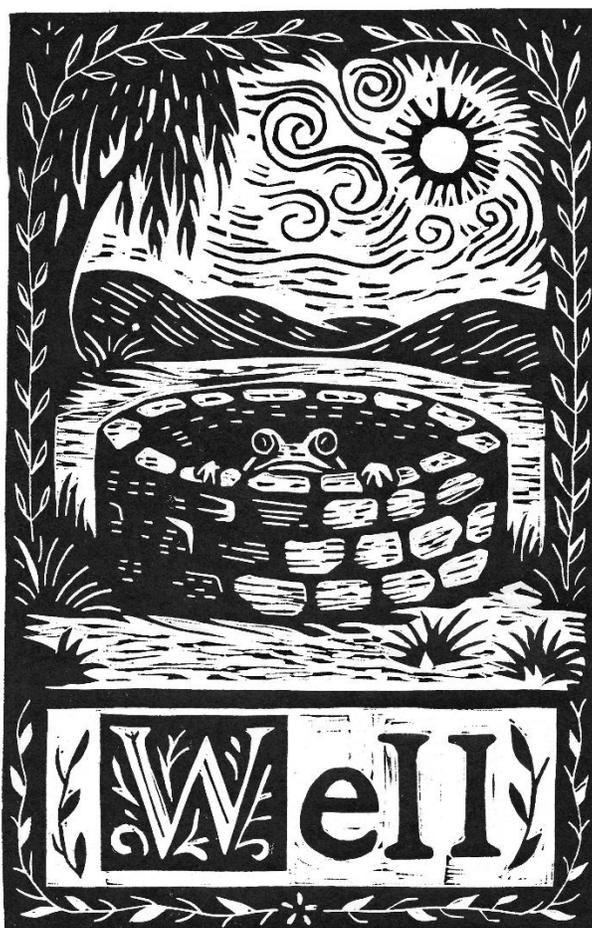
8 AM



# TRINITY

## EPISCOPAL CHURCH

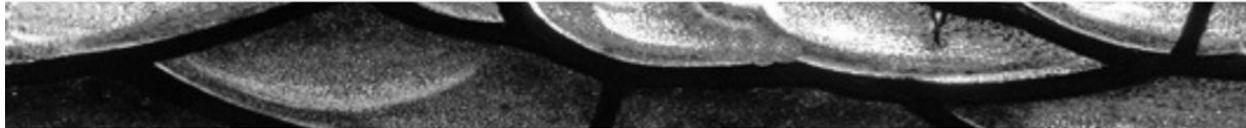
Third Sunday in Lent  
Holy Eucharist Rite I  
Sunday, March 8, 2026 at 8 a.m.



The Rev. Dr. Robert Pace, Rector  
The Rev. Eric Bumgardner, Associate Rector  
The Rev. Dr. Annelies Moeser, College Missioner  
3401 Bellaire Drive South, Fort Worth, Texas, 76109  
[fortworthtrinity.org](http://fortworthtrinity.org) // 817-926-4631 // [trinity@fortworthtrinity.org](mailto:trinity@fortworthtrinity.org)



fortworthtrinity.org  
817-926-4631  
trinity@fortworthtrinity.org



# WELCOME!

**TRINITY EPISCOPAL CHURCH EMBODIES CHRIST'S LOVE BY CREATING SACRED COMMUNITY, SHARING GOD'S STORY, AND WELCOMING AND SERVING ALL PEOPLE.**

### Welcome Visitors!

Thank you for coming! Please pick up a Welcome Bag on the table in the north end of the Parish Hall and fill out the Visitor Card found in the pew and place it in the collection plate. You're especially welcome to join formation and fellowship opportunities at 10:45 a.m. where you can meet others, to learn, and grow in faith.

### Infants and Children

We love children in church! Activity kits may be found on the far back pew. Nursery care is available during all services for children from infancy up to 4 years old. Children's Church is offered at the 9:30 service for ages 4 to 10. If you would like your child to participate have them follow the adult leader who will guide them to the Children's Church area after the announcements. Children will return at The Peace.

### Fellowship & Education

Enjoy fellowship and coffee in the Parish Hall following each service. In the fall and spring we offer children, youth/teen, and adult Christian formation opportunities at 10:45 a.m.

### Receiving Communion

In the Episcopal Church, we welcome all baptized Christians to the Lord's Table to receive the Eucharist, regardless of when and where they were baptized. (And, of course, we'd love to talk to you about baptism if you have not been baptized.) Those not wishing to take Communion may come forward for a blessing and indicate this by crossing their arms across their chest. Gluten-free wafers are available upon request.

### Getting Connected

Are you new to the parish? Want to get better acquainted? Use the QR code at the bottom right to fill out a short contact form.

