

Welcome to Christ *Episcopal* Church

Downtown Cape Girardeau

Sunday Worship

with Holy Communion from Reserved Sacrament



Third Sunday in Lent

March 8th, 2026

Welcome! Beinvenido! Karibu!

Scattered in the world we gather together as God's people in worship. We bring the fragments of our lives to be healed and made whole in Christ as we gather in community.

Worship lies at the heart of the Christian life. It is in worship that we express our theology and define our identity. It is through encountering God within worship that we are formed and transformed as God's people. One of the glories of the Episcopal/Anglican Church is its liturgical worship. Liturgy refers to the patterns, forms, words and actions through which public worship is conducted.

As we gather, we bring our diverse gifts: gifts of music, dance, prophecy, teaching, preaching, and friendship. We present these gifts in the form of our most precious offering to God, our very selves, that all that we do may be for God's glory in the unity of Christ's church

Communion from the Reserved Sacrament

Today we share in Holy Communion from the reserved sacrament or by "extension". This is not a new celebration of the Eucharist, but rather an extension of the Eucharistic feast once offered and consecrated at the altar. In this act of worship and celebration, we join with our siblings across the Church in gathering at Christ's to be nourished in following Jesus.

In this sacrament we are nourished by the Body and Blood of Christ, who has promised to be with us always, even to the end of the age. As we receive this holy food, we share in full communion with Christ and with all who gather at his table—across time and space, throughout the Church, and in the great company of the saints.

Here at Christ's table we find our life renewed, our hope strengthened, and our unity deepened, as we are sent forth to love and serve the Lord in the power of the Spirit.

Welcome & Announcements

The Prelude

Organist: Michelle Suhr

Gathering Song

#365 “Come thou almighty King”

We begin by praising God through song and prayer

An Exhortation

Presider: Friends in Christ, welcome to this holy gathering. Today we share in Communion from the reserved sacrament. While this is not a new celebration of the Eucharist, it is an extension of the Eucharistic table. The bread and wine we receive were consecrated in the offering of the Eucharist at Christ *Episcopal* Church by the Rt. Rev. Deon Johnson, and they unite us fully with Christ and with the whole Church across time and place.

***People:* Here we are nourished by Christ’s Body and Blood, strengthened in faith, and joined with all who gather at table. As we receive this gift of grace, we are sent out to love and serve in his name.**

Presider: In fellowship with the whole Church of God, with all who have been brought together by the Holy Spirit to worship on this day, and who have celebrated the Eucharist, let us rejoice that we are called to be part of the body of Christ.

***People:* Though we are many, we are one body, because we all share in one Bread.**

Silence is kept for a time.

Greeting

Presider: Blessed be the One, Holy and Living God.

***People:* Glory to God, for ever and ever. Amen.**

Presider: Almighty God, to you all hearts are open,

People: **All desires known, and from whom no secrets are hid. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.**

Confession & Absolution

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

Silence is kept for a time

Presider: 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.

People: **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.**

Presider: For the sake of your Son Jesus Christ, have mercy on us and forgive us;

People: **That we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

Song of Praise: Spoken

Presider: Let us glorify the Holy One as we proclaim. Glory to you, Lord God of our ancestors,

People: **You are worthy of praise; glory to you. Glory to you for the radiance of your holy Name; we will praise you and highly exalt you for ever. Glory to you in the splendor of your temple; on the throne of your majesty, glory to you. Glory to you, seated between the Cherubim; we will praise you and highly exalt you**

for ever. Glory to you, beholding the depths; in the high vault of heaven, glory to you. Glory to you, Holy and undivided Trinity; we will praise you and highly exalt you for ever. Amen.

Collect of the Day

Presider: The Lord be 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.**

We Hear the Sacred Stories

We hear the stories of the experience of God from our spiritual ancestors

The assembly is then seated

The First Reading

Exodus 17:1-7

A reading from Hebrew Scriptures

¹From 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. ²The 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?" ³But 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?" ⁴So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone

me.” 5The 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. 6I 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. 7He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, “Is the Lord among us or not?”

Lector: Hear what the Holy Spirit is saying to God’s people.

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

The Psalm of the Day

Psalm 95

The psalms are a part of the poetry of the Hebrew people

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 Reading

Romans 5:1-11

A reading from the New Testament Writings

1Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, 2through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. 3And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, 4and endurance produces character, and character produces hope, 5and 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. 6For while we were still weak, at the right time Christ died for the ungodly. 7Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. 8But God proves his love for us in that while we still were sinners Christ died for us.9Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. 10For 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.¹¹ But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Lector: Hear what the Holy Spirit is saying to the church.

