

Welcome to Christ Episcopal Church
in Cape Girardeau, Missouri

Third Sunday in Lent

March 12th 2023

The Gathering of God's People

Prelude.....Matt Palisch, Organist

Processional.....#675 Take Up Your Cross

Salutations *Beginning on* BCP p. 351

Presider: Bless the Lord who forgives all our sins.

People: His mercy endures for ever.

The Scripture BCP p. 351

The Presider may say one of the following:

Presider: Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as your as yourself. There is no other commandment greater than these."
Mark 12:29-31

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8,9*

Since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. *Hebrews 4:12,16*

Confession BCP p. 352

Presider: Let us confess our sins against God and our neighbor.

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.

Presider: 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.**

Song of Praise.....Fletcher Kyrie

Collect of the Day

Presider: God is with you.

***People:* And also with you**

Presider: 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.**

First Reading

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?"

Reader: The Word of the Lord.

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

The Psalm

Psalms 95

Venite, exultemus

- 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."

Second Reading

Romans 5:1-11

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.

The People stand for the hymn.

The Sequence Hymn.....#143 The Glory of these Forty Days

The Gospel

John 4:5-42



Presider: 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.

Sermon

Rev. Annette Joseph

Nicene Creed

BCP 358

Presider and People together, all standing

All:

**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.

Prayers of the People

Reader: In this season of miracles and wonders, in this time of
 God's showing-forth, help us to pay attention to the
 moments of our days, to the miracle and mystery of
 life in our daily lives.

***People:* Cleanse and heal us by the in-breathing of your Spirit.**

Reader: We give thanks for those miracles and wonders that
 we do recognize, especially (*read thanksgiving
 people have written*) and those you would add (*allow
 people to add thanksgivings*). We pray that we may
 be filled with gratitude for all your blessings,
 especially the miracle of this very moment of life.

***People:* Cleanse and heal us by the in-breathing of your Spirit**

Reader: O God, there is great healing when we give our attention to your presence. Help us to repent, to turn our hearts and minds to you, and to bravely turn away from those things that entice us, but are not good or healthy for us, our neighbors or our earth.

***People:* Cleanse and heal us by the in-breathing of your Spirit.**

Reader: We pray for the church, that the Unity of Christ will draw us together in the humility of your love and forgiveness. And we pray for all of us who would follow Christ, but have forgotten how.

***People:* Cleanse and heal us by the in-breathing of your Spirit.**

Reader: We pray for the sick, especially those on our prayer list (*here the prayer list may be read*) and others we name (*here allow silence for people to add names silently and aloud*). May they be healed by your life-giving Presence.

***People:* Cleanse and heal us by the in-breathing of your Spirit.**

Reader: We pray for those in need of guidance and strength (*here names on the prayer list may be read*) and others we name (*here allow silence for people to add names silently or aloud*). Be with each of these ones.

***People:* Cleanse and heal us by the in-breathing of your Spirit.**

Reader: We pray for all of us who feel overwhelmed by all that we have to do. May we find the simpler way, trusting you with all our hearts.

***People:* Cleanse and heal us by the in-breathing of your Spirit.**

Reader: We remember all those who have died, especially those known to us. (*Names of those who have died*). For those who have passed on from mortal life, we pray.

***People:* Lord Jesus Christ, may they be with you today in paradise.**

The Peace

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

***People:* And also with you.**

We greet each other in the name of the risen Christ. Stay standing for hymn.

Offertory Hymn.....#635 If Thou But Trust in God to Guide Thee

The Great Thanksgiving

BCP p. 361

People remain standing

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

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

Presider: It is right, and a joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

The Presider proceeds:

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

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sign this hymn to proclaim the glory of your Name:

Sanctus.....Fletcher Sanctus

The people stand or kneel. The Presider 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.

At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

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:

All:

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 Presider then continues:

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

The Lord's Prayer

BCP p. 364

Presider: The Lord be with you.

People: And also with you.

Presider: 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.

Breaking of the Bread

BCP p. 364

Presider: Christ our Passover is sacrificed for us;

People: Therefore, let us keep the feast.

Fraction.....Agnus Dei Fletcher

Presider: The Gifts of God for the People of God.

Communion Hymn.....#455 O Love of God, how strong and true

Presider: Bob, Gloria, Kent, and Marilyn we send you out to share this Holy Communion with those who can't be with us. May those who receive it from you be strengthened and encouraged in that community we have together in our Lord Jesus Christ.

People: May you carry the prayers of all of us as you take this sacrament of Christ's presence.

Post Communion Prayer

BCP p. 366

Presider: Let us pray.

All: Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.

Announcements

Blessing

Look with compassion, O Lord, upon your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord.
Amen.

Stand for the hymn and dismissal.

Recessional Hymn.....#655 O Jesus I Have Promised

Dismissal

Presider: Let us go forth in the name of Christ.

People: Thanks be to God.

Postlude.....Matt Palisch, Organist

Notes on the Service

Third Sunday in Lent

Ex 17:1-7 • Ps 95 • Rom 5:1-11 • Jn 4:5-42

The collect, attributed to Gregory the Great whose feast is today, asks God to keep us *interius exteriusque* from adversities which may happen to the body, such as thirst as in the passages from Exodus and John, and also from adverse thoughts, such as fault-finding and sectarianism, as today in, respectively, Exodus and John. The parallel petitions of the collect are stylistically like a psalm, but with a Roman economy which is the opposite of Hebrew wordiness.

Wandering in the Sinai/Horeb desert, the escapees from Egypt complain about thirst. Then God supplies water at Massah and Meribah, oases which thereafter became bywords for Israel's whining, as we see in today's psalm. The psalmist exhorts those of his time not to put God to the test, as had their ancestors. In I Corinthians Paul will use Massah and Meribah as instances of Christ's slaking his people's thirst.

Christian monks use Psalm 95, one of Israel's hymns about God's kingship, as the invitatory psalm at their office of Matins. From there, its first seven verses are known to American Episcopalians as the *Venite* at Morning Prayer. Prophet-like, vv 7-12 warn worshipers against hard-heartedness like that of the old Israelites, lest we "enter not into [God's] rest," originally meaning Canaan, but later spiritualized to mean heaven.

Believers have already been reconciled with God by Christ, "while we were yet sinners, Christ died for us." Thus we are able to rejoice in sufferings, for the strength of character which sufferings can produce. Paul's sequence of suffering-endurance-character-hope sounds Stoic, but Paul attributes hope to a principle different from Stoicism, God's grace. That grace precedes any human thought or action, so we need not worry about saving ourselves, futile as that effort would be.

Lent's Gospels show Christ's kindness toward those in situations ever more dire: Last Sunday an obtuse rabbi, today a disgraced woman, next Sunday a blind man, and finally, a dead man. The dialogue with the Samaritan is notable for Jesus' breaking the taboo against a man speaking to a strange woman in public and the taboo against any Jew speaking to any Samaritan. Its well-side setting recalls Old Testament stories about a Rescuer providing water and about patriarchs meeting eligible women, all at wells. The debate between Jesus and the unnamed woman refers to Samaritans not worshipping at Jerusalem but at Mt. Gerazim. That discussion anticipates the ruin of Jerusalem's temple (before this Gospel was written), but it does not disparage Judaism, salvation's source. When Jesus divines her marital status, the wife calls him a prophet. The Water-Giver calls himself the Messiah.

Rev. Stephen Weissman
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