**Office Hours**  
Monday-Thursday  
9 a.m. to 3 p.m.  
Closed Friday

**Sunday Worship**  
8 a.m. Rite I  
9:30 a.m. Rite II  
Choral Eucharist  
12 p.m. Rite II  
Gathering Hour

The Rev. Dr. Robert Pace  
*Rector*  
The Rev. Eric Bumgardner  
*Associate Rector*  
The Rev. Dr. Annelies Moeser  
*College Missioner*

PLEASE SILENCE YOUR  
CELL PHONE DURING WORSHIP  
WE ENCOURAGE YOU TO CHECK IN  
AT TRINITY AND SHARE YOUR  
EXPERIENCES AND REFLECTIONS VIA  
YOUR PREFERRED SOCIAL MEDIA  
PLATFORM (#FWTRINITY)

HEARING ASSIST DEVICES ARE  
AVAILABLE. PLEASE SEE AN USHER  
FOR DETAILS



I'M NEW!

## Announcements: March 8, 2026

**TODAY: Fellowship & Formation at 10:45 a.m.** Join the Lenten book study in the Large Conference Room. Godly Play (ages 4-10) meets in the upstairs classroom. Episcopal Youth Community (EYC) will gather in the Youth Room (basement) for Bible study. Coffee Hour is in the Parish Hall.

**TODAY:** Join Darren Elzie for a **Lenten book study** on *Jesus and the Disinherited*. The conversation continues today at 10:45 a.m. in the Large Conference Room. Reading the book is recommended but not required. All are welcome!

**Lenten Retreat Wednesdays** continue on March 11 from 5:30 to 7 p.m. Find your peace and explore prayer practices each week. Walk the Stations of the Cross in the Nave. Light a candle and pray at the votive station. Experience a guided Holy Rosary at 6 p.m. Pray Compline (Night Prayer) at 6:45 p.m. A very simple meal will be offered in the Kitchen or feel free to bring a brown-bag dinner to eat. Nursery is provided (infants to age 4) and the Children's Chapel will be open for creative responses to Lent. All are welcome!

**Senior Ministry** will gather for lunch at noon on Thursday, March 12 at Szechuan Restaurant (4750 Bryant Irvin Rd., Fort Worth). RSVP: [seniors@fortworthtrinity.org](mailto:seniors@fortworthtrinity.org).

**Women of Trinity** will meet on Thursday, March 19, at noon in the Parish Hall for a brown-bag lunch and program: Darren Elzie speaking on "African American Women Gospel Musicians." Email [women@fortworthtrinity.org](mailto:women@fortworthtrinity.org) with questions.

As we continue on our Lenten journey, **Pub Theologians** will discuss the spiritual practice of almsgiving. This month's meetup will be at Southside Cellar, 125 South Main St. on Friday, March 13 from 5-7 p.m.

**Holy Week & Easter worship: Palm Sunday** (March 29) worship at 8 a.m., 9:30 a.m., and 12 p.m. Palm procession begins each service. The 9:30 a.m. service will be livestreamed on Facebook and YouTube. Tuesday in Holy Week (March 31) **Stations of the Cross** at 6 p.m. in the Nave. Wednesday in Holy Week (April 1) **Morning Prayer** at 8:30 a.m. in the Chapel. Holy Eucharist with Healing Prayer at 6 p.m. in the Chapel. **Maundy Thursday** (April 2) worship at 7 p.m., onsite and online, ending with Stripping of the Altar. **Good Friday** (April 3) worship at 12 p.m., 5:30 p.m. (Children's Service), and 7 p.m. The evening service will be livestreamed. The **Great Vigil of Easter** (April 4) worship at 7 p.m. onsite and online. **Easter Day** (April 5) worship at 8 a.m., 9:30 a.m. (onsite and online), and 12 p.m. Egg hunt on the front lawn is at 10:45 a.m.

Lent is sometimes referred to as a "holy pause," a time when we turn inward for reflection and repentance. However, Trinity's work in the parish and greater community continues. We are currently at 99% of our 2026 stewardship campaign goal. Just as God's work in our community never stops, efforts to reach our \$900,000 goal won't stop either. With that in mind, we invite you to join in a **special Lenten challenge**: make a new or increased pledge between now and Easter, and Stewardship Chairs Rick and Tina will match your pledge, dollar for dollar, up to \$3,500 total. To participate in our Lenten stewardship challenge, contact Parish Administrator Betty Capps: [business@fortworthtrinity.org](mailto:business@fortworthtrinity.org).



Snap the QR code (left) for event details and online registration.  
(Use this code to RSVP for other events and learn more about parish life at Trinity. It's a quick way to access our Linktree!)