People: **Thanks be to God.**

Preparing to Hear the Gospel

We stand, as we are able, for the Gospel reading to show the particular importance we place on Jesus' words and actions

Sequence Hymn

#692 *"I heard the voice of Jesus say"*

The Reading of the Gospel

John 4:5-42

Presider: Hear the Good news of Jesus Christ, according to John.

⁵So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. ⁷A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." ⁸(His disciples had gone to the city to buy food.) ⁹The 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.) ¹⁰Jesus 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." ¹¹The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?" ¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" ¹³Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴but 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.”¹⁵ 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.”¹⁶ Jesus said to her, “Go, call your husband, and come back.”¹⁷ The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; ¹⁸for you have had five husbands, and the one you have now is not your husband. What you have said is true!”¹⁹ The woman said to him, “Sir, I see that you are a prophet. ²⁰Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.”²¹ Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But 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. ²⁴God is spirit, and those who worship him must worship in spirit and truth.”²⁵ 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.”²⁶ Jesus said to her, “I am he, the one who is speaking to you.”

²⁷Just 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?”²⁸ Then the woman left her water jar and went back to the city. She said to the people, ²⁹“Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?”³⁰ They left the city and were on their way to him. ³¹Meanwhile the disciples were urging him, “Rabbi, eat

something.”³² But he said to them, “I have food to eat that you do not know about.”³³ So the disciples said to one another, “Surely no one has brought him something to eat?”³⁴ Jesus said to them, “My food is to do the will of him who sent me and to complete his work.³⁵ 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.³⁶ The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together.³⁷ For here the saying holds true, ‘One sows and another reaps.’³⁸ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”³⁹ Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.”⁴⁰ So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days.⁴¹ And many more believed because of his word.⁴² 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.”

Presider: The Gospel of the Lord.

***People:* Praise to you, O Christ.**

The Sermon

Pastor Carol Brazeale

The congregation is then seated

The Affirmation of Faith

We stand, as we are able, for the affirmation of faith

The Nicene Creed

Presider: We affirm our faith in the One, Holy and Living God.

***People:* 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,
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

The concerns of the community and wider world, including those who are sick, in need, or in want, are named

Lector: We pray for the whole church, all leaders and ministers, and all the holy people of God.

Silence

Wash us through and through,

People: And cleanse us from our sin.

Lector: We pray for our nation, for all the nations of the earth, and for all who govern and judge.

Silence

Purge us from our sin,

People: And we shall be pure.

Lector: We pray for those who hunger, those who thirst, those who cry out for justice, those who live under the threat of terror, and those without a place to lay their head.

Silence.

Make them hear of joy and gladness,

People: that those who are broken may rejoice.

Lector: We pray for those who are ill, those in pain, those under stress, and those who are lonely. We especially pray for...

Silence

Give them the joy of your saving help,

People: and sustain them with your bountiful Spirit.

Lector: In this season of Lent we pray for those who prepare for baptism, and we pray that we all might be given the grace and strength to repent and grow closer to you, O God.

Silence

Create in us clean hearts, O God,

People: and renew a right spirit within us.

Lector: We pray for those who have died, (especially _____)
and who have entered into the land of eternal Light and
your abiding peace.

Silence

Cast them not away from your presence,

People: and take not your Holy Spirit from them.

Presider: Lord Jesus, you taught your disciples that you must
undergo great suffering and be killed before rising again;
grant us the strength and wisdom to be your followers
and to take up our cross to follow you, this day and
always. **Amen.**

The Exchange of the Peace

Presider: The Peace of Christ be always with you.

People: And also with you.

Presider: Let us offer each other a sign of Christ's peace.

*We are a community of reconciliation and peace; therefore, we greet each other
with a sign of our desire for peace.*

The Offertory

Presider: We prepare the Table and offer ourselves to God in
thanksgiving.

The Offertory Hymn

#408 *“Sing praise to God
who reigns above”*

The ushers will receive the people's offerings

Communion by Extension

*Today we share in Holy Communion from the reserved sacrament or by
“extension”. This is not a new celebration of the Eucharist, but rather an
extension of the Eucharistic feast once offered and consecrated at the altar*

The Litany of the Consecrated Gifts

Form A

We stand, as we are able, in body or spirit

People: Glory to you for ever
Glory to you for ever
Glory to you for ever
Glory to you for ever

Presider: We thank you, Lord our God, for the season of Lent; you call us into the desert, to walk with Christ in prayer, to turn from sin, and to learn again the ways of your kingdom.