WELCOME & ANNOUNCEMENTS

## The Word of God Penitential Order

OPENING ACCLAMATION (BCP p. 319)

*The people standing, the Celebrant says*

*Celebrant* Bless the Lord who forgiveth all our sins.  
*People* **His mercy endureth for ever.**

DECALOGUE (BCP p. 317) *All together, the People kneeling as they are able*

God spake these words, and said:

I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage.

Thou shalt have none other gods but me.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not take the Name of the Lord thy God in vain.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Remember that thou keep holy the Sabbath day.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Honor thy father and thy mother.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt do no murder.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not commit adultery.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not steal.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not bear false witness against thy neighbor.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not covet.

**Lord, have mercy upon us,  
and write all these thy laws in our hearts, we beseech thee.**

CONFESSION OF SIN (BCP p. 319)

*The Celebrant says*

Hear what our Lord Jesus Christ saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

*Matthew 22:37-40*

*The Deacon or Celebrant then says* Let us humbly confess our sins unto Almighty God.

**Most merciful God,  
we confess that we have sinned against thee  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved thee with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of thy Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in thy will,  
and walk in thy ways,  
to the glory of thy Name. Amen.**

*The Priest stands and says*

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. **Amen.**

OPENING ANTHEM OR SONG OF PRAISE (BCP p. 324)

Holy God,

Holy and Mighty,

Holy Immortal One.

**Have mercy upon us.**

THE COLLECT OF THE DAY (BCP p. 325)

*Celebrant* The Lord be with you.

*People* **And with thy spirit.**

*Celebrant* Let us pray.

Almighty God, who seest that we have no power of 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 liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

## The Lessons

FIRST READING: Exodus 17:1-7 *The people sit.*

A Reading from the book of Exodus.

<sup>1</sup>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. <sup>2</sup>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?" <sup>3</sup>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?" <sup>4</sup>So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." <sup>5</sup>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. <sup>6</sup>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. <sup>7</sup>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.**

PSALM: Psalm 95 *Remain seated. We will read the Psalm in unison.*

<sup>1</sup>**Come, let us sing to the LORD; \***  
    **let us shout for joy to the Rock of our salvation.**  
<sup>2</sup>**Let us come before his presence with thanksgiving \***  
    **and raise a loud shout to him with psalms.**  
<sup>3</sup>**For the LORD is a great God, \***  
    **and a great King above all gods.**  
<sup>4</sup>**In his hand are the caverns of the earth, \***  
    **and the heights of the hills are his also.**  
<sup>5</sup>**The sea is his, for he made it, \***  
    **and his hands have molded the dry land.**  
<sup>6</sup>**Come, let us bow down, and bend the knee, \***  
    **and kneel before the LORD our Maker.**  
<sup>7</sup>**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!**  
<sup>8</sup>**Harden not your hearts,**  
**as your forebears did in the wilderness, \***  
    **at Meribah, and on that day at Massah,**  
    **when they tempted me.**  
<sup>9</sup>**They put me to the test, \***  
    **though they had seen my works.**  
<sup>10</sup>**Forty years long I detested that generation and said, \***  
    **"This people are wayward in their hearts;**  
    **they do not know my ways."**  
<sup>11</sup>**So I swore in my wrath, \***  
    **"They shall not enter into my rest."**

SECOND READING: Romans 5:1-11

A Reading from Paul's letter to the Church in Rome.

<sup>1</sup>Since we are justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup>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. <sup>3</sup>And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, <sup>4</sup>and endurance produces character, and character produces hope, <sup>5</sup>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.

<sup>6</sup>For while we were still weak, at the right time Christ died for the ungodly. <sup>7</sup>Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. <sup>8</sup>But God proves his love for us in that while we still were sinners Christ died for us. <sup>9</sup>Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. <sup>10</sup>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. <sup>11</sup>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: John 4:5-42 *All stand.*

The Holy Gospel of our Lord Jesus Christ according to John.

*People*           **Glory be to thee, O Lord.**

<sup>5</sup>[Jesus] came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. <sup>6</sup>Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

<sup>7</sup>A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." <sup>8</sup>(His disciples had gone to the city to buy food.) <sup>9</sup>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.) <sup>10</sup>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." <sup>11</sup>The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? <sup>12</sup>Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" <sup>13</sup>Jesus said to her, "Everyone who drinks of this water will be thirsty again, <sup>14</sup>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." <sup>15</sup>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."

<sup>16</sup>Jesus said to her, "Go, call your husband, and come back." <sup>17</sup>The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; <sup>18</sup>for you have had five husbands, and the one you have now is not your husband. What you have said is true!" <sup>19</sup>The woman said to him, "Sir, I see that you are a prophet. <sup>20</sup>Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." <sup>21</sup>Jesus said to

her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. <sup>22</sup>You worship what you do not know; we worship what we know, for salvation is from the Jews. <sup>23</sup>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.

<sup>24</sup>God is spirit, and those who worship him must worship in spirit and truth.” <sup>25</sup>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.” <sup>26</sup>Jesus said to her, “I am he, the one who is speaking to you.”

<sup>27</sup>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?” <sup>28</sup>Then the woman left her water jar and went back to the city. She said to the people, <sup>29</sup>“Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” <sup>30</sup>They left the city and were on their way to him.

<sup>31</sup>Meanwhile the disciples were urging him, “Rabbi, eat something.” <sup>32</sup>But he said to them, “I have food to eat that you do not know about.” <sup>33</sup>So the disciples said to one another, “Surely no one has brought him something to eat?” <sup>34</sup>Jesus said to them, “My food is to do the will of him who sent me and to complete his work. <sup>35</sup>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. <sup>36</sup>The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. <sup>37</sup>For here the saying holds true, ‘One sows and another reaps.’ <sup>38</sup>I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

<sup>39</sup>Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” <sup>40</sup>So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. <sup>41</sup>And many more believed because of his word. <sup>42</sup>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.”

The Gospel of the Lord.

*People*           **Praise be to thee, O Christ.**

## THE SERMON

THE CREED (BCP p. 326)   *All stand.*

**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 (BCP p. 328) *All remain standing.*

Let us pray for the whole state of Christ's Church and the world.

*After each paragraph of this prayer, the People may make an appropriate response, as directed.*

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Give grace, O heavenly Father, to all bishops and other ministers, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

*Additional petitions and thanksgivings may be included here.*

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom.

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate.  
**Amen.**

THE PEACE (BCP p. 332) *All stand.*

*Celebrant*        The peace of the Lord be always with you.

*People*            **And with thy spirit.**

ANNIVERSARY BLESSING

**O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.**

BIRTHDAY BLESSING

**O God, our times are in your hand: Look with favor, we pray, on your servants 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.**

CHILDREN'S BLESSING

**God of Creation and Love, surround these your children with your grace, comfort them with your presence, and fill them with your joy. Show them that your Way of Love is what gives them life, and encourage them to have ever-widening circles of friendship. Keep them ever mindful of the beauty and stewardship of your creation. Give them strength to hold their faith in you through Jesus Christ our Lord. Amen.**

OFFERING

Please remember to continue to support the life and ministries of Trinity Episcopal Church. We need you! Visit [fortworthtrinity.org](http://fortworthtrinity.org) to access the online giving portal. You can also text FTWTrinity to 73256 to make a one-time or recurring gift. (Messages and data rates may apply. Message frequency varies. Text HELP to 73256 for help. Text STOP to 73256 to cancel.) Checks may be mailed to the church: 3401 Bellaire Drive South, Fort Worth, TX 76109.

## The Holy Communion

OFFERTORY SENTENCE

The Great Thanksgiving

*Celebrant* All things come of Thee O Lord.  
*People* **And of Thine own have we given Thee. Amen.**

SURSUM CORDA (BCP p. 333)

*The People remain standing.*

*Celebrant* The Lord be with you.  
*People* **And with thy spirit.**  
*Celebrant* Lift up your hearts.  
*People* **We lift them up unto the Lord.**  
*Celebrant* Let us give thanks to the Lord our God.  
*People* **It is meet and right so to do.**

*Facing the Holy Table, the Celebrant proceeds*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

**Holy, holy, holy, Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.  
Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.**

*The people kneel or stand. Then the Celebrant continues*

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath 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, forever and ever. Amen.**

## The Breaking of the Bread

FRACTION ANTHEM (BCP p. 337)

Christ our Passover is sacrificed for us; **therefore let us keep the feast.**

**We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.**

*The Celebrant says* 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.

*After Communion, the Celebrant says* Let us pray.

**Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.**

BLESSING

DISMISSAL (BCP p. 340)

Let us go forth in the name of Christ.

*People* **Thanks be to God.**

## Well | Lent 3



### *Lectio Divina*

*Allow space for God to speak to you through the text*

**Read:** John 4:5-42

### *Visio Divina*

*Allow space for God to speak to you through the image*

Where does your gaze land first when you look at this image? What draws you?

Think of yourself as the creature at the well, a silent bystander. What are you thinking as Jesus and the woman speak?

### *Poem*

#### *Voice of the Well*

I am Well.  
I remain patient through ages of thirst,  
my stones staunch beneath the sun.  
Hands have lowered buckets into me,  
and I have received them all.  
I have heard secrets,  
and I have held silence.  
Once, a stranger asked for water,  
and another offered more than he could draw.  
Since then,  
my depths have never been still.