People: Glory to you for ever

Presider: You give us the gift of repentance, not as a burden but as freedom, to release what weighs us down and to find life in you.

People: Glory to you for ever

Presider: Through fasting and self-denial you free us from false hungers, and through prayer and mercy you draw us into your heart of compassion.

People: Glory to you for ever

Presider: You do not leave us in the wilderness, but strengthen us by your Word, renew us in your Spirit, and set before us the cross as the path to life.

People: Glory to you for ever

Presider: Now you gather us at this table of renewal, where Christ is our bread for the journey, our strength in trial, our companion on the way.

People: Glory to you for ever

Presider: So, with all who walk the pilgrim path of faith, with angels and archangels, and with the whole communion of saints, we pray to you, as our Savior has taught us:

The Presider then leads the Assembly in the Lord's Prayer.

The Lord's Prayer

People: **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 Distribution of Communion

Presider: Jesus said, 'I am the bread of life; whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

*There is no fraction or fraction anthem
The assembly then offers the following prayer*

Presider: Blessed are you, O Lord our God, King of the universe. You create the fruit of the vine and bring forth bread from the earth. You give us the bread of life and you refresh us with the cup of salvation in the Body and Blood of your Son Jesus Christ.

***People:* As we share the bread and wine, grant us the grace to receive these holy mysteries in faith and thanksgiving for Jesus' great sacrifice for us and for all people, so that he may evermore dwell in us and we in him. Amen.**

The assembly is then seated

*All who seek God and a deeper life in Christ are welcome to receive Holy Communion.
Gluten-free wafers are available; please make your need known to the Presider.
If you wish to receive the bread only, know that you receive the Sacrament fully.
If you do not wish to receive Communion, you are welcome to come forward,
cross your arms over your chest and receive a prayer.*

The Communion Hymn

#693 *“Just as I am,
without one plea”*

Act of Thanksgiving

We stand, as we are able, for the Act of Thanksgiving

Presider: Let us pray.

Silence is kept for a time

Presider: God of all creation, we gather on this first day of the week made holy by the resurrection of Christ, your Son.

***People:* In the waters of baptism we were buried with him so that we might also rise with him and so share his victory over sin and death.**

Presider: You have transformed our lives into the living stones that form your Church with Christ as the foundation stone.

***People:* Strengthen this community’s bond of communion and peace and deepen our solidarity with your Church throughout the world. Rekindle within us this Sabbath day the vision of your kingdom so that our daily concerns and labor may find their proper perspective.**

Presider: Fill our homes with the spirit of the Gospel.

***People:* Give us the grace to see the true face of the people with whom we live. In a world torn by sin and division make us instruments of reconciliation and mercy. We raise our voices in praise and thanksgiving to you, O God.**

Presider: May we who celebrate Christ’s resurrection this day share in his eternal glory where he lives and reigns with you and the Holy Spirit, God, for ever and ever.

***People:* Amen.**

The Post Communion Prayer

Presider: God of abundance, with this bread of life and cup of salvation you have united us with Christ, making us one with all your people.

***People:* Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue forever in the risen life of Jesus Christ, our Lord. Amen.**

Closing Hymn

#635 *“If thou but trust
in God to guide thee”*

The Sending

Presider: “Now to the One who is able to do immeasurably more than all we can ask or conceive, by the power which is at work among us, to God be glory in the church and in Christ Jesus from generation to generation for evermore.”

People: **Amen.**

Presider: Our worship is ended. Our service in the world begins. Go into the world to love what God loves. Go in Peace to love and serve the Lord.

People: **Thanks be to God.**

The Postlude

Organist: Michelle Suhr

Thank you for worshipping with us today.

We hope to see you again soon
as we offer Christ's unfenced love to the world.

Today's Servers:

Presider.....Pastor Carol Brazeale
Eucharistic Minister.....TBD
Lector.....Tabitha Snowden
Host.....Tanya Davis, Cindy Maher
Altar Guild.....Monica Waldon
St. Isidore's Guild.....Joey West
Vestry Counter.....TBD
Organist.....Michelle Suhr
Coffee Hour.....*Open*

Next Week's Servers:

If a spot is marked "Open," it still needs to be filled, please reach out if you can serve!

Presider.....Pastor Carol Brazeale
Eucharistic Minister.....TBD
Lector.....Tabitha Snowden
Host.....Carl Muench
Altar Guild.....Elizabeth Miller
St. Isidore's Guild.....Joey West
Vestry Counter.....TBD
Organist.....Michelle Suhr
Coffee Hour.....*Open*

